

# The Winter Rest & Refresh .3



## Coaching Corner Sheets



### Finding your "why" from within

Movement can be a source of joy, discovery, and connection with your body. But sometimes we lose touch with these aspects when movement becomes another "should" on our to-do list – and during the holidays, that list is often already overflowing!

In weight-inclusive fitness, we recognize that sustainable, joyful movement comes from listening to our own body's wisdom rather than following external rules about what our bodies "should" be doing. This internal compass – your body's own knowing – is far more reliable than any outside voice telling you how to move or why.

When we pause to check in with ourselves about movement, we're practicing something powerful: we're choosing to trust our own experience over external pressures and expectations. This is especially important during the holiday season, when messages about exercise and bodies can become particularly loud and insistent.

#### **Take a moment to reflect:**

- What types of movement make you feel energized and happy?
- When do you find yourself naturally wanting to move?
- What feelings arise in your body during different types of movement?
- How can you make movement more playful and less pressured?
- What does your body tell you it needs today?
- How might movement support (not compete with) your holiday activities?

These questions help us stay connected to our internal wisdom about movement. They remind us that we're not moving to meet external standards or expectations – we're moving because we're listening to our bodies' authentic needs and desires.

Remember: Movement doesn't have to look any particular way. Dancing at holiday gatherings, stretching while watching seasonal movies, or taking a gentle walk to see holiday lights all count as valid ways to move your body. What matters isn't how the movement looks from the outside, but how it feels to you from the inside.

Regular check-ins with yourself before and during movement help maintain this internal connection.

#### **Ask yourself:**

- Does this movement feel supportive right now?
- Am I moving from a place of self-trust or external pressure?
- What would make this movement more enjoyable?
- What would my body like to modify or change?

By staying connected to these internal cues, we build a more sustainable, joyful relationship with movement – one that comes from self-trust rather than external rules. This is the heart of weight-inclusive fitness: movement that honors your body's wisdom and supports your wellbeing in all seasons.