

MOVE MORE EVERYDAY

How Can You Schedule More Physical Activity Into Your Busy Day?"

- Set aside a special time during the day to be active.
- Find ways to be more active in your everyday routine. Park farther away and walk, take stairs instead of elevator, don't use the television remote-get up to change channels on television, etc.
- Combine activities - run in place, do stretches, etc. while watching your favorite television show.
- Make a weekly chart or calendar and write down when and how to be more active.
- See if your community offers free physical activity programs. (Check with the Park District.)

How Will You Stay Motivated?

- SLOWLY build more activity into your day. Set reasonable goals so you can be successful.
- Keep an activity log or make a contract with yourself.
- Find a friend who can be active with you.
- Set a new goal every month.
- EXPECT SETBACKS! Illnesses or scheduling problems may interrupt your activity. Don't be discouraged. Resume your activity at a lower level and build up to where you were.
- Reduce exercise boredom- try new activities whenever possible, listen to music/radio while being active, etc.
- Be flexible - Don't let cold or rainy weather stop you from being active -walk in a mall, walk to music inside your house, etc.
- REWARD YOURSELF FOR A JOB WELL DONE!

General Recommendations For Being Active

- Check with your doctor before increasing your amount of physical activity.
- Wear comfortable clothes.
- Stretch before you begin physical activity.
- Start slowly.
- Eat a healthful diet.
- Get plenty of rest.



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