

THE JOY IN MOVEMENT

Since gym class in elementary school, we've all been told we need to move our bodies to be considered "healthy". So, why is that? Well, that's because all types of movement are beneficial to our overall health:

- Provides a break from everyday responsibilities
- Is an outlet for self expression
- Strengthens the connection we have with our bodies
- Releases endorphins to relieve stress



Movement can change our brain chemistry! The brain and body are linked; think back to a time you got "butterflies in your stomach" or sweaty palms when nervous. Your brain, its thoughts, feelings and emotions, made your body produce that physical reaction. This impact is a two-way street, meaning if you exercise in any way it can positively impact your brain chemistry (those endorphins are released!) Decreasing stress, building resiliency, and improving our perceived quality of life!

Building a relationship with physical movement can seem daunting at times. To build an intuitive relationship with movement, your routine...

- Helps you feel connected with your body
- Allows for rest and sick days
- Makes you feel stronger, flexible or have greater endurance
- Helps you relieve stress and is enjoyable
- Can move down on your priority list
- Is responsive to your needs
- Includes different types of movement
- Is respectful of your body's limits

Prioritize making movement fun for you by putting on your favorite playlist, going inside or outside, setting a challenging yourself, or by making it a social event.

While there are so many ways to get moving, spending too much time wondering which movement to do and when to do it can promote inactivity. Instead of living in choice paralysis, think of an activity you truly want to do and, as the famous slogan says, just do it!

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