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 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!

What is Joyful Movement?
UNI Recreation Services
Take a peek at some of the activities the WRC, Health Beat, and Panther Performance Complex have to offer!

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**: Improves sleep
- **Intellectual**: Increases memory retention
- **Emotional**: Lowers stress symptoms
- **Spiritual**: Improves mental clarity
- **Self-Care**: Promotes self-care
- **Productivity**: Improves productivity
- **Self-Awareness**: Increases self-awareness
- **Purpose**: Improves purpose

Activities:
- Weight Room
- Outdoor Tennis Complex
- Intramural Sports
- Fitness Area
- Lap & Leisure Pools
- West Trail Complex
- Personal Training
- Aerobics/Dance Studio
- Outdoor Field Complex
- Climbing Wall
- Baseball Field
- Aerobics/Dance Studio
Joyful movement versus one week AFTER, see the difference! Color between the lines of each category indicating how you feel BEFORE engaging in joyful movement versus one week AFTER.

Reflections

NATURE
BOOSTS APPRECIATION OF SCENERY
GET A CHANGE OF ENVIRONMENTAL

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

SOCIAL
PARTICIPATE IN HEALTHY COMPETITION
PRODUCE MORE ENERGY FOR WORK

FINANCIAL
MEET NEW FRIENDS

OCCUPATIONAL
STRESS
EMPOWERMENT

OVERALL
SLEEP
ENERGY
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.

Start your preferences:

Circle your preferences:

Color in your current fitness level:

Circle what you need to get started:

- Equipment
- Clothing
- Shoes
- Check-up
Identify your barriers to exercise by checking each box that applies to you...

**Exercise**
- I set unrealistic goals that discourage me from exercising.
- I often only exercise when starting a new diet.
- Losing weight is the primary focus of exercise for me.
- I exercise to compensate for foods (ex: desserts).
- I need to be the right size to exercise.
- I exercise to compensate for foods (ex: desserts).

**Teasing, Punishment, or Pressure**
- I’ve been teased for being uncoordinated.
- I was last to be picked for teams.
- Exercise used to be a punishment/outing.

**Dieting Mentality**
- I’ve been forced to exercise for weight loss.
- I need to be the right size to exercise.

**Confidence & Conditions**
- I don’t have clothes to wear for physical activities.
- I’m too tired to exercise.
- I’m afraid of being injured.
- 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.

**Time, Schedule, & Weather**
- I don’t have a lot of time to exercise.
- I don’t have a lot of time to exercise.
- I have little time for myself.

Joyful Movement: Your Roadblocks To...