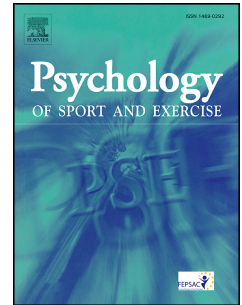


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Running Head: MOMENTARY STRESS AND MINDFUL MOVEMENT

**Momentary Negative Affect is Lower During Mindful Movement than While Sitting: An
Experience Sampling Study**

Chih-Hsiang Yang ^a and David E. Conroy ^{a,b}

^a *Department of Kinesiology, The Pennsylvania State University, University Park, PA, USA.*

^b *Department of Preventive Medicine, Northwestern University, Chicago, IL, USA.*

Author Note

Chih-Hsiang Yang (corresponding author), Department of Kinesiology, 266 Rec Hall, The Pennsylvania State University, University Park, PA 16802. Tel: 814-865-7935. Email: cuy128@psu.edu.

David E. Conroy, Department of Kinesiology, 266 Rec Hall, The Pennsylvania State University, University Park, PA 16802. Tel: 814-863-3451. Email: conroy@psu.edu.

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