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

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

Sources: IntuitiveEating.org, RachaelHartleyNutrition.com