

# The Rain Check Athlete

## ✓ Your Goal: Fit in Walking

- Understand that walking can be done anywhere and any time, which makes it an attractive form of exercise for busy people.
- Increase the activity level of your daily life by:
  - ▶ Taking stairs instead of elevators
  - ▶ Parking your car farther away
  - ▶ Walking to a coworker's desk instead of e-mailing
  - ▶ Walking during your lunch hour
  - ▶ Getting off the bus or train one stop earlier
  - ▶ Walking your child to school
  - ▶ Walking your dog longer
  - ▶ Walking to mail a letter
- Build toward long-term goals. You could begin with a commitment to walk 5 to 10 minutes each day and work up to a longer-term goal of at least 30 minutes of walking each day. (Walking for 60 minutes would provide even greater weight-loss benefits.)
- Write down a specific plan that makes time for 30 minutes of daily walking; include ideas for both workdays and days off. In your plan, you can break the 30 minutes of walking into three 10-minute sessions, or prepare for a single 30-minute session.
- Ask a friend, work buddy, or spouse to participate with you in a walking challenge as a way to boost activity and make it more fun.
- Know that walking will bring greater benefits if you walk briskly. Use the “talk test”: if you're walking at a brisk enough pace, you should be able to talk but only in broken up sentences.
- Track your daily activity as a way to keep your motivation high.

### Activity Tracking Tips

- Keep a daily log to track the time you spend walking.
- Consider wearing a step-counter (pedometer) to measure how many steps you take each day. Attach the pedometer in the morning and remove it when you go to bed.

## ✓ Your Goal: Schedule Activity in a Date Book

- Use a “business-like” approach by scheduling “exercise meetings” in your weekly calendar.
- Go hour by hour through your weekly calendar to find the time you need for regular exercise.
- Treat yourself as you would a client or family member—be accountable and do not break your exercise appointments.

## ✓ **Your Goal: Combine Activity with Other Things**

- Connect socially with people while being active.
- Multitask by combining exercise with:
  - ▶ Watching a favorite television program or the news
  - ▶ Listening to music, a favorite audiobook, or a podcast
- While exercising, think of ways to resolve stressful work or family problems.

### **Ways to Connect with Others While Being Active**

- Have walking meetings with colleagues.
- Sign up for an exercise class with a friend.
- Schedule regular after-dinner walks with a family member.
- Start or join a club that sponsors fun activities (such as dancing or bowling) on Saturday nights.
- Join a community or charity race walk or marathon.
- Pick vacation spots that have fun activities you enjoy.
- Engage in fun, active outings, such as apple picking, when they are offered by local groups (for example, a church, school alumni, or neighborhood association).

## ✓ **Your Goal: Ask for Help**

- Think about your time barriers at work and at home, and come up with possible solutions, such as:
  - ▶ Getting an assistant at work
  - ▶ Lightening your work load
  - ▶ Hiring household help
- Talk to someone you trust about ways that you can delegate more at home and work to make more time for exercise.

### **Ways to Feel More Accountable by Getting Help**

- Schedule regular exercise sessions with a personal trainer.
- Check whether your workplace, place of worship, community, or health care provider offer:
  - ▶ Weight loss challenge or walking groups
  - ▶ Incentives to lose weight and get healthier
- Become a member of an online weight loss community where you can:
  - ▶ Find diet buddies.
  - ▶ Join free weight loss challenge groups.
  - ▶ Post your questions and get help from fellow dieters.
  - ▶ Use activity tracking tools.