

Finding your why: Different ways to move your body



Reasons why we Exercise:

Everyone has a different reason for engaging in exercise. Some primary reasons include (1, 2):

- Enjoyment
- Appearance & Weight Management
- Fitness & Health Management
- Stress & Mood Management
- Socializing

Research suggests that exercising for health-related reasons is associated with less concern over body image (3).

Conversely, exercising for appearance/weight reasons is positively correlated with negative body image (1).

These findings raise the question: How do we change our "why"?

Changing our mindset on exercise:

Exercise is a great way to celebrate what we're capable of! Here are some ways to shift our perspective on movement.

- Engage in activity that you enjoy and feels good! Exercise looks different for everyone.
- Try something new
- Pay attention to how exercise makes you feel physically and mentally
- Honor and listen to your body
- Focus on having fun, self-improvement, and growth

Try Something New!

Here are some ideas from our followers to get started:

- Dance (TikTok, Just Dance, etc.)
- Swimming
- Rollerblading
- Walking
- Kickboxing



A Goal for You:

Practice shifting your mindset to the holistic benefits of exercise. Directing your attention to how you **feel** during and after activity -reduced stress & anxiety, improved immune function, and increased energy are all excellent reasons to exercise!

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1. Cash, T. F., Now, P. L., & Grant, J. R. (1994). Why do women exercise? Factor analysis and further validation of the Reasons for Exercise Inventory. *Perceptual and motor skills*, 78(2), 539-544.

2. Silberstein, L. R., Striegel-Moore, R. H., Timko, C., & Rodin, J. (1988). Behavioral and psychological implications of body dissatisfaction: do men and women differ? *Sex Roles*, 19, 219-232. doi:10.1007/BF00290156

3. Vartanian, L. R., Wharton, C. M., & Green, E. B. (2012). Appearance vs. health motives for exercise and for weight loss. *Psychology of Sport and Exercise*, 13(3), 251-256.