

the sociEATy

stage 5: health & wellbeing

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.

preparing for intuitive movement

Firstly, before discussing bringing movement back into your life it's important to ensure that your body is adequately fueled to do so. Many times when we start a diet we are not giving our body enough energy and specifically carbohydrates while at the same time we are expected to move it more. This is a huge reason why we may dislike movement.

So, take a moment to reflect on your current eating habits and all of the work you've done up until this point and just ensure you're getting enough energy and you're not restricting carbs especially. Check the boxes below if they apply.



I am not restricting overall amounts of foods that I eat.



I include carbohydrates in my diet.

If you haven't ever experienced the joy of movement there is a good chance it has to do with its association with both the dieting mindset but also the way your body was fueled, or rather the lack of it, when you were doing the movement.

intuitive
movement
is...

- **rejuvenating and not depleting or exhausting** (It's okay to do exhaustive work and push your body, but not at the expense of pushing it overboard. If you enjoy high intensity movement, go for it! Yes it may exhaust you in the moment, but it should leave you feeling rejuvenated in the end)
- **enhances the mind-body connection**, it doesn't overpower it or ignore it
- **able to alleviate stress** and does not add to it
- **genuinely enjoyable...** for the most part. (Now, not every single time you engage in movement would I expect you to have a smile on your face and be in utter bliss. But for the most part for your elective forms of movement do you enjoy it as a whole- the act and the outcomes/benefits of it.)

movement routine audit

If you do have a current movement routine take a moment to audit it. And if you DON'T have a movement routine or if you're disabled then that's perfect too. You're not bad or lazy if you're just not that big into movement or haven't considered how movement could impact you outside of weight. Think about the following questions:

What is your WHY for doing it/not doing it?

What thoughts/feelings/emotions arise when you think about it but also when you do it?

Do you enjoy it? Why/why not?

What would you like your relationship with movement to look like? How would you change it?

Now reflect on the above questions and see if your movement is in alignment with intuitive movement with the description on the previous page.

Yes, it is! **No, it is not.**

Why/why not?

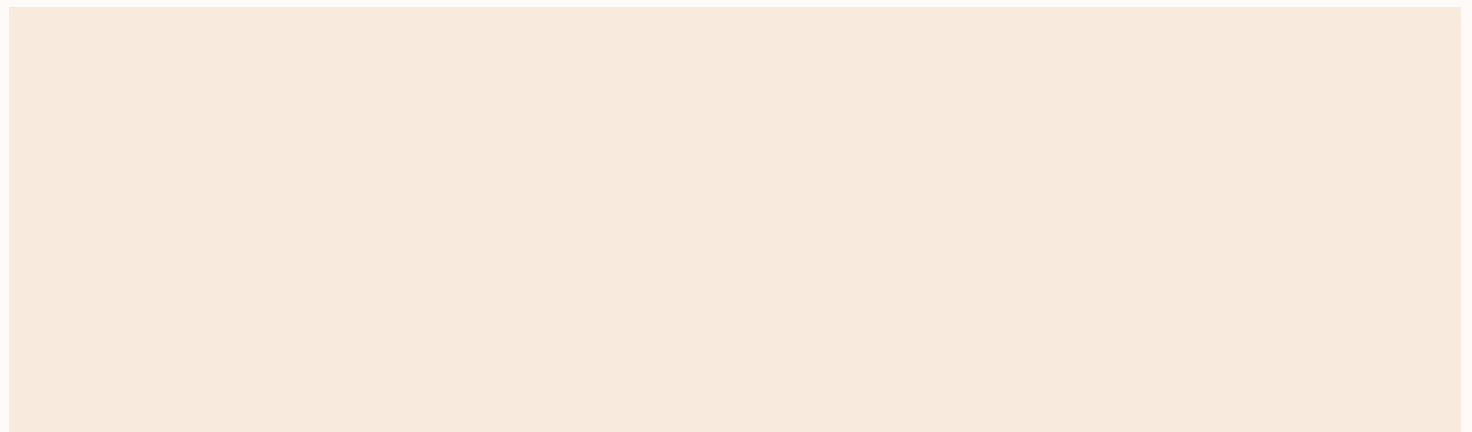
movement ideas

Remember that movement is practice. If you have given yourself rest throughout your intuitive eating journey it's unrealistic to expect yourself to hop right back in where you left off. Start slowly with adding movement back in. This is important from a physical capability standpoint but also from a mindset perspective. If we go all-in with an intense fitness routine this can feel reminiscent of a fad diet coupled with an exercise program that we may have done in our dieting days. Take it slow here.

It's also okay if movement looks different than it previously did. Try doing some totally NEW forms of movement that you do not associate with dieting or weight loss. This can also help keep diet-y thoughts about movement at bay. It doesn't mean you may not get back to enjoying other forms that maybe you did enjoy while also dieting but it can be really helpful right now to keep the two separate. So, rather than asking "What fitness routines can I do?" try asking "How can I use my body in a way that I enjoy, am able and that feels good to me?"

Create a brain-dump list of all of the forms of movement and general ways of using your body that you have enjoyed, think you might enjoy or just want to try. Remember this doesn't need to be considered a "workout" it can be anything where you use your body. For example, gardening, teaching your kid to play T ball or ride a bike, going for a walk, cleaning the house, maybe putting together a complex lego model, it all counts. If you're struggling with this brainstorming, ask yourself whether you enjoy solo activities or group activities, being indoors or outdoors, consider your current fitness level, abilities, and how you want to feel after the activity.

