



# Joy in “Active for Life” Aims: Research-Informed Tools to Enhance Movement Mood

**Rebecca J. Lloyd (Full Professor)**

Contact Author: [rebecca.lloyd@uottawa.ca](mailto:rebecca.lloyd@uottawa.ca)  
Faculty of Education, University of Ottawa, Ottawa, Ontario, K1N 9A8, Canada

**Stephen J. Smith (Full Professor)**

Faculty of Education, Simon Fraser University, Burnaby, British Columbia, V5A 1S6, Canada

**Catalina Belalcazar (Doctoral Candidate)**

Faculty of Health Sciences, University of Ottawa, Ottawa, Ontario, K1S 5S9, Canada

## Abstract

**Background:** This presentation explores how “Active for Life” aims in Physical and Health Education may be reached with the support of the Function2Flow Motivational Matrix (F2FMM), the InterActive4Life Inventory (IA4LI), and the Movement Mood Barometer (MMB) (Lloyd et al., 2025a, 2025b). Grounded in Motion-Sensing Phenomenology (MSP; Lloyd & Smith, 2021), Stern’s (1993, 2010) vitality forms and affects, and Heidegger’s (1962) conception of mood as world attunement, the F2FMM and MMB reframe physical activity from a task-based experience to an affectively-charged, relational way of being physically active across the lifecourse.

**Methodology:** The F2FMM, IA4LI and MMB, which emerged from the ethics-approved, SSHRC-funded InterActive for Life (IA4L) and International Council on Active Aging (ICAA) partnership project, are tools that show practically how mood and movement are integrally intertwined. With a focus on learning what it means to be IA4L from positive examples, qualitative MSP data informing the F2FMM, IA4LI, and MMB came from week-long immersive visits to three “ICAA NuStep Best in Wellness” senior living communities. Twenty group classes, 33 focus group, and 19 semi-structured interviews were conducted alongside formal and informal socializations with residents and staff. Guided by the experiential tenets of MSP, the analysis revealed practical ways physical activity programming inspires life-enhancing participation.

**Results & Conclusion:** A primary finding of this research is that the motivation to remain active for life is sustained through Physical Activity (PA) programs where a prevailing mood is promoted purposefully. PA leaders in award-winning communities cultivate motional moods via careful selection of activities, training of staff, fostering resident agency, and monitoring of outcomes. The F2FMM, IA4LI, and MMB tools emphasize how physical activity selection, relationally-focused learning, and assessment procedures foster desired moods. By highlighting joy as a motional outcome, the F2FMM and MMB provides educators with practical means to promote emotionally resonant, lifelong physical activity participation.

**Keywords:** Function2Flow Motivational Matrix; Movement Mood Barometer; Motion-Sensing Phenomenology; Emotional Awareness; Active Aging



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