

Getting active

Think about your activity levels now and how you'd like to become more active. Mental activity is just as important as physical activity. The last question is especially important. Be sure to think about how you'll celebrate your success.

Questions to help you get started.

1. What's one way of being active that I'd like to add to my daily life?
2. What small, short-term goals can I make and accomplish over the next few weeks?
3. Do I need to do anything before I start (for example: talk to my doctor, get walking shoes, find a park close to me, etc.)?
4. If I don't follow my plan as I'd hoped, what steps can I take to get back on track?
5. How will I feel different once I'm more active? How will I celebrate my success?