

Playful Fitness

For The Joy

What/Why: This is an invitation to join a community of friends who are committing to spend one-month sowing seeds of joy into your life through movement, delight and rest.

When: 30 days, any time you choose to start

How:

- There are 24 seeds with an invitation to movement, delight or rest next to each one. I chose 24 because it is about 80% of 30, and I believe the 80-20 rule is key to changing and sustaining habits. The 80-20 rule means that 80% of the time you choose to say yes to something regardless of how you're feeling about it, and 20% of the time you allow yourself to do what you feel like doing. The 80-20 rule creates grace, flexibility and alleviates the fear of failure for "missing a day."
- Over your designated 30-day period, choose a seed 24 out of 30 days, regardless of how you feel.
 - You can do all 24 seeds.
 - You can repeat a seed as many times as you like in exchange for doing a new seed.
 - Check off each seed as you go and/or keep a tally next to each seed you choose multiple times
- Invite a friend to join you in this challenge or do it on your own.
- Connect with others going after joy in by sharing your joy adventures on [Instagram](#) and/or Facebook. Use [#forthejoy](#) and tag [@playfulfitness](#)
- Checkout www.playfulfitness.org for joy strategies, encouragement, recipes, workouts, playlists and more.
- Keep track the joy you experience in a journal or on paper and share the joy you find over meals with your friends and family
- On the 30th day of your challenge write down your top ten joy strategies and keep choosing joy in the months to come

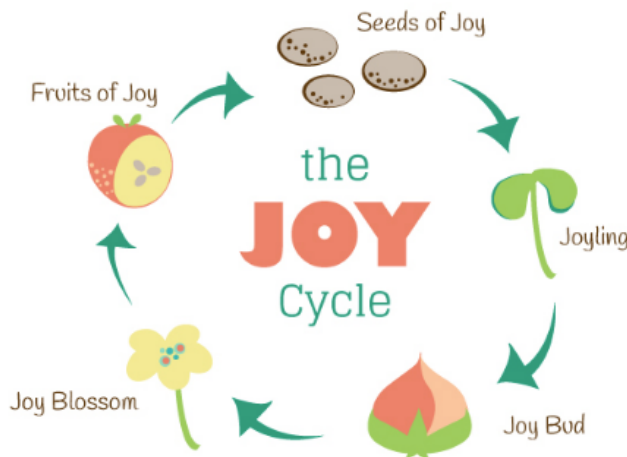


Image Credit: Joyful Roots Art



@playfulfitness #forthejoy



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www.playfulfitness.org

playfulfitnes360@gmail.com

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Move for Joy

Try something TOTALLY new, something you've never done before
 Take a Zumba or Barre class (lots of places offer "1st class free" deals). Sign up for ballroom dancing lessons or go to a masters swim practice at your local rec-center.

Get Outside
 Hike. Bike. Walk. Run. Paddleboard.
 Play at a park.

Just Get Sweaty
 Go for a run. Do a workout in your living room (check out FitnessBlender.com for some great ones).

Play an active yard game
 Spike Ball is my personal favorite and you can really burn some calories with that one.

Rest in Joy

Bubble Bath
 A regular bath is good too, but bubbles are extra fun.

Read
 Give yourself 30 minutes to just cozy up and read without any distractions. Read in your favorite chair or outside in the sun.

Eat Lunch Outside
 Find a spot outside where you can get some sunshine and fresh air. Maybe even leave your phone inside—you're email will still be there when you get back.

Wooden Spoon Concert
 Lip-sync your favorite song using a wooden spoon as a mic. By your self or for your family, give yourself permission to be a goof for a moment

Create
 Color, draw, craft, paint...

Spring Walk
 Go on a walk with the sole purpose of noticing spring flowers and new green leaves.

Star Gaze
 Give yourself 5 minutes before you go to bed to go outside and simply look up.

Do something you used to LOVE as a kid

Kick a soccer ball around, bike around your neighborhood and imagine you are an explorer or a super-secret spy, climb a tree or initiate a game of tag with your kids ...

Story Time
 Download a book on tape or a great podcast and get moving for a chapter or episode. This is a GREAT strategy for treadmill or stationary bike workouts. Also works great for long run/walk days.

Dance Party
 In the kitchen with your family or in your living-room all by yourself. Dancing for 20-30 minutes will burn some SERIOUS calories and makes it nearly impossible not to smile.

Destination Adventure

Run/walk/bike to somewhere fun like your favorite breakfast place, coffee shop or grocery store. Enjoy a small treat, then run/walk/bike back home.

Get moving with a friend
 Take a class together. Schedule a walk or a run. Go on a hike or a bike ride. It's GREAT catch up time and you get your heart rate up while you're at it.

Stretch Day
 Put on your favorite music (check out playfulfitness.org for my favorite playlists) and take 20-30 minutes to simply stretch your body.

Eat for Joy

Awe and Wonder
 Intentionally pause to take delight in what you eat. Enjoy the ruffles in kale, the vibrant color of tomatoes or sweet peppers, the funny shape of sweet potatoes...).

Add a color
 Red—strawberry, pepper, tomato...
 Orange—orange peppers, oranges...
 Yellow—Banana, yellow squash... Green—
 Kale, spinach, asparagus... Blue—
 Blueberries, purple potatoes, blue corn... Purple—Rainbow carrots, eggplant...

8-year old meal
 Put some rainbow sprinkles on top!
 Or make some mac-and-cheese because you LOVE IT!

Create a Salad
 Salads get a bad rep but add some pumpkin seeds, blueberries and kale and you've got something special!

Notice Seeds
 The seeds inside a red pepper are my personal favorite!

Make Soup
 There is something comforting and wonderful about homemade soup. Plus, it makes your house smell wonderful

Fruit for Dessert
 There is just something special about a whole bowl of berries!

