

ALL ABOUT JOYFUL MOVEMENT

WHAT IS JOYFUL MOVEMENT?

Rachel Hartley, RD, LD perfectly explains Joyful Movement as "a way of approaching physical activity that emphasizes pleasure. We know that physical activity offers a host of physical and mental health benefits, and by emphasizing pleasure, you're more likely to regularly move your body.

Joyful movement also emphasizes choice. Exercise often feels compulsory - it's done to earn food or burn off food, to punish the body for not fitting into arbitrary and unrealistic ideals. Joyful movement recognizes the right to rest, as well as the benefits of it, and your choice in whether to engage with it or not."

HOW DOES THIS APPLY TO YOU?

Ever have a difficult time choosing what movement, if any, you are going to engage in that day? Consider the following when selecting your movement.

- First, and most importantly, are you appropriately fueled enough to engage in movement (regardless of the kind)?
- Does this movement cause your body pain or harm? Pain - being knee pain from running or unneeded strain on your body & Harm - from being underfueled or worsen a pre-existing condition? If the answer is yes - do not engage in it.
- Does this movement celebrate what your body can do? Will this movement allow your body to perform activities or duties that benefit your life? For example - more endurance when hiking or at your job or life longevity to spend time with your loved ones.
- Does this movement bring you joy? Some people prefer the language of "mindful movement" or "mind/body connection" - but all are alluding to providing your mind and body with contentment. This can come either in the moment at the time of movement - for example: dancing - or after the movement - for example: endorphins benefiting your mental health.
- Lastly, does this movement bring you social connection or take you away from it? Do you enjoy team sports with friends or loved ones or will this keep you from spending time with the people you love.

