

### 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 to 10 scale 1-----5-----10  
Low High

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

On a 1 to 10 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!
- Find 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.