

The Uneasy Participant

✓ Your Goal: Dress the Part

- Choose comfortable, loose-fitting exercise clothes:
 - ▶ Wear moisture-wicking fabrics that absorb sweat and keep you cool.
 - ▶ Women should wear a well-fitting sports bra.
 - ▶ Try shopping online if you have difficulty finding workout clothes in local stores.
- Buy athletic shoes that fit well and are suited for the types of exercises you do.

Tips for Buying Gym Shoes

- Choose shoes that feel comfortable when you first try them on. Make sure the width and length are big enough, and check that the shoe fits your arch type.
- Running shoes offer the most cushion, support and flexibility.
- Running shoes are often recommended for people in walking programs.

✓ Your Goal: Work Out at Home

- Plan to work up to a total physical fitness program.
- Make a list of different home exercise options, such as:
 - ▶ Cleaning your house—it's a good workout if you use continuous movements and break a sweat.
 - ▶ Using home equipment, such as a treadmill, an exercise bike, or an elliptical machine.
 - ▶ Using free weights, bands, or machines for resistance training.
 - ▶ Following a home exercise video/DVD—you can get DVDs for aerobics, toning, dance, yoga, pilates, core strengthening, resistance training, stability ball, kickboxing, or chair exercises (try searching "Exercise DVD" on an Internet search engine to find companies that sell them).
- Make a specific home exercise plan that includes the types of exercises you will do and when, where, how, and how often you will follow the plan.

Total Physical Fitness Program

Aerobics:	Burns calories; good for your heart. Aim for 30 or more minutes of moderate intensity activity most days of the week. Getting 60 minutes of aerobic exercise per day will increase weight loss benefits.
Resistance training:	Tones and maintains muscle strength. Aim for 2 or 3 days per week.
Flexibility exercises:	Improves joint function and muscle performance. Aim for at least 2 or 3 days per week.

✓ **Your Goal: Sneak in Walks**

- Sneak activity into your daily routine 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
 - ▶ Hiding your TV remote control

Plan Ahead Tips for Sneaking in More Activity

- Bring gym shoes to work.
- Wear more comfortable clothing to encourage more activity.
- Schedule walking dates with a work colleague, friend, family member, neighbor, or your dog.
- Decide whether you're someone who is more comfortable walking in places where you may see people you know (like your own neighborhood) or in other places where you're less likely to see familiar faces.

✓ **Your Goal: Be Mindful When Moving**

- Focus during exercise on:
 - ▶ Your breathing
 - ▶ Your feet movements
 - ▶ Repeating a word that sounds relaxing, such as the word "calm"
 - ▶ Trying not to let your mind wander to other things you need to do
- If your mind wanders during exercise, quickly refocus on being more mindful and in the moment.
- Try mind-body type exercise activities like yoga, pilates, tai chi, swimming, or stretching. They may help you focus on being more mindful.