

Staying Motivated With Physical Activity



Make physical activity part of your daily routine! Here are some ways to help you keep on track with your physical activity program:

- Set realistic and achievable goals
- Schedule activity by making it part of your regular routine
- Have a support system – friends, family, group exercise
- Log your progress
- Consider a trainer
- Use music and TV fitness programs
- Use a pedometer/odometer and log this in your Food and Physical Activity Diary. You may also track your time for either moderate or vigorous physical activity.
- Do a variety of activities
- Keep moving, even small amounts of movement throughout the day add up
- Check your progress regularly
- Choose a convenient time of the day
- Stay encouraged
- Join a gym or club
- **Have fun!**