

Instead of thinking of movement as an obligation or chore,

try to reconnect with the joy and fun of such an experience. Think of a positive memory related to movement—running around with friends as a child, a challenging but beautiful hike, playing on a sports team, or a peaceful moment in yoga.

Write about that memory and the feelings associated with it. Then brainstorm a list of movement activities you would like to try or do more of. Think about a mix of options—movement that is fun, movement that helps you feel peaceful and content, and vigorous movement that helps release stress.