My movement brain-dump ideas list...



adding in movement

One you have your little brain dump from the previous page, pick a few forms of movement to try first. Try to make these ones not be ones that you've previously done when dieting, even if you did enjoy them once upon a time. Start with ones that have no dieting association.

This does not need to be a longterm commitment. Perhaps you do a one-class trial at a studio and not commit to doing a whole series or just plan to go kayaking once and not feel bad if you don't go again

Pick 2-3 activities you'd like to start with from your brain dump list...

As you work through these consider the following questions. Decide if this is in alignment with intuitive movement for you and something you wish to continue or not. Remember, we are doing this nonjudgmentally acting as scientists just gathering data.

Before you engage in it ask yourself what your thoughts and feelings are. Think about why you're wanting to engage in this movement, if you're excited about it or dreading it, etc

Then, notice what you both feel and think as you're doing it. Is it enjoyable? Unpleasant? Are you watching the clock? Does it feel good to your body?

Finally, reflect after the activity is done. Would you want to do it again? What did you like about it? What did you not? How is your mood, stress, and energy both immediately after but also as the rest of the day goes on and even into the next day.

movement reflection worksheet

Here is another worksheet you can use for evaluating intuitive movement.

before
you
move

Form of movement:

Why did you decide to try this form of movement?

Do you have a goal in mind? Is this goal realistic?

Take a moment before you participate in this activity to reflect on your thoughts and emotions.

after
you
move

Duration of movement:

Was this activity pleasant, unpleasant or neutral?

What was your mood like both during and after?

Did you notice any delayed affects of this movement later in the day or possibly the following day? (impact on sleep, soreness, mood, etc.)

Is this something you'd like to do again?

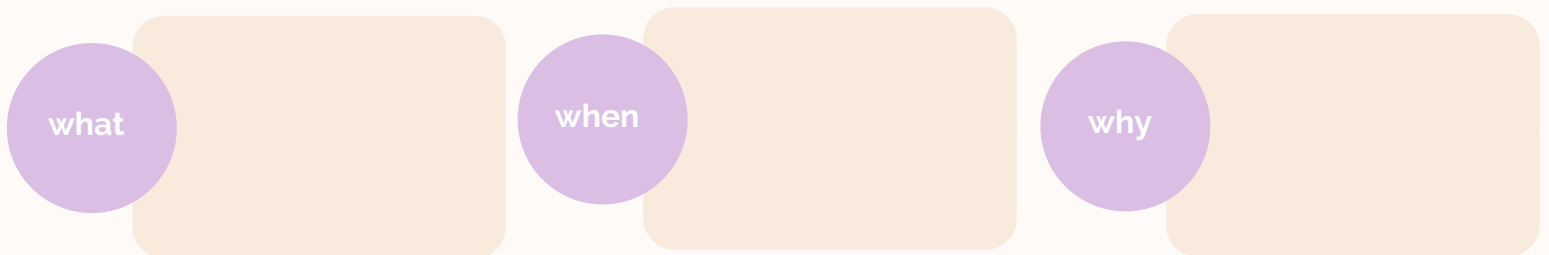
Is there anything you'd change about this experience?

making movement a priority

If getting back to a normal movement routine is important to you, know that it is okay to make movement a priority. This doesn't mean you are dieting or necessarily heading down a slippery slope. The key is WHY you are doing it and making it a priority. It shouldn't stress you out, it shouldn't totally deplete you or take away from other areas of your life that are important to you. It doesn't have to look like a traditional "workout" either. Making moving and using your body a priority can absolutely be seen as a form of self-care.

If you'd like to make movement a priority, think about why you desire this...

It's okay to make a commitment to moving your body and scheduling it into your calendar if it's important to you. It's okay to lay your clothes out before bed with your shoes ready to go, it's okay to have a buddy to keep you accountable (understanding that you're both working on intuitive movement and honor each other's needs). Think about the 3Ws: what, when and why. It's also okay to NOT do these things.



The key is to know when you're motivating and encouraging yourself and when you're forcing yourself. Asking yourself these questions can help you decide which one it is. Check the boxes below that apply.



- Do you feel guilt, stress or anxiety not moving your body?**
- Do you notice any feelings of aggression or defensiveness arising?**
- When you think about not moving does your body get tense and have a more visceral reaction?**

If you check the above boxes this may be a sign that you're forcing yourself VS motivating.

inability to move

There may come times in your life where you may not have the ability to move your body as you'd like, such as chronic body ability limitations or acute injury. It's super important to honor your body's abilities even if you really want those benefits of movement such as stress reduction and maybe an energy boost. At this point in your journey you have worked so hard to restore trust in your body's ability to tell you what it needs and that directly applies to rest and recovery in terms of movement!

In these instances, think of what it is you're wanting to get from moving your body and how you can achieve this without movement and honoring your need for rest. For example, if you're wanting stress reduction maybe you can take up journaling. If you're wanting a mood boost maybe you listen to a pump-up, energizing playlist. If you're wanting that mind-body connection maybe you decide to practice meditating. There are other ways to get many of those benefits when we are unable to move our bodies.

What am I hoping to gain from movement?

What are some non-movement ways that I can achieve this?