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!