

# RECLAIMING MOVEMENT

## RESOURCES

### Books



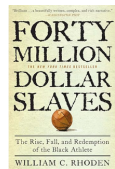
[Fearing The Black Body](#)  
[Sabrina Strings](#)



[Deconstructing the Fitness-Industrial Complex](#)  
[Justice Roe Williams, Roc Rochon, and Lawrence Koval](#)



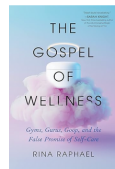
[Belly of the Beast](#)  
[Da'Shaun L. Harrison, Kiese Laymon](#)



[Forty Million Dollar Slaves](#)  
[William C. Rhoden](#)



[Fit Nation](#)  
[Natalia Mehlman Petrzela](#)



[The Gospel of Wellness](#)  
[Rina Raphael](#)



[Fitness for Every Body](#)  
[Meg Boogs](#)



[The Wisdom of Your Body](#)  
[Hillary L. Ph.D. McBride](#)



[Every Body Yoga](#)  
[Jessamyn Stanley](#)

All of the titles and icons are hyperlinked to a source.

#### Created by:

Abby Chan, MS, RDN  
Cara Harbstreet, MS, RDN  
John Bridger, PhD

# RECLAIMING MOVEMENT

## Reflection Questions

As providers and healers in this space, we need to recognize that our own biases and lives experiences directly impact our interactions with your clients. Take some time to reflect on your relationship with movement so that you can better serve those around you.

- **What did movement, sport, or play feel and look like in your childhood?**
- **Who decided how, when, or where you could participate?**
- **When did play shift to work?**
- **How was your identity affirmed or disaffirmed in this space?**
- **What systems were upheld in your sport or movement culture?**
- **What ways did you have to perform to participate?**
- **Did movement feel safe then? Were you encouraged to experiment and express yourself through movement?**
- **When was the last time you felt safe to play freely?**
- **What did you gain from your earlier life experiences? What do you feel you have lost?**
- **In what ways have your earlier experiences with movement impacted your current relationship with movement?**
- **Do you have personal boundaries surrounding movement? If so, what are they?**
- **What systems are you currently upholding in regards to fitness and exercise (i.e. beliefs/ values/norms/expectations)?**
- **How has this impacted your role as a provider when discussing movement with clients?**

**Created by:**

Abby Chan, MS, RDN  
Cara Harbstreet, MS, RDN  
John Bridger, PhD