

Joyful Movement

A different way to think about physical activity



What is Joyful Movement?

- ▶ Moving because it feels good
- ▶ Validating all types of movement
- ▶ Rejecting the "burn-it-to-earn it" mentality
- ▶ Choosing movement that is enjoyable
- ▶ Tuning into the body's needs



Move to Feel Good

Moving our bodies helps to:

- enhance physical function
- reduce stress
- lower risk of depression
- improve body image
- improve sleep

Reject the "Burn It to Earn It" Mentality

- Exercise is punishment for food choices
- Takes all the fun out of movement
- Places focus on changing the body's appearance, which can be demoralizing

Tune in to Your Body's Needs

- Learn to listen to your body - know the difference between challenging and painful
- Knowing when to rest is as important as movement itself

All Movement is Valid

- Let go of the notion that hitting the gym is the only "good" kind of exercise
- There is not one perfect or most effective way to move or exercise
- Examples: playing outside, dancing, hiking, rollerskating/blading, walking, yard work, playing sports

Choose Movement You Enjoy

- Ask yourself: what type of movement do I look forward to doing?
- Find what you like, and you'll be more likely to stick with it and reap the benefits
- You may find that when you change your mindset around movement, movement you used to hate becomes enjoyable

