



Increasing Your Physical Activity Empowerment

If you are not doing physical activity, think of what you would like to do. Think about what you may feel most empowered, and/or least embarrassed to do. Write it down below.

If you can't think of anything, write any notes on what you feel you would need to empower you or reduce your level of *embarrassment* around moving your body.

If you are doing physical activity, list the types you are doing. Then rate them on embarrassment (0 no embarrassment - 10 maximum embarrassment).

Type of Movement

Embarrassment Rating

| | |
|-------|-------|
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |

If you are above 4 on embarrassment for any type of physical activity, make any notes on how can reduce your level of embarrassment. For example, would it help to: Change your place, time, or way of doing the activity? Change your way of thinking about your body, your right to movement, or other's opinions? Seek support from friends, professionals, or a weight inclusive community that embraces size diversity?

Now re-write the type of movement and new embarrassment levels if you were to make the changes you have noted.

Type of Movement

Embarrassment Rating

| | |
|-------|-------|
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |

If the embarrassment levels are lower, well done, you are on your way to creating a more empowered and sustainable way of moving. **Now get to actioning your notes!**