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!

Online Resources

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

Web Resources

- www.mysite.com
- www.mywebsite.com
- www.yoursite.com
- www.anotherwebsite.com
- www.lastwebsite.com

ONLINE RESOURCES
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:

<table>
<thead>
<tr>
<th>Physical</th>
<th>Intellectual</th>
<th>Emotional</th>
<th>Spiritual</th>
</tr>
</thead>
<tbody>
<tr>
<td>Improve sleep</td>
<td>Promotes self-care</td>
<td>Increases memory retention</td>
<td>Improves mental clarity</td>
</tr>
<tr>
<td>Improves productivity</td>
<td>Lowers stress symptoms</td>
<td>Improves self-awareness</td>
<td>Increases purpose</td>
</tr>
</tbody>
</table>
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 verses one week AFTER.

Reflections

B O O S T S  A P P R E C I A T I O N  O F  N A T U R E

G E T  A  C H A N G E  O F  S C E N E R Y

P R O V I D E S  W O R K / L I F E  B A L A N C E

P R O D U C E  M O R E  E N E R G Y  F O R  W O R K

P R O V I D E S  L O W - C O S T  A C T I V I T Y

L E S S  L I K E L I H O O D  O F  M E D I C A L  C A R E

M E T  N E W  F R I E N D S

P A R T I C I P A T E  I N  H E A L T H Y  C O M P E T I T I O N

C O S T L Y  A C T I V I T Y

A N D  T H E  8  D I M E N S I O N S  O F  W E L L N E S S
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.

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
Identify your barriers to exercise by checking each box that applies to you:

**Dieting Mentality**
- I've been forced to exercise for weight loss
- I was last to be picked for teams
- I've been teased for being uncoordinated
- Exercise used to be a punishment, not fun

**Teasing, Punishment, or Pressure**
- Exercise used to be a punishment for foods (ex: desserts)

**Confidence & Conditions**
- I'm lacking confidence in my ability to be active
- I've had an injury/condition that keeps me from doing physical activity
- I'm afraid of being injured
- I don't have clothes to wear for physical activities

**Time, Schedule, & Weather**
- I often only exercise when starting a new diet
- Losing weight is the primary focus of exercise for me
- Physical activity counts only if I sweat and burn a lot of calories

**Exercise used to be a punishment that discouraged me from**
- I need to be the right size to exercise
- I exercise to compensate for foods (ex: desserts)
- I was last to be picked for teams
- I've been teased for being uncoordinated

**Joyful Movement: Your Roadblocks To**