

JOYFUL MOVEMENT JOURNAL

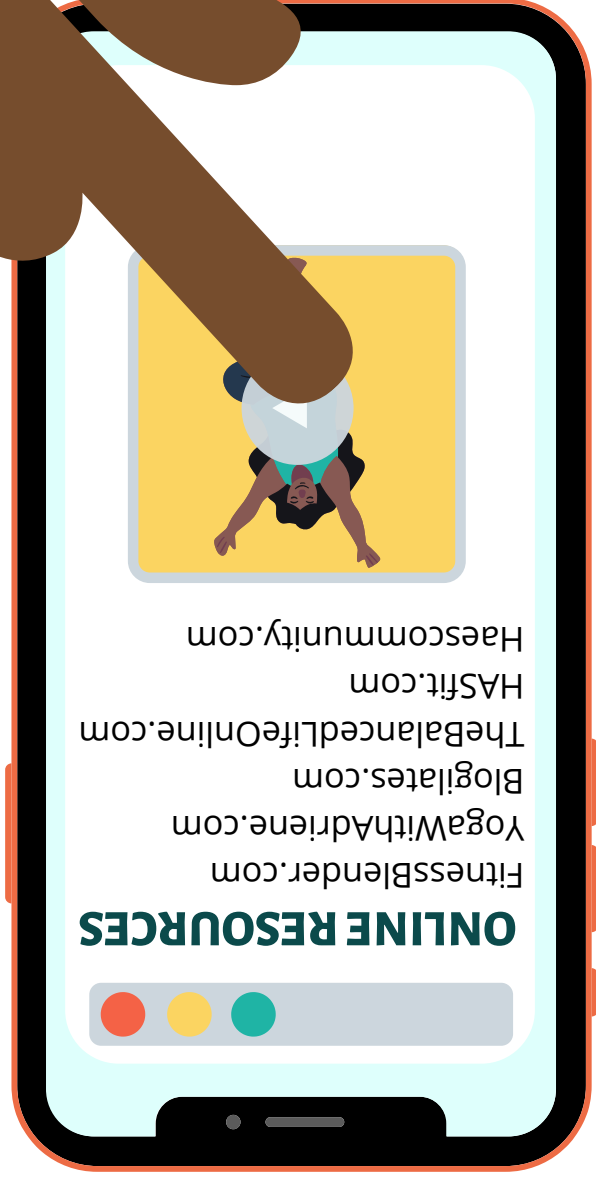


WHAT IS JOYFUL MOVEMENT?

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!



WEBSITES



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

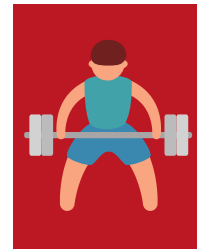
Baseball Field

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

JOYFUL MOVEMENT AND THE 8 DIMENSIONS OF WELLNESS

Check out how each dimension of wellness is positively impacted by joyful movement:

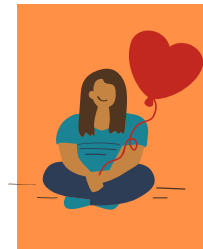
PHYSICAL



INTELLECTUAL



EMOTIONAL



SPIRITUAL



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

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

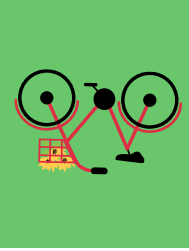
LOWERS STRESS SYMPTOMS
IMPROVES **MENTAL** CLARITY

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

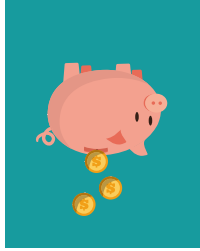
JOYFUL MOVEMENT

AND THE 8 DIMENSIONS OF WELLNESS

ENVIRONMENTAL



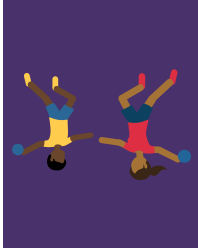
FINANCIAL



OCCUPATIONAL



SOCIAL



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**

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



BRIDGING BARRIERS

Select the barriers from the "Your Roadblocks to Joyful Movement" activity (p. 6-7) that present the biggest obstacles to enjoying physical activity for you. Describe what you could do to overcome each barrier.

BARRIER

SOLUTION

STARTER PACK

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

CIRCLE YOUR PREFERENCES:



ALONE



GROUP

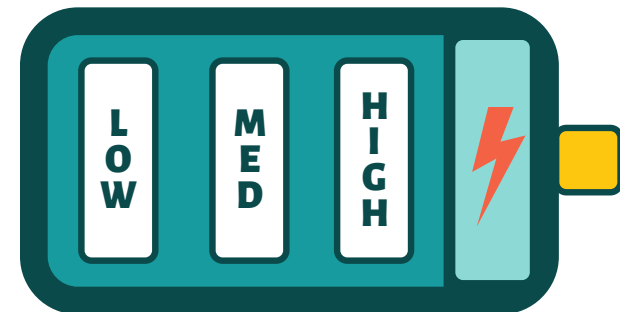


INDOORS



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