

What does it feel like to joyfully move—and be moved—alongside others in later life?

This session draws from real-world experiences, including physical activity programs, focus groups, informal conversations with older adults. Learn how movement sparks joy, fosters connection and enhances identity at any age. Explore how inclusive, research-informed physical activity programs strengthen not only the body, but also the social, emotional and intellectual fabric of a community. Whether you're leading group classes, designing wellness initiatives or working one-on-one, you'll leave with fresh inspiration and practical tools to help older adults thrive.



Function2Flow Motivational Matrix

The following matrix was developed through an individual, interpersonal and community analysis of the Function2Flow dimensions of Physical Activity Education experienced in ICAA NuStep award-winning wellness communities.

F2F Model	Actions	Inter-Actions	Community-Actions
Functions (fundamental motions)	Reaching, sitting, standing, pulling, etc. with purpose <i>"Joy is moving...again"</i>	Greeting, moving with and being noticed by others <i>"Joy is seeing and being seen"</i>	Moving in non-judging and supportive ways <i>"Joy is being welcomed"</i>
Forms (movement expressions)	Imitating with agency/ options/ adaptations <i>"Joy is adapting"</i>	Enhancing alignment via engagement with others/ objects/environment <i>"Joy is learning and seeing progress"</i>	Co-creating opportunities for engagement i.e., setting up room/space/equipment for physical activity; suggestion box for activities; diversity in leadership <i>"Joy is contributing in different ways"</i>
Feelings (kinaesthetic sensations)	Attuning to dynamics of force (heavy/soft), timing (slow/fast), amplitude (small/big) <i>"Joy is dynamic e-motion"</i>	Communicating through movement force, timing, and amplitude <i>"Joy is feeding off each other's e-motions"</i>	Co-creating micro-cultures of movement expression i.e., Aquamotion: buoyant and free; Tai Chi: calm and grounded; Chair Volleyball: spontaneous and playful; Cardio Drumming: upbeat and loud <i>"Joy is co-creating a movement vibe"</i>
Flows (energetic exchanges)	Being energized and enlivened through physical activity engagement <i>"Joy is feeling more alive"</i>	Lifting and being lifted energetically through rhythmic, synergistic and energetic exchanges <i>"Joy is moving synergistically"</i>	Synergistic exchanges where the class takes on a life of its own i.e., cheering, lifting others' spirits, and being fully present/there <i>"Joy is becoming the activity, i.e., we are drummers, dancers, walkers, etc."</i>

For detailed information about the matrix creation see:

Lloyd, R., Smith, S. J., & Belalcazar, C. (n.d.). Moving joyfully in senior living communities: A function2flow analysis. Activities, Adaptation & Aging. 1-39. (Submitted)

Movement Mood Barometer: A Tool for Identifying & Promoting E-Motions

Did you Know?

- E-Motions are moods expressed through movement.
- Changing the ways we move, changes the way we feel!
- A mood can be modified by changing movement intensity, energy, pace, predictability, playfulness, levels of cognitive challenge, and more!
- E-motional benefits from experiencing physical activity can be immediate.

The Movement Mood Barometer (See page 7)

A physical activity class is a place where emotions can be expressed and shared. The movement mood barometer is a tool that can be used by wellness professionals and participants to align activity selections based on shaping or changing e-motions. Activity schedules can be coded according to the E-Motions they create keeping in mind that one activity may have more than one E-Motion.

Why E-Motion Matters...

Wisdom from Annie Shaffer, Sunnyside Retirement Communities Wellness Director:

“As we age, occupations, responsibilities and the way we live day-to-day life changes. Sometimes we find ourselves in unwanted or challenging roles where frustration builds up. Others might feel boredom, a lack of purpose or isolated. Physical activity programs can serve more than a physical need. They can help people release stress, feel energized, increase feelings of calm or relaxation, and build social connection. Through engaging in a variety of mood-shaping activities such as freestyle dancing, upbeat and loud drumming, strong and focused boxing, or spontaneous and playful games, participants can be empowered to balance and fulfill e-motional needs.”

