3 Questions to Make Movement a Regular Part of Your Life

What movement do I Like?
What movements Feel Good?
How can I make it Simple and Fun?

Even a little more movement in your life done on a regular basis can help you have more energy, lose weight, shift your mood, and make you smile.

1. **What Movement do I like to do?** Find an activity you look forward to.

2. **What movements Feel Good?** Comfortable movements that don't cause pain.

3. **How can I make It Simple and Fun?**

*Simple: Time/Place/Links (no added time)*

*Fun: playful, enjoyable, having a reason, doing it with others, doing something that inspires you.*

**MY PLAN:**

What movement will I do today?

What will I do almost every day?

How important is this to me?

On a 1 to10 scale 1------------------5------------------10
Low                   High

How confident am I that I can and will do this?

On a 1 to10 scale 1------------------5------------------10
Low                   High
Need Some More Ideas:

Simple: Time/Place/Links (no added time)

- Finding the right time: Do you like to move in the morning, lunch, after dinner or all three. Fit in a few stretches at odd moments, walk to the store, park further away, take the stairs, smile!

- Finding the right place: You can do it anywhere, but having privacy and space often inspires us to really go for it, kick a little higher, spin when we dance, and laugh at ourselves.

- Find a way to combine it with something else that is important to you, (reading on a stationary bike, walking with a friend, listening to an inspirational speaker, answering mail)

Fun: playful, enjoyable, having a reason, doing it with others, doing something that inspires you.

- Playful: Put on some music when we do our housework and dancing around the kitchen, doing a little stretching on our way to check the mail,

- Enjoyable: finding a way to link it with something else you love.

- Doing it with others: going for a family walk after dinner

- Doing something that inspires you: make it part of a fundraiser—for every day you go out and exercise your friends donate a penny to a non-profit, let your imagination fill in the different ways...

Still want more ideas:

1. **Be aware.** Make a list of all the physical activities you do on a typical day. If you find that the bulk of your time is spent sitting, make another list of all the ways you could move more--getting up each hour to stretch or walk, walk the stairs at work, etc.

2. **How to fit in?** Do it on the way to something, do it while doing something else you want to or have to do (like talking to a friend or client):
   - Park further away
   - Take the stairs
   - Walk to the store/walk at lunch/The mall
   - Walk with the family after dinner
   - If we want to go out we have to walk there
   - Walk or ride to work
   - Turn off the TV
   - Pace while you talk
   - Etc

3. **Be accountable:** do it with a friend or trainer, have a goal that you need to work towards, monitor your progress.