

# GUIDE TO INTUITIVE MOVEMENT

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# Guide to Intuitive Movement

## What is Intuitive Movement?

**Intuitive Movement refers to principle 9 of the Intuitive Eating Principles (Tribole et al, 2012) and is all about FEELING the difference.**

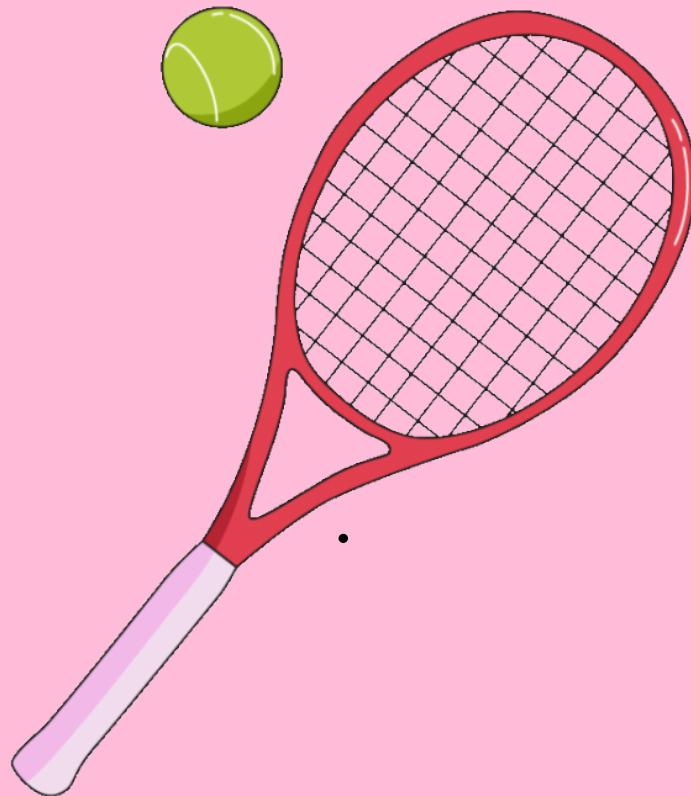
It is about listening to our bodies. Tuning in and asking ourselves what we need.



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## **DISCLAIMER**

Before we get into the rest of the presentation, it is important to note that like food, whether you exercise or not has nothing to do with your moral value as a person.



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## **WHY YOU MIGHT WANT TO CONSIDER TAKING A BREAK**

Also, if you've been struggling with over-exercising or with restrictive eating behaviours, taking a break from exercise may be more what you need. But if you're wanting help with figuring out how to incorporate fitness in your life, in a way that is nourishing and joyful for you, then I invite you to keep reading.

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## **REASONS YOU MAY HAVE A NEGATIVE ASSOCIATION WITH EXERCISE.**

Many people approach exercise as something they “should do” or a way to punish themselves for what they've eaten. We know it's good for our health, yet it becomes something we either dread, force ourselves to do, or struggle to do it at all. This is also why it is so hard for many people to start or maintain a consistent exercise practice.

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## **THE IMPACT OF DIET CULTURE\***

Many of us associate exercise purely with dieting, and shrinking ourselves which may hold really negative connotations for us.

\*Diet culture is a system of beliefs that worships thinness and equates it to health and moral virtue, which means that you can spend your whole life thinking you're irreparably broken just because you don't look like the impossibly "thin" ideal.

(Christy Harrison, Food Psych Podcast 2017)

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## **DO YOU FEEL DISCONNECTED FROM YOUR BODY?**

Feeling really disconnected from our bodies can often happen as a result of our history with dieting, our past relationship with exercise OR body image struggles throughout our lives.

This is a self-soothing strategy but one that doesn't always serve us well. It prevents us tuning in when it comes to our bodies and what we need in terms of movement, focussing rather on what we think we SHOULD do and how we SHOULD look.

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WHAT CAN WE DO? HOW DO WE TUNE  
BACK IN?



## **STEP 1**

DO A DAILY 3 MIN CHECK-IN WITH  
YOURSELF (esp before/after movement)

How am I feeling?

Do I have any aches or pains?

How are my energy levels?

How is my mood?



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## **STEP 2**

### UNTANGLING EXERCISE & WEIGHT LOSS



Ask yourself if exercise had ZERO impact on your physical appearance, would you still move in the same way?

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## **STEP 3**

### DISCOVER YOUR WHY

How do you want to FEEL?

Write it down.

DO YOU HAVE A GOAL IN MIND?

Do you want to move more easily, get up  
off the ground more easily?

Have less knee pain?



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## **STEP 4**

STOP SHOULDING ALL OVER YOURSELF.  
Try not to let what you feel others expect  
from you dictate how you move your  
body.

YOUR EXPERIENCE IS NOT THEIRS.



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## **STEP 5**

FIND THE JOY AND THEN ADD GENTLE  
STRUCTURE.

Get curious.

Find movement you actually enjoy and do  
more of it. Consistently. But only when  
you're ready.



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## **STEP 6**

### DETOX YOUR FEED

You can choose to unfollow fitness accounts that are making you feel SHIT about yourself and your body.

YOU HAVE AUTONOMY.



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FINALLY.

Remember, although it may seem like an uphill struggle at times, **you cannot fail intuitive movement...** so start small and feel your way into it.

Every step you take is part of the learning process.



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"In a looks-obsessed fitness industry's focussing more on what your body can do and how you want to feel - instead of the endless pursuit of perfection - is a revolutionary act."

@steph\_gaudreau.

