

JOYFUL MOVEMENT JOURNAL



University of
Northern Iowa



WHAT IS JOYFUL MOVEMENT?

Joyful Movement is the mindset in which one participates in physical activity that *ignites interest* and is fueled by *intrinsic motivation*. If you incorporate movement you enjoy into your day, your *satisfaction* and motivation to be active will likely increase. Secondly, Joyful Movement includes *respecting* the limits of your physical skills. Participating in movement that's too rigorous for your current ability produces an increase of anxiety levels and dissatisfaction.

As you journey through the Joyful Movement Journal, be prepared to have an *open mind* to new experiences. Perhaps you'll be challenged to see yourself and physical activity in a brand new way. Get ready to re-discover a lifestyle founded on JOY!

8 DIMENSIONS OF WELLNESS

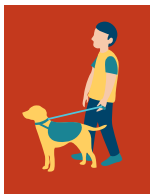
Check out how each dimensions is positively impacted!

PHYSICAL



IMPROVES **SLEEP**
PROMOTES **SELF-CARE**

INTELLECTUAL



INCREASES **MEMORY** RETENTION
IMPROVES **PRODUCTIVITY**

EMOTIONAL



LOWERS STRESS SYMPTOMS
IMPROVES **MENTAL** CLARITY

SPIRITUAL



IMPROVES **SELF-AWARENESS**
INCREASES **PURPOSE**

8 DIMENSIONS OF WELLNESS

Check out how each dimensions is positively impacted!

ENVIRONMENTAL



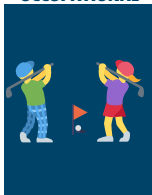
BOOSTS APPRECIATION OF **NATURE**
GET A CHANGE OF **SCENERY**

FINANCIAL



PROVIDES A **LOW-COST** ACTIVITY
LESS LIKELIHOOD OF **COSTLY** MEDICAL CARE

OCCUPATIONAL



PROVIDES WORK/LIFE **BALANCE**
PRODUCE MORE ENERGY FOR **WORK**

SOCIAL



PARTICIPATE IN HEALTHY **COMPETITION**
MEET NEW **FRIENDS**

STARTER PACK

Consider these factors to help you get started with making movement an enjoyable activity!

CIRCLE YOUR PREFERENCES:



ALONE



GROUP



INDOORS



OUTDOORS

COLOR IN YOUR CURRENT FITNESS LEVEL:



CIRCLE WHAT YOU NEED TO GET STARTED:



EQUIPMENT



CLOTHING



SHOES



CHECK-UP

YOUR ROADBLOCKS TO JOYFUL MOVEMENT:

Identify your barriers to enjoying physical activity by checking each box that applies to you below!

TEASING, PUNISHMENT, OR PRESSURE

- ☐ Exercise used to be a punishment growing up
- ☐ I've been teased for being uncoordinated
- ☐ I was last to be picked for teams
- ☐ I've been forced to exercise for weight loss

DIETING MENTALITY

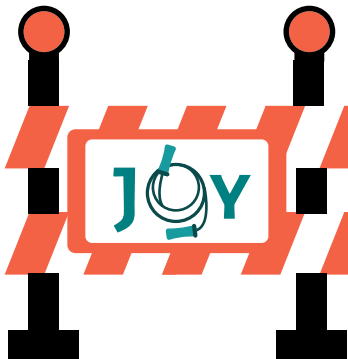
- ☐ I exercise to compensate for foods (ex: desserts)
- ☐ I need to be the right size to exercise
- ☐ Physical activity counts only if you sweat and burn a lot of calories
- ☐ Losing weight is the primary focus of exercise for me
- ☐ I often only exercise when starting a new diet
- ☐ I set unrealistic goals that discourages me from exercise

TIME, SCHEDULE, & WEATHER

- ☐ I don't have a lot of time to exercise
- ☐ I have little time for myself
- ☐ I can't exercise outside because of the weather

CONFIDENCE & CONDITIONS

- ☐ I'm lacking confidence in my ability to be active
- ☐ I've had an injury/condition that keeps me from doing what I used to enjoy doing
- ☐ I'm afraid of being injured
- ☐ I'm too tired to exercise
- ☐ I don't have clothes to wear for physical activities



BRIDGING BARRIERS

Select the barriers from the "Your Roadblocks to Joyful Movement" activity that present the biggest obstacles to enjoying physical activity for you.

Describe what you could do to overcome each barrier.

BARRIER

SOLUTION

REFLECTIONS

See the difference! Color between the lines of each category indicating how you feel BEFORE engaging in joyful movement verses one week AFTER.

BEFORE

AFTER



UNI RECREATION SERVICES

Take a peek at some of the activities the WRC, Health Beat, and Panther Performance Complex have to offer!



Weight Room

Lap & Leisure Pools

Outdoor Tennis Complex

West Trail Complex

Outdoor Field Complex

Intramural Sports

Personal Training

Climbing Wall

Fitness Area

Aerobics/Dance Studio

Baseball Field



Check out: <https://recreation.uni.edu/> to find more Joyful Movement opportunities!

WEBSITES



ONLINE RESOURCES

FitnessBlender.com

YogaWithAdriene.com

Blogilates.com

TheBalancedLifeOnline.com

HASfit.com

Haescommunity.com

