

July 2025 Issue

Jump for Joy

When it comes to working out – it can often feel like we need to do more. A long-time gym goer may be working for more muscle. A new runner may be working to run more miles in their next race. An employee at their desk all day may be looking to get more steps at work. Exercise can feel like a means to an end. It can feel like there is always something new to accomplish or an achievement to reach.



Working towards a goal can be really rewarding and your fitness can be very positive to your overall health and wellness. However, it can be discouraging when we aren't crushing our goals or exhausting when it feels like there is always more to strive for.

What if we just moved our bodies because it was fun. What if we unlocked a passion and found a routine that would stick with us through any life stage, simply because of the joy it brings.

This month we are talking about joyful movement. If you're feeling pressure to do more, take a step back. Let's find what we love to do and do it simply because we love it.



Celebration Level Joy

Did you know you can trick your mind into having fun by moving? Think about how you move when you're tired, you may slow down. How about when you're angry? Your movement may get tense and quick. Your mood influences the way you move. According to a Harvard Medical article, studies are showing that just as your mind influences your movement, your movement can influence your mind. Yes,

we have all heard movement can help your mental health, but the type of movement we do can have an immediate impact on our mood.

Take dancing for example. Typically, we dance at celebrations when we are happy. Even if your surroundings feel mundane, you can feel party level celebration just by dancing. It takes faking it till you make it to a whole new level.

Give it a Try

If you're feeling the urge to add more joyful movement to your to do list- don't. This is not about doing more or adding more goals. Add exercise to your toolbox. Let it be something you use when you need and learn to love movement.

- **Pay more attention to your mood**, staying in touch with your emotions may allow you to work out as needed to kick start your joy.
- **Feeling out of sorts? Meditate.** Meditation is time for our body to talk with our brain, being in sync will help you know what your body needs.
- **Try new things.** In pursuit of fun, think about what you like. Are you a social butterfly? Try group fitness. Do you enjoy spending time outside? Take advantage of the summer weather, go for a walk or swim. Do you like spending time with your family? Bring them along!
- **Do what feels right!** What sounds fun? Spend an hour in the gym if you would like or do a five-minute stretch. It is up to you.



Enjoy summer by relaxing and making the most of what the season has to offer. Use movement as a tool and incorporate it into every season.

Resources

[How simply moving benefits your mental health - Harvard Health](#)