

Getting Active: *Strategies for Change*

It's no surprise, a lack of physical activity can lead to negative health consequences. The following strategies are designed to help you increase your level of physical activity no matter what stage of readiness you're in. Find some time to incorporate these strategies for healthy behavior change into your life. You'll be better off for it.

Strategies for Change: Stage 1

Not Interested in Changing Now

- Read, *Exercise: The Magic Bullet*.
- Create a list of reasons why becoming physically active will benefit you.
- Create a list of reasons why becoming physically active will benefit your family.
- Watch the movie, *Rocky*.
- Interview a friend who has been successful in developing an exercise routine.
- Write about two situations in the last year where you defended your lack of regular physical activity.

Strategies for Change: Stage 2

I'm Giving Change Serious Consideration

- Read, *Getting Fit: It's All a Part of the Master Plan*.
- Describe how your poor physical condition makes you feel emotionally.
- Write down five roadblocks that are standing in your way to getting active.
- Speak with a friend who's experiencing negative health effects from a lack of physical activity.
- Keep a journal noting your physical activity habits, or lack of physical activity. Especially note times when you could have/should have been physically active but weren't.
- Take a physical activity self-assessment.

Strategies for Change: Stage 3

Getting Ready to Change Soon

- Meet with a personal trainer for a fitness test and develop an exercise prescription.
- Create a written plan to incorporate physical activity into your routine—make sure it's realistic and enjoyable.
- Tell your friends and family about your plans to get physically active.
- Find someone who's willing to commit to exercising with you.
- Read, *Walking for the Health of It*.
- Purchase any workout clothes/equipment you'll need to carry out your written exercise plan.

Strategies for Change: Stage 4

Let's Go...I'm Taking Action

- Enroll in an exercise class/activity to help you stay active.
- Regularly update your friends and family about your exercise status.
- Keep a written activity log tracking your exercise—include type of activity, duration, difficulty, goals, etc.
- Create a list of physical activities you can substitute for sedentary activities.
- Take on a new activity like golfing, joining a walking club, or bicycling.
- Read, *Body for Life* by Bill Phillips and Michael D'Orso.

Strategies for Change: Stage 5

Old News...Been There, Done That

- Celebrate accomplishing your written exercise plan.
- Meet with a/your physical trainer to retake your fitness test and get a new exercise prescription for moving forward.
- Offer yourself as a testimonial to others about the benefits of regular exercise.
- Create a list of all the benefits you've been experiencing since getting physically active—be sure to review previous lists and write down how things have changed.
- Begin looking at other changes you can make that will enhance your physical fitness (i.e., nutrition).