

JOYFUL MOVEMENT JOURNAL



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.

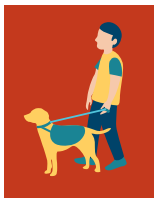
As you journey through the Joyful Movement Journal, be prepared to have an *open mind* to new experiences. Perhaps you'll be challenged to see yourself and physical activity in a brand new way. Get ready to re-discover a lifestyle founded on JOY!

JOYFUL MOVEMENT

AND THE 8 DIMENSIONS OF WELLNESS



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



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



LOWERS STRESS SYMPTOMS
IMPROVES **MENTAL CLARITY**



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

JOYFUL MOVEMENT

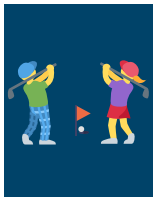
AND THE 8 DIMENSIONS OF WELLNESS



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



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



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



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

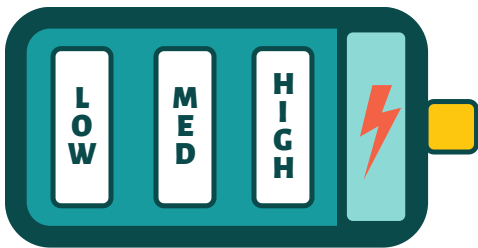


INDOORS



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 exercise by checking each box that applies to you...

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

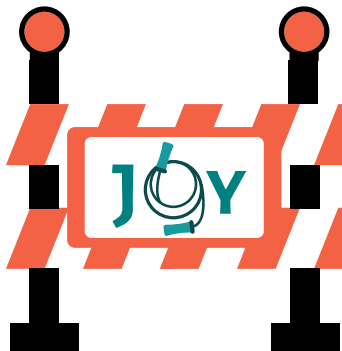
- ☐ I exercise to compensate for foods (ex: desserts)
- ☐ I need to be the right size to exercise
- ☐ Physical activity counts only if you sweat and burn a lot of calories
- ☐ Losing weight is the primary focus of exercise for me
- ☐ I often only exercise when starting a new diet
- ☐ I set unrealistic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





WRC+

CAMPUS

ACTIVITIES

Aerobics/Dance Studio
Baseball Field
Climbing Wall
Fitness Area
Free Weight Room
Health Beat
Lap Pool
Leisure Pool
Outdoor Field Complex
Outdoor Tennis Complex
West Trail Complex
Intramural Sports
Personal Training

*Check out: recreation.uni.edu to find
more information about Joyful
Movement opportunities at the WRC!*

WEBSITES



ONLINE RESOURCES

FitnessBlender.com

YogaWithAdriene.com

Blogilates.com

TheBalancedLifeOnline.com

HASfit.com

Haescommunity.com

