

# Joyful Movement

Activity is great for our physical and mental health. Joyful movement emphasizes pleasure. When we love movement, we're more likely to want to move our bodies. Joyful movement is not a moral obligation.



Much of exercise in our culture feels like an obligation that we dread, done to “earn” food or punish our bodies for not fitting into whatever shape society idealizes. Joyful movement acknowledges the benefits and rights to rest.

We all have different preferences and abilities when it comes to moving our bodies. Joyful movement can look like play. What did you do as a child to play? Riding a bike, roller skating, dancing, gardening, stretching – you can do all of these things for pleasure, not weight management.



*Joyful movement is any movement that brings you joy! Maybe for you that means...*



Play basketball



Throw a dance party – even by yourself!



Stretch



Go on a hike



Do household chores



Play with your kids



Ride a bike