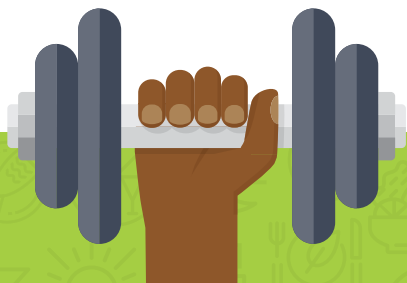


Tips for being more active

Circle one or two that sound helpful.

- ✓ **Have fun** – choose an activity you enjoy.
- ✓ **Start slowly** and progress gradually.
- ✓ **Find ways to be more active during the day** – park farther away or do exercises during commercials.
- ✓ **Set goals** – maybe you want to lose weight or walk a mile or run a 5K!
- ✓ **Keep track of what you do!**
Reward yourself – when you reach a goal, give yourself a reward.
- ✓ **Find an exercise buddy.**
- ✓ **Have a plan B** – if you can't do what you planned, have other options. For example, if it's raining, walk at an indoor mall or do an exercise video.
- ✓ **Have a variety of activities** to prevent getting bored.



MY GOAL FOR THIS WEEK

We want to partner with you to help you be more active!

Research has shown that doing any amount of physical activity is better than nothing. Start small to build your endurance!

Exercise can improve your mood, anxiety, and overall well-being... and it can help you live longer!



Being Physically Active



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CHANGE that *MATTERS*

Promoting Healthy Behaviors

My plan to be more physically active

Physical activity has many health benefits:

- Lowered risk of disease
- Increased energy
- Better mood
- Less pain
- Better sleep



How would your life be different if you were more physically active?

1. _____
2. _____
3. _____

How does being active relate to what is really important in your life?

For example, I go on walks because I want to be healthier for my children.

It is easier to be active when you do activities you enjoy. What activities do you like to do? What have you done in the past?

Setting specific goals to be more active can be helpful. Fill in chart below.

Activity name	Frequency	Duration	Day and time
<i>Example: Walking</i>	<i>Every other day</i>	<i>30 min</i>	<i>Sun, Tues, Thurs, 8 am</i>
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Having a buddy can help motivate you to be more active.

Who might support you? Who might do these activities with you?

How will you track your progress?

- Write it on your calendar Use a tracker (like a pedometer)
 Use an app on your phone Other: _____

Becoming more active can be hard! What might get in the way of being more active?

What can you do to overcome these barriers?

