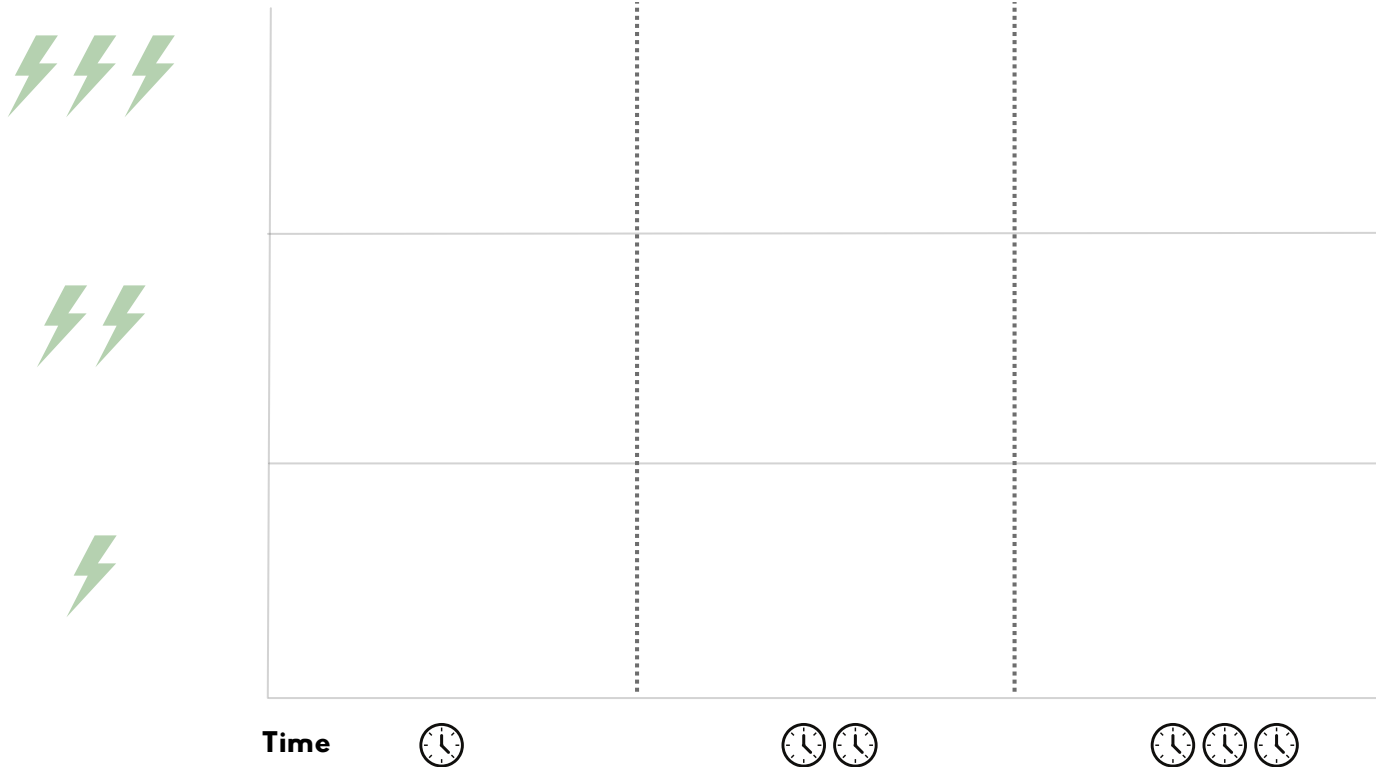


MOVEMENT MENU

Movement should be something that adds joy, energy, and freedom to your life, as opposed to something that depletes your time, energy, and resources. There is no "right" way to move and when we step away from perfectionism, we can find more flexibility and enjoyment. A movement menu can be helpful to get out of the "all or nothing" approach when it comes to moving your body.

Energy or Intensity



When choosing a movement practice consider:

- How much energy do I have to give?
- What other ways have I exerted energy in your day?
- What other things do I have coming that are going to require energy?
- How much time will it take for me to recover mentally, physically, and emotionally?
- What are my intentions for movement? Do they align with my values?

Key

How much time do you want to dedicate to movement?



- Transportation
- Pre and Post Care: how much time do you need time to pack, change, shower, or nourish yourself before and after



How intense something will be or how much energy it will require?

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