



Spring

INTO ACTION

Tips on Getting Active

Get Motivated!

If you haven't been active in a while, you may be wondering how to get started again. Lace up those sneakers and find some ideas here.

- Look for opportunities to increase active time. For example, instead of watching TV, try taking a walk after dinner.
- Set aside specific times for physical activity to make it part of your daily or weekly routine.
- Start with activities, locations and times you enjoy. For example, some people might like a morning walk through the neighborhood. Others might prefer an exercise class after work.
- Try activities with friends or family members to help with motivation and encouragement.
- Start slowly and work your way up to more challenging activities. For many people, walking is a good place to begin.
- When necessary, break up your activity goal into smaller amounts of time. For example, you could break the 30-minute a day recommendation into three 10-minute sessions or two 15-minute sessions. Just make sure the shorter sessions are at least 10 minutes long.

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Overcoming Obstacles to Physical Activity

If you are just getting started, you might face certain obstacles. Strategies for overcoming them are shown in the following table.

Obstacle	Try This
<i>I just don't have time to be physically active.</i>	Identify available time slots. Monitor your daily activities for one week. Identify at least three 30-minute time slots you could use for physical activity.
<i>I don't have anyone to go with me.</i>	Develop new friendships with active people. Join a group, such as the YMCA or a hiking club.
<i>I'm so tired when I get home from work.</i>	Schedule physical activity for times in the day or week when you feel energetic.
<i>I have so much on my to-do list already — how can I do physical activity too?</i>	Plan ahead. Make physical activity a regular part of your schedule by writing it on your calendar. Keep the appointment with yourself.
<i>I'll probably hurt myself if I try to be more physically active.</i>	Consult with a health professional or educational material to learn how to exercise appropriately considering your age, fitness level, skill level and health.
<i>I'm not coordinated enough to be physically active.</i>	Select activities requiring no new skills, such as walking, climbing stairs or jogging.
<i>My job requires me to be on the road. It's impossible for me to exercise.</i>	Stay in places with swimming pools or exercise facilities. Or find an exercise DVD that you enjoy and request a DVD player with your room.
<i>I have small children, and I don't have time to myself for exercise.</i>	Trade babysitting with a friend, neighbor or family member. As children get older, take family bike rides or walks.

