

The All-or-Nothing Doer

✓ Your Goal: Tone It Down

- When you don't have time for your full workout, know that you can still be active by adding more walking time to your day's routine. You can:
 - ▶ Take stairs instead of elevators.
 - ▶ Park your car farther away.
 - ▶ Walk during your lunch hour.
 - ▶ Get off the bus or train one stop earlier.
 - ▶ Walk your dog longer.
- On days when you don't do your normal workout, set a goal to walk at least 30 minutes. (Walk 60 minutes for greater weight-loss benefits.)
- Record your daily activity as a way to keep your motivation high.

Activity Tracking Tips

- Track the time you spend walking in a daily activity log.
- Consider wearing a step-counter (pedometer) to measure how many steps you take each day:
 - ▶ Attach the pedometer in the morning and take it off when you go to bed.
 - ▶ To boost activity and make it more fun, ask a friend, work buddy, or spouse to join you in a pedometer walking challenge.

✓ Your Goal: Be Consistent

- Know that it's better to consistently follow a moderate exercise program than to inconsistently follow an intense exercise program.
- To help maintain a consistent exercise program, use prompts and reminders, such as:
 - ▶ Bringing gym shoes to work so you can walk briskly during break time
 - ▶ Scheduling 30 minutes of daily walking into your calendar for the days you can't get to the health club
- Think about hiring a personal trainer to help develop a consistent exercise routine.

Tips for Choosing a Personal Trainer

- Look for a personal trainer certified by a nationally recognized certification organization.
- Check the trainer's references to see whether past clients were satisfied.
- Ask whether the trainer carries professional liability insurance.
- Ask the trainer about how long he or she has practiced and the types of clients seen. Look for a trainer with experience in cases similar to yours. A trainer should ask about your medical history and make sure you have a release from your doctor.
- Ask about fees, scheduling, and where the trainer sees clients.
- Decide whether you feel comfortable with this trainer.

✓ **Your Goal: Enjoy Building Skills**

- Find program options in your community or near work that sound fun.
- Develop a specific plan (what, when, where, for how long, and how often) to try one new activity.
- Sign up with a friend; this may increase your accountability.

Class Ideas to Explore

- Yoga, pilates, fit ball core strengthening
- Tennis, racquetball
- Dance aerobics, spinning
- Resistance training
- Speed walking groups, races

✓ **Your Goal: Prevent Relapse**

- Know your “on” (start) and “off” (stop) exercise triggers:
 - ▶ Triggers that may help you **start** exercising include weight loss, the desire to feel better, and health reasons.
 - ▶ Triggers that may **stop** you from exercising include time constraints, injury, illness, work demands, stress, family issues, and travel.
- Identify one or two triggers that are most likely to stop your exercise and write an action plan to address them.
 - ▶ If injury prevents you from exercising, you may need to scale back the exercise intensity level, and add warm-ups, cool-downs, and regular stretching to your routine.
 - ▶ If time is an issue, review your calendar and develop a plan to fit in regular lifestyle activities (like walking)—you can be active without traveling to the gym.
 - ▶ If your work load is a burden, ask for help so you’ll have free time for exercise.
 - ▶ If you feel stressed, moody, or depressed, problem-solve with someone you trust and see your personal physician.
- Reward yourself for exercising regularly.

Sample Rewards for Exercising

- Treat yourself to a day out with a friend.
- Have a spa day.
- Have a special outing in a park.
- Attend a sporting event.
- Treat yourself to a new outfit.
- Buy flowers.
- Take a trip.