

My Drive to Exercise

Check off all the benefits you hope to achieve from active living.

- | | |
|--|---|
| <input type="checkbox"/> Be healthier | <input type="checkbox"/> Have more energy |
| <input type="checkbox"/> Increase my chances of living longer | <input type="checkbox"/> Build stronger muscles and bones |
| <input type="checkbox"/> Feel better about myself | <input type="checkbox"/> Help me reach or maintain a healthy weight |
| <input type="checkbox"/> Decrease my chances of becoming depressed | <input type="checkbox"/> Be with friends or meet new people |
| <input type="checkbox"/> Sleep better at night | <input type="checkbox"/> Enjoy myself and have fun |
| <input type="checkbox"/> Help my self image | <input type="checkbox"/> Other |
| <input type="checkbox"/> Be in shape | _____ |

My Roadblocks

I haven't been active in a very long time.

Solution: Choose something you like to do. Many people find walking helps them get started. Before you know it, you will be doing more each day.

I don't have the time.

Solution: Start with 10-minute chunks of time a couple of days a week. Walk during a break. Dance in the living room to your favorite music. It all adds up.

It costs too much.

Solution: You don't have to join a health club or buy fancy equipment to be active. Play tag with your kids. Walk briskly with your dog for 10 minutes or more.

Write down some things you could do to get past what's holding you back:

"It does not matter how slowly you go as long as you do not stop."

~ Confucius