

the sociEATy

stage 2: ending the war with your body

video 3 workbook

use this workbook to help you implement the teachings from this video

Brought to you by Registered Dietitian, Intuitive Eating Counselor, and your diet-ditching gal pal behind @no.food.rules on Insta, Colleen Christensen!

no food rules.

why do you move your body?

Take a moment right now to think about why YOU do/do not participate in movement.

I move/do not move my body because...

Diet culture may have caused some issues to arise in your movement practices. There are some common barriers to movement that occur when we have a past of dieting. Check the boxes below for any barriers you currently experience.



- Coupling it with calorie burn or weight loss**
- Focusing on appearance VS function**
- Feeling burned out on it**
- It may be compulsive**

Checking the above boxes may indicate that it's time for a "movement vacation". See next page for more info.

do you need a movement vacation?

As you work through your intuitive eating journey as a SociEATy member I welcome you to welcome rest.

If you are currently in the camp of compulsive over exercising or coupling it with diet mindset, I highly recommend that you take a break from that compulsive and/or structured exercise. Below you'll find some questions to ask yourself to see if you are in need of a taking a time out from movement. Put a check in any of the boxes of the statements that apply to you.



- Do you feel guilty if you miss a workout?**
- Do you still feel compelled to move even if you're sick or injured and know you need rest?**
- Do you use exercise as a way to "burn off" eating things you deem as unhealthy, off plan or "too much"?**
- Are you afraid you'll suddenly gain weight if you stop your current movement routine?**
- Do you feel like you're not moving your body enough and that it's going to lead you to becoming "unhealthy"?**

If you checked any of these boxes then this may be a sign that you're engaging in compulsive and/or compensatory exercise behaviors that aren't conducive to your intuitive eating journey.

Think of it as a vacation from exercise. It's not permanent. It's not forever. You can get back to it, it might look different and will be in a more healthy way, but it's not forever and will lead you to a healthier relationship with exercise. Alternatively, you could decide that your previous ideas of movement just aren't for you. And that's ok too. You don't HAVE to move your body in the standard ways you thought. It doesn't mean you're bad or lazy.

Do you need a movement vacation?



- Yes!**
- Nope!**

how to take a movement vacation

Here is how to take a break from exercise: plan it in. Ideally, yes, we'd be able to go cold turkey just fine, but that can feel too overwhelming for many people. Start by planning in one more rest day. Get comfortable with that. Then add another and so forth. Continue to take rest until you no longer feel guilt, stress, anxiety or the need to change your eating with rest.

Take a moment to create your "movement vacation plan" and identify how you will plan in giving your body rest.

I will add in rest by intentionally...

If you enjoy other benefits of movement such as stress management, mind-body connection, etc., brainstorm other ways that you can achieve these things without movement.

Example: If you enjoy the stress management benefits of movement you may decide to take up journaling or meditating.

What other benefits of movement do you enjoy?

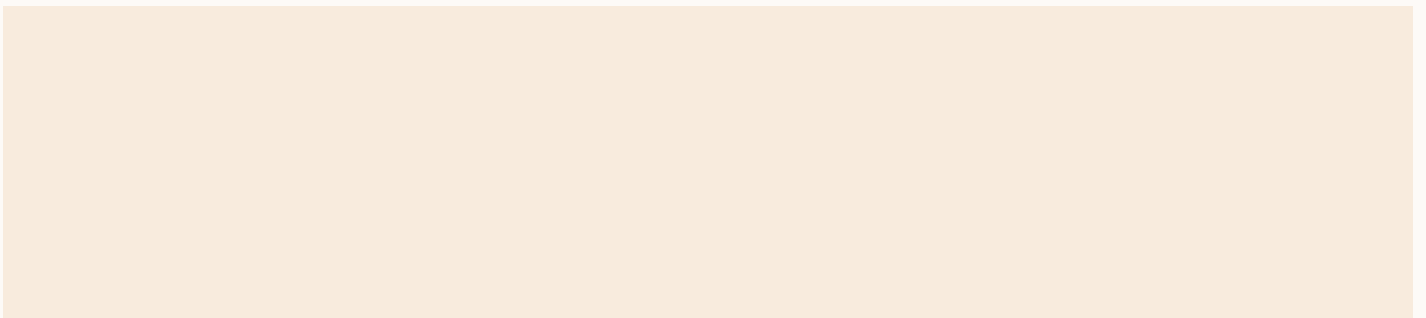
How can you get these benefits outside of movement?

continuing with movement

If you currently do not have an unhealthy relationship with movement and you want to continue to get started moving your body you absolutely can. However, we will focus more on movement later in your journey.

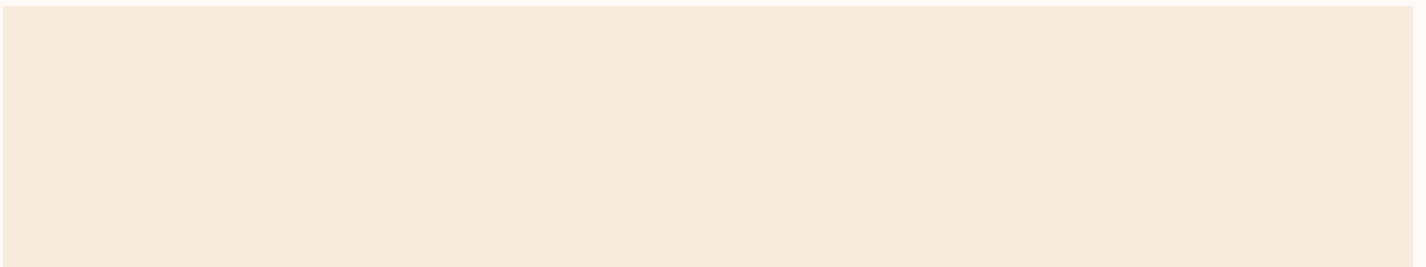
If this is you, I recommend simply getting curious with movement. Make a list of ideas that you think you might enjoy, then test them out. Try thinking outside the box as to what types of movement you engage in; it doesn't have to be a structured fitness class! Yes, it could be, but it could also be gardening, cleaning the house, or playing with your kids.

Forms of movement I may enjoy could be...



Simply experiment and notice what feels good, what you enjoy, and what you don't right now. We will go over this in more detail in a later video.

Forms of movement I found that I enjoy...



Form of movement I did not enjoy...