Resident Wisdom

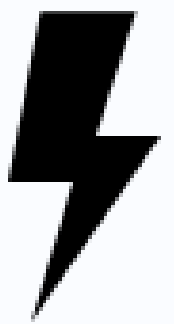
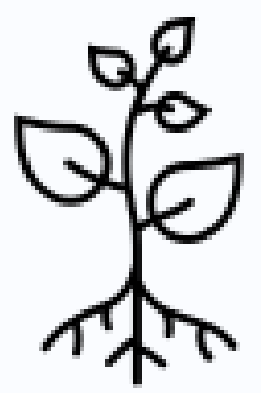
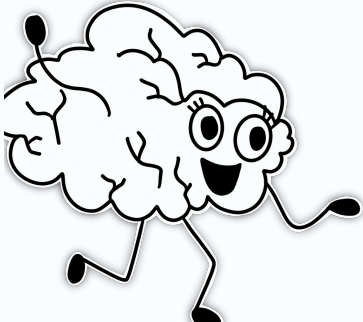
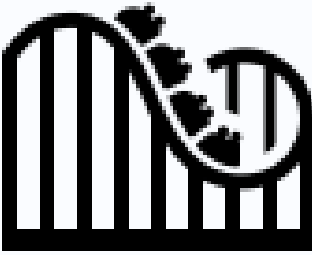
“When we first started doing cardio drumming with the balls on top of trash cans, people would come running to the door and exclaim: ‘What are you doing? You guys are making a lot of noise! What are you doing?’

We would yell out to them: ‘We’re having fun!’

When we really pound it – it gives us a reason to be aggressive. We can do it without any excuses. Yeah!”

For more information about mood, movement and E-Motion, see resources and research featured on function2flow.ca/what-is-the-ia4l-icaa-partnership-project



CLASS COLOUR CODE	ICON	E-MOTIONS
Red Aggressive		<i>Quick/Aggressive/Competitive</i> Activities that offer an outlet to release stress, feelings of aggression or frustration. <i>Examples: cardio boxing, pickleball, HITT training, cardio drumming</i>
Yellow Uplifting		<i>Uplifting, Joyous, Ecstatic, Energizing, Invigorating</i> Activities that offer opportunities to move joyfully to music with or without partner that promotes fun and laughter with options for freestyle flow or moving in unison. Class promotes feelings of success (graduated progressions). <i>Examples: freestyle dance, synchronized movement (i.e., clapping, tapping, cardio drumming/ body percussion, belly dancing)</i>
Light Green Grounded		<i>Predictable/Grounded</i> Activities that follow consistent format designed to promote a mindful, rooted flow with repeated sequences. Attention is directed to breath, feeling body movement and feeling very present. <i>Examples: Mindful walking, Tai Chi, Yoga, range-of-motion exercises, meditation classes, mindfulness training</i>
Orange Cognitive Challenge		<i>Cognitive Challenge-Dual Tasking</i> Classes that complexify the experience that combine physical activity with cognitive challenges, i.e., counting, naming, problem-solving while engaged in movement. <i>Examples: “Simon(e) Says” games, Cross-Crawl</i>
Blue Restful		<i>Slow/Peaceful/Relaxing</i> Activities/ Classes that offer progressive relaxation, stretching/range of motion movements, mindful breathing. <i>Examples: Tai Chi, Yoga, Range-of-motion exercises, meditation classes. Mindfulness training</i>
Purple Spontaneous		<i>Spontaneous/Creative</i> Activities or games that offer variations in intensity, speed (quick bursts and holds), equipment/props (i.e., scarfs, beach balls, rubber chickens). <i>Examples: cooperative/modified games, i.e., chair volleyball, pool noodle games; partner dance; ping pong, scarf juggling</i>

Resource created in partnership with Annie Shaffer, Sunnyside Retirement Communities Wellness Director & The InterActive for Life (IA4L) Research Team: Rebecca Lloyd, Catalina Belalcazar, Stephen Smith, & Aurora Bowie.

Reference

Lloyd, R., Smith, S. J., & Belalcazar, C. (n.d.). Moving joyfully in senior living communities: A function2flow analysis. *Activities, Adaptation & Aging*. 1-39. (Submitted)

For more information about the ICAA-partnership project, see:

- Lloyd, R., Smith, S. J., & Belalcazar, C. (n.d.). [Moving joyfully in senior living communities: A function2flow analysis](#). *Activities, Adaptation & Aging*. 1–39. (Submitted)
- Lloyd, R., Smith, S. J., Belalcazar, C. & Milner, C. (2025). [Physical Literacy for older adults: A call for inter-active living](#). In Liz Durden-Myers (Ed.), *Handbook of Physical Literacy* (pp. 1–22). London, United Kingdom: Routledge. (In Press)
- Lloyd, R. J. (accepted). *Disrupting Ageism in “Active for Life” Research & Recreational Pursuits: A Professor’s Lived Experience of Leading and Following*. In R. E. White (Ed.), *Inclusive and Innovative Leadership in Higher Education: Fostering Diversity, Well-being, and Pedagogical Excellence*. Emerald Publishing.
- Video: [Physical Activity in Wellness Communities](#): youtu.be/VbGoj6lnkfA
- Video: [Joy in Active Aging](#): youtu.be/cx8ypC7Pe98

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