

Movement as Self-Care

A Paradigm Shift

Diet culture tells us that we must move to "burn" or "earn" our food. To truly enjoy movement, we must decouple it from weight loss. We are motivated to move when we focus on health and quality of life.

Barriers to Movement

- a history of exercising while dieting or "crash" exercising
- negative experiences with exercise growing up
- rebelling against those who suggest you "should" exercise
- weight stigma associated with exercise

Benefits of Movement

Lower risk of disease, such as cancer, diabetes and heart disease
Improved biomarkers, such as glucose, cholesterol and blood pressure
Stronger bones and muscles
Better sleep quality
Lower stress, anxiety and depression
Improved energy, memory and mood
Less chronic pain

How to Move for Self-Care

- Stay flexible. Match your movement with your needs.
- Make movement a priority without making it a rule.
- Ditch the numbers.
- Find what works for you.
 - What kinds of movement do you enjoy (or don't hate)?
 - Do you prefer to be alone? At home?
 - What time of day works best for you?
 - What can make it more pleasant?
- Focus on how movement feels in the moment, and beyond.
- Invest in comfortable clothing.
- Incorporate movement into everyday activities.
- Don't be afraid of rest.
- Watch out for thinking traps, such as "no pain, no gain" or "ten minutes isn't worth it."

MOVEMENT MENU

QUICK ENERGY BOOST

- * Run up and down the stairs
- * Do a few sun salutations
- * Walk around the block
- * Dance to Wannabe

SITTING TOO LONG

- * 5 minute yoga video
- * Briskly tidy up the house
- * Strength exercises while on zoom meetings

RELAXATION

- * Restorative yoga video or class
- * Long, leisurely walk listening to calming music
- * Yoga for sleep YouTube video

PHYSICAL HEALTH

- * Physical therapy exercises
- * Walk/jog around the neighborhood
- * Strength video on YouTube

CONNECT WITH FRIENDS

- * Hiking with friends
- * Play tennis
- * Go to a new fitness class
- * Play outside with friends kids

Rachael
Hartley
NUTRITION

“

Exercise is a dirty word. Every time I hear it, I wash my mouth out with chocolate.

- Charles M. Schulz

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