

Week 6: Movement - Feel the Difference

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

Movement as Self-Care

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

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

- Charles M. Schulz

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How to Move Intuitively

- 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 at least not 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"

Affirmations for **INTUITIVE MOVEMENT**

- I move to celebrate my body, not punish it
- I appreciate what my body CAN do
- I move to feel better, stronger, and capable
- I allow for rest and recovery
- I am becoming a stronger person every day
- I accept my body as it is today
- My body does not need to change in order for me to respect it
- My body is not a to-do list of things that need to be fixed
- My body is my instrument

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