DISCO WELLNESS

MOVE it and LOVE It!

I like to use the term “movement” because it doesn’t discriminate against any type of exercise! “Exercise” can be seen as a punishment, unsavory, or something you HAVE to do.

Movement is a gift!

Important things to keep in mind for long term movement success: your body will ALWAYS be changing, and your tastes change too! You may have LOVED taking hip-hop dance classes two years ago, and maybe not so much now for whatever reason. Focus on what you DO love and your body will start to crave it.

Identify FIVE different ways of moving that motivate you, whether or not you’ve tried them!

1. _____

2. _____

3. _____

4. _____

5. _____

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It is important to identify **WHY** you choose to move your body. Of course, there may be many different reasons, but try to identify the top two to three reasons.

Find your true why by digging deep… do not stop at the surface.

Often in goal setting, we leave our goals vague and do not delineate the **WHY**.

For example, if your goal is to lose a certain amount of weight or to drop a certain number of clothing sizes, dig deep and identify **WHY** you want to work to make those changes.

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Ask yourself these questions, and go through three or four layers of asking **WHY** before you stop.

Why do I choose to move my body daily?

Why do I value movement?

Example:

Why do I choose to Move it and LOVE it? Because I want to drop three pants sizes in the next six months.

Why? Because my friend is getting married and I am in his wedding and I want to look good and feel fit.

Why? Because I am nervous to see a bunch of friends I have not seen in years and I want to feel confident.

Why? Because I know I will interact more positively and enjoy myself if I am more confident.

After you have done the work of exploring your why, see if you can condense it into a sentence or two.

Example:

I choose to MOVE IT and LOVE It because it makes me feel and look fit and healthy. My self-confidence is highest when I feel and look fit and healthy, and when I am more self-confident, I interact more positively with myself, my family, and my friends.

Your Why Statement should be:

1. simple and clear

2. actionable

3. focused on how you'll contribute to others, and

4. expressed in affirmative language that resonates with you

My Why is

To_____

so that _____

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Take Action!

1. Identify 2 forms of movement from your list that you will try TWICE over the next two weeks.
2. Develop your **Why Statement** specifically around a daily movement practice.
3. Share your results with me! **amy@discowellness.com**

You yourself, as much as anybody in the entire universe, deserve your love and affection.

— BUDDHA

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