

Making Your Exercise Plan Vital

Expanding Your Horizons, Part of Every Day

Worksheet #9

At this point, you have probably found that the ways you used exercise during your weight loss phase are also very important to maintaining your new healthy weight. Some people will have a very comfortable exercise routine and find they really enjoy being active every day. For others, this can be a time when you struggle to keep up with the routine and risk becoming less active again. It can be hard when a barrier to daily exercise occurs or even simply to keep your interest up in maintaining the same exercise routine.

How much physical activity do you get now?

How do you feel about your "routine"?

Have you ever (now or in the past) slowed down or even stopped your activity for a while? Explain:

What caused you to stop?

What obstacles could get in your way now?

What can you do to prepare for these obstacles?

What might help get you back on track? (Examples: Exercise with a friend, join a class or a group)

Let's consider ways you can re-energize your interest in exercise, whether for use now or to be prepared in case you need options to consider in the future.

List four-to-five benefits of physical activity.

How does being active make you feel?

Name a time when you enjoyed physical activity in the past.

Are there other activities you might try to make exercising fun and challenging again?

Is there a support person who is a fitness role model? Who is it, and how can this person be a motivator for you?

After working through these questions, what does your fitness plan look like now?

On a scale of 1 to 10, how important is exercise to you now?

1 2 3 4 5 6 7 8 9 10

On a scale of 1 to 10, how confident do you feel about completing this plan?

1 2 3 4 5 6 7 8 9 10

What could make you more confident?

Describe your Action Plan for increased physical fitness:

For some extra help in planning your activity, check out some other options:

Have you ever looked in your community for options that might help you be more physically active? There may be a walking path or track that is available to at a local park or school, adult education classes you could sign up for, or even options to get a group started for fun or to benefit charity. Or check out the government website <http://www.HealthFinder.gov/getactive> for ideas.

Here are a few ideas to help you get started and a place for notes for what you find!

In the local community:

- Newspaper
- Adult programs flyer from school
- Bulletin boards at the Library
- Community organizations or at the mall
- Local fitness center offerings

Here's what I found so far:

On the Net:

- www.AmericaOnTheMove.org (find a group)
- www.ShapeUp.org (see "Resource Center")
- www.TheWalkingSite.com (charity walks)
- www.PeerTrainer.com (join an online group)

Here's what I found so far:

Other search terms you could try:

- Outdoors Club of _____ (insert your state name)
- Fitness challenge or a sport you'd like to try?