



Workplace Wellness

Spring INTO ACTION

Workplace Wellness Challenge

Week 8 – Motivation and Maintaining Your Program



Spring

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Motivation and Maintaining Your Program

Consider these strategies to help you develop a lifelong habit of active living:

Goal Setting

Start with simple, short-term goals and work toward complex, long-term goals. Write these goals down and store them in an accessible place. Writing down short-term goals will help keep you motivated and more likely to stick to your plan.

Journal

Maintain a written account of your daily experiences. Jot down your frustrations and note your successes. Reflecting on these entries provides insight about the challenges you're facing and reveals how far you've come.

Try Something New

Shake up your workouts and try a new activity. When was the last time you went swimming? Instead of always going to the gym, head outside to the trail or grab some friends for a game of tennis. Switching up your routine will not only keep your body guessing, it will keep you excited about staying active!

New Habits Take Time

Creating a habit takes consistency and time. Stick with your goals. Plan every day and don't skip. When you miss your workout or planned outing, it becomes easier to miss in the future. Make physical activity part of your daily routine, just like taking a shower or brushing your teeth!

Keep It Fun

Keep your workouts fun. Chase your dog around the yard! Play tag with your children! Physical activity doesn't have to be boring; include activities that you enjoy.

Reward Yourself for Your Hard Work

You have worked hard creating a healthy lifestyle, so reward yourself with a non-food item! If you want a new outfit or a new power tool, reward yourself once you reach one of your goals. Rewards will drive you to keep going.

References: American Heart Association (2011, Jan. 19). *Getting Started – Tips for Long-Term Success*. Retrieved May 18, 2012, from: http://www.heart.org/HEARTORG/GettingHealthy/PhysicalActivity/StartWalking/Getting-Started---Tips-for-Long-term-Success_UCM_307979_Article.jsp

Mayo Clinic (2010, Feb. 20). *Fitness Programs: 7 tips for staying motivated*. Retrieved May 18, 2012, from: <http://www.mayoclinic.com/health/fitness/HQ01543>

There are a lot of ways to get the physical activity you need!

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If you're wondering how you can get the recommended amount of physical activity each week, don't worry. You have a variety of activities to choose from. Almost any activity counts, as long as its at a moderate or vigorous intensity for at least 10 minutes at a time. If you're not sure where to start, check out the suggestions below.

Moderate Aerobic Activity Routines

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>	<i>Physical Activity TOTAL</i>
<i>Example 1</i>	30 minutes of brisk walking	30 minutes of brisk walking	Resistance band exercises	30 minutes of brisk walking	30 minutes of brisk walking	Resistance band exercises	30 minutes of brisk walking	150 minutes moderate-intensity aerobic activity AND 2 days muscle strengthening
<i>Example 2</i>	30 minutes of brisk walking	60 minutes of playing softball	30 minutes of brisk walking	30 minutes of mowing the lawn		Heavy gardening	Heavy gardening	150 minutes moderate-intensity aerobic activity AND 2 days muscle strengthening

Vigorous Aerobic Activity Routines

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>	<i>Physical Activity TOTAL</i>
<i>Example 3</i>	25 minutes of jogging	Weightlifting	25 minutes of jogging	Weightlifting	25 minutes of jogging			75 minutes vigorous-intensity aerobic activity AND 2 days muscle strengthening
<i>Example 4</i>	25 minutes of swimming laps		25 minutes of running	Weight training	25 minutes of singles tennis	Weight training		75 minutes vigorous-intensity aerobic activity AND 2 days muscle strengthening

Mix of Moderate and Vigorous Aerobic Activity Routines

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>	<i>Physical Activity TOTAL</i>
<i>Example 5</i>	30 minutes of water aerobics	30 minutes of jogging	30 minutes of brisk walking	Yoga	30 minutes of brisk walking	Yoga		90 minutes moderate-intensity aerobic activity AND 30 minutes vigorous-intensity aerobic activity AND 2 days muscle strengthening
<i>Example 6</i>	45 minutes of doubles tennis	Weightlifting	Rock climbing		30 minutes of vigorous hiking		45 minutes of doubles tennis	90 minutes moderate-intensity aerobic activity AND 30 minutes vigorous-intensity aerobic activity AND 2 days muscle strengthening

