



## Committing to regular activity and exercise

Most people feel better both mentally and physically after exercising. This exercise could be something as easy as going for a walk. Being active is important for everyone and should be a part of everyone's regular daily routines much like brushing your teeth, eating and sleeping.

### Here are a few tips to help motivate you to keep making healthy changes:

- Schedule your activity into your daily routine. Make it a priority. Make the rest of the day fit around your exercise routine
- Try to exercise in the morning—research has shown that people who choose morning times to exercise have more success with long term commitments to activity
- Decide what activity is best for you—what do you like to do? Plan a little variety in your activity and be willing to try different activities
- Have a plan in place in case of inclement weather—an indoor exercise plan for windy, cold or rainy days
- Understand what type of person you are in order to choose appropriate exercise choices. For instance, are you a person who enjoys your own company, or do you need a group to motivate you? Do you need external motivation or is the self-satisfaction of exercise enough for you?
- Set short term goals which are attainable and realistic
- Reward yourself after completing set goals especially until your exercise and activity becomes part of your lifestyle and routine
- Keep a record of what you are doing for exercise and note frequency, duration and how you feel as you are exercising
- Exercise with a buddy—someone who counts on you to be there
- Focus on your positive feelings about exercise—newfound energy and confidence
- Remember to use your activity or fitness to improve your performance in recreational activities that you enjoy doing

- Innovate new ways to be active—park your car 3 or 4 blocks away from the mall, walk or bike to the corner store, or take the stairs
- Remember what it felt like before you started exercising, note your improvement and be ready to start over again if you slip from regular exercise
- Now is never too late to start—get a dog, walk with a friend or by yourself—make it a year round habit. The journey starts with taking the first step

We don't want to burn out from overdoing life, but on the other hand we don't want to rust out either! Get active and maintain moderation in everything!

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