

Tips to Get and Stay Active



Pick an activity you enjoy. You're more likely to stick with it if you're having fun.

Start slowly and add a little at a time.

Set short-term goals that are specific and that you can track. For example, instead of saying "I'm going to be more active this week," set a goal of walking 30 minutes a day, three days a week.

Add it to your calendar. Think of the best days and times to do the activity, such as first thing in the morning, during your lunch break, after dinner, or on Saturday afternoon. Now commit to those plans.

Overcoming common roadblocks

Time

Add physical activity to your daily routine. Every little bit counts.

Do 10 minutes of exercise at a time. Spread these bursts of activity out throughout the day.

Add a daily 15-minute walk during your lunch break or after dinner. If your schedule and location allows, taking a walk may help clear your head.

Motivation

Switch it up. Try a new activity each day like dancing or planting a garden to find out what you enjoy most.

Make it social. Involve family and friends in physical activity to have fun, spend quality time together, and stay on track.

Meet a friend for workouts or train together for a charity event. Join a class or sports league where people count on you to show up.

Find an activity you can do with your kids. Dance, take a walk, run around the park, play basketball or soccer.

Use videos. Work out to a fitness video or DVD. Check out different ones from the library for variety.

Enlist support. Who will remind you to get off the couch and help you reach your goals?

Weather

Wear the right gear. A rain jacket, sunhat and sunscreen, or winter clothes will help you beat the weather.

Exercise indoors. Walk in a mall when the weather is bad. Your local community center may offer low-cost options.

Money

Check out a local recreation center. These may cost less than other gyms. Find one that lets you pay only for the months or classes you want. Ask if the center offers child care.

Keep it going!

Track your progress.

Warm up and cool down. To help avoid injury, be sure to warm up and cool down by doing your chosen activity at a lower intensity or slower pace. For example, if your exercise of choice is a fast walk, walk slowly for 5 minutes at the beginning and end of your workout.

Start slowly. If you are starting a new physical activity program, go slow at the start. Even if you are doing an activity that you once did well, start up again slowly to lower your chance of injury or burnout

Drink fluids.

Take it easy at first and see how you feel before trying more challenging workouts. Stop if you feel out of breath, dizzy, faint, nauseated, or if you have pain.

If you have a health problem (diabetes, heart disease, asthma) or an injury, talk with your health care provider about how to safely add physical activity to your life.

Resources provided by The Village Employee Assistance Program can help you live a healthier life. Call us at 800-627-8220.

