



Wellness Buddy Wednesday Tip

Physical Fitness Tips

1. Choose a physical activity, activities or exercise you know you will enjoy.
2. Begin slowly. Eagerness to get started can lead to overdoing it in the beginning which can lead to soreness or injury. This may make you want to stop. Consider this approach: Record all your activities during each waking hour or for two- or three-hour time blocks, tracking how much time you are sedentary (e.g. sitting at your desk) or active (e.g. walking to and from the mailbox). At day's end, count how many hours you have and have not been physically active. Then look at when you could fit some short (e.g. 10 minutes) bouts of brisk activity into your day.
3. Make a date. Find a buddy to exercise with you and help out with keeping you motivated. Making an "appointment" with a friend makes it more likely that you'll stick with your chosen activity.
4. Set specific short and long-term activity goals. For example, "I will briskly walk for 10 minutes each morning before my shower, at lunch time and after dinner every day." Setting priorities and planning increases the likelihood that your personal goals will be achieved.

5. **Make choices.** To achieve, some things may need to be left behind. Decide what you are willing to give up to make room in your schedule for additional physical activity or exercise. Bad habits? Nonproductive activities? Nonbeneficial relationships?
6. **Move, move, move, and move some more.** Stretch, walk, pace, stand and sit as many times as possible when you're talking on the phone or watching television. Keep a basket of physical activity or exercise equipment available in your family room: stretch band, hand weights, jump rope, etc.
7. **Follow a well-rounded physical activity program.** Include all 5 components of a successful program: 1) warm-up, 2) flexibility, 3) cardio, 4) resistance, and 5) cool-down.
8. **Use the principles of progressive overload and specificity.** Gradually and progressively exercise in a way that makes your muscles work harder than usual.
9. **If it hurts, don't do it.** Work around pain, not through it.
10. **Reward yourself!** Once you've reached a target goal, treat yourself to something that encourages you to continue!! Your reward should be something that nourishes your spirit, but is not necessarily food or expensive.

Providing guidance and support to make the "healthy choice the easy choice!"

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