Our past experiences, attitudes, and motivators drive our perspectives on holistic wellness and physical activity. However, stereotypes and unexamined assumptions pose obstacles for meaningful lifetime activity for all. In order to overcome this, Mindy Smith’s research with final-year student-athletes illuminates the importance of exploring each person’s story in the support of personal wellness. As we recognize practical adaptive strategies to progress past cookie-cutter prescriptions, we empower unique individuals to enjoy diverse opportunities that enhance physical and psychological health.