

The Winter Rest & Refresh .4



Coaching Corner Sheets



Rediscovering Joyful Movement During the Holidays

The holiday season offers unique opportunities to reconnect with the principles of Joyful Movement – finding ways to move that bring us pleasure, purpose, and peace. Remember that Joyful Movement shows up in our lives in many different ways:

Through Play: The holidays naturally invite playful movement – dancing at gatherings, playing in the snow with family, or joining in seasonal activities (Anyone up for a game of “Throw, Throw Avocado!”?). These moments of spontaneous, fun movement are just as valuable as any structured exercise.

Through Intention: During this busy season, intentional movement might look different each day: perhaps it's following one of your personalized Winter Rest & Refresh workouts when it feels supportive, taking a gentle morning stretch before the day's festivities, enjoying a mindful walk to see holiday lights, or simply choosing to park further away for some fresh air. Your program workouts are here as a resource – a thoughtfully designed option for those moments when you're craving structured, intentional movement. Remember: consistency in small, enjoyable movements matters more than intensity, and you get to choose what intentional movement looks like each day.

Through Intuition: Your body knows what it needs – sometimes that's movement, sometimes that's rest. The holidays are a perfect time to practice listening to these cues. Maybe your body craves a stretch after a long car ride to visit family, or perhaps it needs rest after a busy day of celebrations.

Through Love: Movement can be an expression of care – both for ourselves and others. During the holidays, this might mean:

- Taking an evening walk with visiting relatives to catch up
- Gentle stretching to ease travel tension
- Playing actively with young family members
- Moving in ways that help us show up fully for those we love

As we transition into a new year, remember that Joyful Movement isn't about following rules – it's about discovering all the ways movement can enrich our lives and relationships. The holiday season, with its unique blend of celebration, connection, and reflection, offers countless opportunities to experience movement as a natural, joyful part of life.