



GET MOVING, HAVE FUN

Movement is a celebration of what your body can do! Find different ways to stay active that bring you joy.

What is joyful movement?

- Joyful movement is any physical activity that you enjoy and makes you feel good.
- It's not about doing hard exercises or changing your body.

Benefits of joyful movement

- Improves your mood and reduces stress.
- Boosts your energy levels and overall well-being.
- Strengthens your muscles, bones and heart.
- Improves your sleep and mental focus.

Find what you love

- Don't be afraid to try different activities.
- Pick activities that make you smile and help you feel refreshed.

Make it social

- Exercise with friends or join a group class. This can make moving more fun and motivating.

Listen to your body

- Think about how different movements make you feel – physically and emotionally.
- Give your body time to rest and recover.

Set goals you can reach

- Focus on your own growth and progress. Don't compare yourself to others.
- Celebrate small wins and milestones along the way.

Be playful

- Remember that movement can be playful – jump, skip and dance like nobody's watching!

- Try outdoor activities and games that let you feel like a kid.

Be in the moment

- Be mindful during your activities. Focus on your breath and how your body feels.
- Stay present and enjoy the moment. Don't judge yourself.

Make it a habit

- Stay consistent in your movement habits, but don't be strict. Be flexible and have fun.
- Schedule regular times for joyful movement that fit into your daily life.

Have fun & be kind to yourself

- Embrace the joy of movement as a form of self-expression and self-care.
- Let go of pressure or expectations. Focus on enjoying the journey.

Examples of joyful movement activities

- Dancing in your room or at a local dance studio.
- Hiking in nature with friends or family.
- Trying out a new sport or fitness class.
- Playing frisbee or soccer in the park.
- Practicing yoga to relax and become more flexible.