



My Body in Motion

BE BODY POSITIVE
FUNDAMENTALS

Intuitive movement is about finding exercise that feels good to us on many levels. It's not just about burning calories or "getting in shape." Moving intuitively allows us to let go of guilt, shame, and forcing ourselves to exercise to "be good." **Sustainability** and **joy** are what we're going for—finding movement that we want to do on a regular basis to stay healthy on all levels and to reduce stress. Rest balances movement. It is important to be tuned in to your body to determine when you need to move and when you need to rest. Through trial and error we learn how to move and how to rest deeply to restore our energy and calm our nervous systems.

PART 1: EXERCISE EVALUATION

Use the following questions to reflect on your current relationship with exercise.

Write about a time in your life when movement brought you pleasure or joy, or was motivated by love for yourself and for being alive. How did you feel physically? Emotionally? (3 or more sentences= 2 points)

Alternatively, when have your movements been fear-driven? How did you feel physically in these situations? Emotionally? (3 or more sentences= 2 points)

When you think about why you would want to exercise, what comes up for you? (3 or more sentences= 2 points)

Can you recognize any voices outside of yourself that may have influenced how you move your body now, or feel about movement (e.g., family member, coach, friend, etc.)? (3 or more sentences= 2 points)



EXERCISE EVALUATION, CONTINUED

What messages did you discover about exercise that you've gotten from others, both helpful and hurtful?
(3 or more sentences= 2 points)

How do these messages influence your exercise choices and also your motivation to exercise? (3 or more sentences= 2 points)

PART 2: WHAT DO I KNOW? (5 points, 1/2 point for each item below)

Without thinking too much, create a list of at least 10 things you know about exercise. If you struggle with this activity, it's something you can practice any time. It's a great thing to do when you are searching for answers about any issue in your life. You can write, "What do I know about _____?" and start in.

Here are a few examples from Connie's list. Be sure to write down at least 10 things.

- I know I often prefer to exercise alone because it's when I do my best creative thinking.
- I know I prefer to exercise in nature, but I also love the opportunity to run on a treadmill, especially when I'm traveling.
- I know I like to hibernate in the winter and don't get out as much as in warmer weather.
- I know I'm a nicer person when I have regular movement in my life!

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