

# THIS YEAR, MOVE MORE AND WEIGH LESS!



Thank you for downloading ***Full Life's*** Guide to Physical Activity!

If you are new to exercise or if you need to kick start your routine, here are some ideas and tips to help you be more active. **Fitness is Fun!**

- **Write down your physical activity goals – long-term and short-term.** Set measurable, achievable goals...BE SPECIFIC!
- **Keep records.** Record keeping is a skill that is important for your long-term success in managing a healthy weight. Keep track of your daily physical activity so that you can evaluate your progress and adjust your goals, if needed.
- **Set up your support network.** Share your physical activity goals with others. Ask a friend/family member to provide you with accountability and support or set up coaching through ***Full Life***.
- **Make physical activity a priority.** Schedule it into your day as a non-negotiable appointment for your health.
- **Choose activities that you enjoy.** If you enjoy walking, then walk. If you enjoy dancing, then dance. Physical activity can be accumulated through a variety of activities and if it is something you enjoy, you are more likely to stick with it.
- **Start at a comfortable level.** If 10 minutes is all you can do at first, then do 10 minutes. As you get stronger, you can add in more and longer bouts of physical activity.
- **Find a "buddy" to exercise with.** Having the support and encouragement of others is very motivating.
- **Schedule an appointment with a personal trainer** (if you are currently a member of a health club) to develop your own personalized program. To find a quality health club near you, visit [www.IHRSA.org](http://www.IHRSA.org).
- **Mix it up!** The more variety you have in your exercise program, the more likely you will be to stick with it. Try to avoid doing the same thing all the time – you need to constantly challenge and *surprise* your body with different activities.
- **Remember, it's never too late to start....just get moving!**
- **Most importantly, HAVE FUN!**

## **KEEP MOVING!**

**Physical activity includes not only your scheduled exercise, but also all of the movement that you engage in throughout the day. The more you move, the healthier you will be. Here are some ideas to overcome obstacles and sneak in more physical activity throughout the day! Remember, three 10 minute bouts will give you the same benefits as one 30-minute session.**

- **Take the stairs whenever possible.**
- **Park further away from the entrance of the mall or store.** Add in an extra lap or two around the mall while you are shopping.
- **Do the housework yourself instead of hiring someone else.**
- **Work in the garden, mow the lawn (with a push mower, not a riding mower).**
- **Walk or bike to a destination instead of driving your car.**
- **Stand up while talking on the telephone.**
- **Walk the dog.**
- **Stretch to reach items in high places and squat or bend to reach lower items (using your legs, not your back).**
- **Purchase some easy to store home equipment** - exercise ball, resistance bands, hand weights, jump rope – use them to create your own at home workout (or download **Full Life's** At Home Workout)
- **Go for an early morning or after dinner walk, or both.**
- **Organize a lunchtime walking group at work.** Spend ½ of your lunch hour walking...you will feel refreshed and rejuvenated. Involve others and spread the health!
- **Make family time active** - go to the park, for a bike ride, bowling, ice skating, etc.
- **Join Monica on twitter** – [www.twitter.com/madetomove](http://www.twitter.com/madetomove) - for fitness tips and ideas. Share some of your own!
- **Call or email Full Life for more ideas or to work with one of our coaches.** We can provide the support and accountability you need to keep moving!

**[www.FullLifeServices.com](http://www.FullLifeServices.com)**