JOYFUL MOVEMENT JOURNAL
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
- Improves memory and retention
- Improves productivity
- Lowers stress symptoms
- Improves mental clarity
- Promotes self-care
- Promotes 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
- Produces 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:**

- LOW
- MED
- HIGH

**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.

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<thead>
<tr>
<th>BARRIER</th>
<th>SOLUTION</th>
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See the difference! Color between the lines of each category indicating how you feel BEFORE engaging in joyful movement verses one week AFTER.

**BEFORE**
- Stress
- Energy
- Empowerment
- Sleep
- Overall

**AFTER**
- Stress
- Energy
- Empowerment
- Sleep
- Overall
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!
ONLINE RESOURCES

- FitnessBlender.com
- YogaWithAdriene.com
- Blogilates.com
- TheBalancedLifeOnline.com
- HASfit.com
- Haescommunity.com