

Principle 9

Movement: Feel the Difference

“Forget militant exercise. Just get active and feel the difference. Shift your focus to how it feels to move your body, rather than the calorie burning. If you focus on how you feel from working out, such as energized, it can make the difference between rolling out of bed for a brisk morning walk or hitting the snooze alarm. If when you wake up, your only goal is to lose weight, it’s usually not a motivating factor in that moment in time”

(Tribole and Resch, 2025)



CAL POLY

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Intuitive Movement



Decouple exercise from weight loss.



Focus on movement as a way of taking care of yourself (mental health, stress relief, social connection, other aspects of physical health rather than weight).



Remember to rest.

Summarized from *Intuitive Eating, 4th edition*. Tribole and Resch, 2020