

6. START FEELING MORE COMFORTABLE

After this challenge, you might feel less worried about being embarrassed during physical activities. You'll feel more hopeful about changing how you move and might take the first step to overcome any shame you feel.

CHALLENGES

#1.

(20 min.)



Write down when you feel ashamed during sports.

- In what settings do you feel ashamed? (e.g. when being alone, with others, in public, etc.)
- During which activities do you feel ashamed? Are there activities during which you feel less ashamed or not ashamed at all?
- How does the type of clothes related to your preferred activity affect your feeling of shame?

#2.

(30 min.)



Talk to a good friend or family member about your feelings of shame related to physical activity. But also about theirs. Choose a person you trust and know they are not going to judge you.

 **Be active**

Be well 

PRINT THIS SHEET AND SLAP IT ON YOUR WALL TO GET STARTED TODAY!



#3.

(10 days)



It's all about baby steps.

Choose which baby step from below you want to take now.

- If you experience feelings of shame while exercising in public, try a less crowded place. Or choose a time when there are less people outside (early mornings, evenings). Try this four times in the next 10 days.
- Wear comfortable gear: choose workout clothes that make you feel more comfortable. You don't always need to follow the 'unwritten' rules of clothing. You yourself decide what gear is suitable for you.
- If you feel ashamed when exercising alone or if you feel ashamed when exercising with strangers, buddy up. Go do some simple exercises in public with a friend to feel more comfortable and supported in public. Try this 4 times in the next 10 days.
- If you would feel like staying inside, think about dancing, yoga, doing pull-ups, push-ups, indoor cycling or running, rowing etc. Pick one activity you would like to do and try this 4 times in the next 10 days.



Be active

Be well



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