JOYFUL MOVEMENT JOURNAL

University of Northern Iowa
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!
8 DIMENSIONS OF WELLNESS

Check out how each dimension is positively impacted!

- **PHYSICAL**
  - Promotes self-care
  - Improves sleep

- **INTELLECTUAL**
  - Increases memory retention
  - Improves productivity

- **EMOTIONAL**
  - Lowers stress symptoms
  - Improves mental clarity

- **SPIRITUAL**
  - Improves self-awareness
  - Increases purpose
8 DIMENSIONS OF WELLNESS

Check out how each dimension is positively impacted!

- **Environmental**: Boosts Appreciation of Nature
- **Financial**: Get a Change of Scenery
- **Occupational**: Provides Low-Cost Activity
- **Social**: Provides More Energy for Work

- **Environmental**: Less Likelihood of Costly Medical Care
- **Financial**: Produce Work/Life Balance
- **Occupational**: Participate in Healthy Competition
- **Social**: 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 enjoying physical activity by checking each box that applies to you below!

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
<table>
<thead>
<tr>
<th>TIME, SCHEDULE, &amp; WEATHER</th>
<th>CONFIDENCE &amp; CONDITIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td>☐ I don't have a lot of time to exercise</td>
<td>☐ I'm lacking confidence in my ability to be active</td>
</tr>
<tr>
<td>☐ I have little time for myself</td>
<td>☐ I've had an injury/condition that keeps me from doing what I used to enjoy doing</td>
</tr>
<tr>
<td>☐ I can't exercise outside because of the weather</td>
<td>☐ I'm afraid of being injured</td>
</tr>
<tr>
<td></td>
<td>☐ I'm too tired to exercise</td>
</tr>
<tr>
<td></td>
<td>☐ I don't have clothes to wear for physical activities</td>
</tr>
</tbody>
</table>
Bridging Barriers

Select the barriers from the "Your Roadblocks to Joyful Movement" activity that present the biggest obstacles to enjoying physical activity for you. Describe what you could do to overcome each barrier.
See the difference! Color between the lines of each category indicating how you feel BEFORE engaging in joyful movement versus one week AFTER.
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
- Intramural Sports
- Outdoor Field Complex
- Fitness Area
- Personal Training
- Aerobics/Dance Studio
- Baseball Field
- Climbing Wall

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

ONLINE RESOURCES

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