

MODULE 8 ACTIVITY

Joyful Movement

There is a lot of pressure in mainstream American culture to rigidly define exercise and “good” movement for our bodies. Most likely, images of running, climbing stairs, lifting weights, and pushups all emerge when thinking about exercise. To be fair, those are all helpful movements and many people find them enjoyable. If done properly and consistently, they can provide a solid foundation for general physical health as well as a stress-reducing endorphin rush.

But these exercises are not the only ways people can maintain their physical health. And for some, these exercises are not enjoyable enough for people to keep in their routines. An exercise is no good for your health if you can’t sustain it.

Part 1: Nonjudgmental Dancing

For the first part of this activity, we will be dancing. Dancing is a fantastic form of self-expression that can also make us feel vulnerable and judged by others and ourselves. We are inclined to avoid this judgment and so many people avoid expressing themselves this way. This is in direct contrast to the philosophy of joyful movement. There is no right or wrong way to move.

- **Pick a favorite song—one that you can really jam to or nod along with the beat.**
- **Set a timer for 1 minute.**

Now, by yourself, with your practice partner, or with your team, whatever feels most comfortable to you, start dancing while the timer ticks away. The style doesn’t matter. The cleanliness of your dance doesn’t matter. How skilled you are doesn’t matter. For 1 minute, you have total freedom to just *be*.

How did this exercise make you feel?

How can you incorporate this and other fun, nonjudgemental ways to move throughout the day?

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Part 2: Joyful Movement Options

Below are a list of activities and hobbies that involve some degree of movement. You might be drawn to some of these for different reasons (you learn about the distinction between recreation and leisure activities in Module 9, the “Three R’s” module). Whatever the reason, look through the list and select one or two activities you want to do regularly, regardless of how skilled you are at them.

Or, if you already have some movement activities you do regularly, consider trying something novel and observing how you respond.

Dancing	American football
Swimming	Soccer
Biking	Tennis
Running	Rugby
Climbing	Baseball
Basketball	Hockey
Walking	Ice-skating
Skiing	Polo/water polo
Snowboarding	Cricket
Volleyball	Calisthenics
Hiking	Yoga
Wrestling	Martial arts
Birding	And more....

I am interested in incorporating into my life and will start (select one):

- this week
- next week
- this month