



Joyful Movement

Joyful movement is about moving your body in a way that prioritises enjoyment by breaking free of what traditionally "counts" as 'exercise'. It supports your body to feel physically and mentally healthy.

Sadly, many people aren't currently enjoying a positive relationship with movement because of the harmful effects of diet culture. Diet culture connects movement with changing your physical appearance and making up for your eating ie. moving to eat, rather than eating to move. Too often, movement is seen as something that people in larger or fat bodies *should* do, and is prescribed in terms of an expected frequency, duration and intensity.

People of *all* body shapes and sizes deserve the opportunity and encouragement to move their body in a way that feels good to them if they want to.

Getting started

1. Reflect on what your beliefs are around movement and what that's meant for you. What type of relationship would you like to have with movement instead instead?
2. Think about the options for joyful movement that are available to you and consider experimenting with a few to see if you like them.

Fill your social media feed with inspiration

Verified provider members with HAES Australia:

- Haven Wellness @havenwellnessstudio
- Sally McWilliam @fitwithsally
- Diverse Personal Training @diverse.pt
- Shreen El Masry @shreen_beyoubefree

Other accounts to follow:

- Barb Puzanovova @nondiet_trainer
- Martinus Evan @300poundsandrunning
- Karen Preene @deadlifts_and_redlips
- Kelsey Ellis @healthy_with_kelsey
- Fat Girls Hiking @fatgirlshiking