

A Few Strategies to Increase Physical Activity

- **Take one 30-minute walk each day for at least five days of the week.** It doesn't need to be a vigorous walk, just get out and enjoy yourself. Go to the park or walk around your neighborhood. Take the family or bring your dog for more enjoyment.
- **Take one 30-minute walk on each weekend day and three 10-minute walks a day on at least three weekdays.**
- **Do three 10-minute bouts of activity on at least five days of the week** (example: 10 minutes of digging in the garden, a 10-minute brisk walk to the post office and 10 minutes of playing tag with the kids).
- **Do 30 minutes of heavy housework .**
- **Get the family involved!** Your kids are a great role model for being physically active. Kids are always eager to move and play, and they have a natural talent for being active throughout the day if we let them. Play games like hide & seek, twister, Wii, tag, etc with them. You'll be doing good for yourself, for your kids and making great memories! Be creative and find fun activities you'll all enjoy.

IDEA approach to problem solving

Identify the problem

Develop a list of solutions

Evaluate the solutions

Analyze how well your plan worked



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Stage 1 (Not thinking about change)

- Think of past attempts of behavior change – identify what worked then
- Think of and write down benefits of physical activity – how important are these benefits to you?
- Identify what are true barriers and what may just be excuses
- Start thinking of solutions to the barriers
- Think of what you would have to give up or what you may find unpleasant by becoming more physically active. How important are these issues to you?
- Assess how difficult these things will be to give up
- Set some specific goals toward behavior change: talk to your physician about the benefits of physical activity, write down some ways your sedentary lifestyle affects loved ones, and spot a person similar to yourself in age, body shape, health status that is physically active.
- If you have children, think of the impact a healthy, active parent is to their future. You're role in this is the most important factor in if they become healthy, active adults or not.



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Stage 2 (Thinking about change)

Commit to a start date and do some planning to enhance the likelihood that you'll be successful in the endeavor and find the physical activity pleasant enough to try it again.

Have you successfully changed behavior in the past?

- Think of past attempts of behavior change – think of what worked then that could help with becoming physically active
- Think about what got in the way of previous attempts and try to come up with solutions

How might you benefit from becoming physically active?

- Think of and write down benefits of physical activity; read and learn more about the benefits – how important are these benefits to you?

What might you need to give up to become physically active, and what barriers do you need to address?

- Think of what you would have to give up or what you may find unpleasant by becoming more physically active. How important are these issues to you?
- What are true barriers and what may just be excuses

What goals might help you move toward behavior change?

- Plan short and long term goals to become physically active
- Use the IDEA approach to work out any possible solutions for 1-2 obstacles that seem to get in the way of trying some activity
- Try doing brief, manageable bouts of activity, such as a five minute walk. Look up how many calories burned for this activity (or another activity of interest)
- Think of discuss ways some of your sedentary lifestyle is affecting people important to you
- Allow yourself fun sedentary activities only after doing the planned physical activity
- Have something in mind to do or buy as a reward success in achieving these goals
- If you have children, think of the impact a healthy, active parent is to their future. You're role in this is the most important factor in if they become healthy, active adults or not. Set a goal to be a positive role model in your children's lives.



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Stage 3 (Doing some physical activities)

How have you successfully changed behavior in the past?

- Think of past attempts of behavior change –think of what worked then that could help now
- Think of strategies that have gotten in the way during past attempts at behavior change and may become an issue for changing physical activity habits

How might you benefit from increasing physical activity?

- Discuss and write down benefits of physical activity; read and learn more about the benefits – how important are these benefits to you?

What might you have to give up to become more physically active and what barriers do you need to address?

- Think of what you would have to give up or what you may find unpleasant by becoming more physically active. How important are these issues to you?
- Identify what are true barriers and what may just be excuses
- Start thinking of solutions to the barriers using the IDEA approach

What goals might help you become more physically active?

- Plan short term goals for your physical activity
- Create a plan for replacing 15 minutes of sedentary time during the week with some type of activity
- Commit to increasing your activity time by 5 minutes *next* week
- Engage in sedentary pleasurable time (watching tv) only after accomplishing one of your activity goals
- Discuss what someone significant in your life might be able to do or say to reward your physical activity achievement
- Keep track of your steps each day by using a pedometer
- If you have children, think of the impact a healthy, active parent is to their future. You're role in this is the most important factor in if they become healthy, active adults or not. Set a goal to be a positive role model in your children's lives.



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Stage 4 (Doing enough physical activity)

How have you successfully changed behavior in the past?

- Think of past attempts of behavior change to identify strategies that you may not have yet applied to physical activity
- Think of strategies that have gotten in the way during past attempts at behavior change and may become an issue for continuing physical activity

How have you benefited from becoming physically active?

- Think of and write down benefits of physical activity; read and learn more about the benefits – how important are these benefits to you?
- Read and learn more about benefits and look for additional benefits as you become more active

What are the costs of being active? What barriers might you still need to address?

- Think of what you would have to give up or what you still find unpleasant by being physically active. How important are these issues to you? How important these things are to you?
- Use the IDEA problem solving approach to reduce any perceived costs and remaining barriers
- Think about any obstacles that may arise that could interfere with your ability to stay active. Create a plan for these potential problems

How can you become even more confident about physical activity?

- Think of any negative thoughts you may still have about activity and work on developing more positive thoughts
- Remind yourself of how far you have come

What goals might help you stay physically active?

- Plan short term goals for your physical activity that help you sustain your motivation
- Try a new activity; ask someone to exercise with you
- If you have children, think of the impact a healthy, active parent is to their future. You're role in this is the most important factor in if they become healthy, active adults or not. Set a goal to be a positive role model in your children's lives.
- Find a walking or running event locally and train for it
- Engage in sedentary pleasurable time (watching tv) only after accomplishing one of your activity goals
- Keep a daily activity log to track your activity minutes
- Keep track of the number of your steps each day (pedometer)
- Review some of the benefits you've already achieved. These benefits are natural rewards for exercising
- Post reminders around you to remember to praise yourself with your success
- If you have a period of inactivity and then resumes, reward yourself for your ability to get back on track



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Stage 5 (Making physical activity a habit)

How have you benefited from continuing to be physically active?

- Periodically remind yourself of how you benefit from continuing to be physically active
- Read and learn more about benefits

What are the costs of being physically active? What barriers might you still need to address?

- Think about what you have given up to be active and what you still find unpleasant about being physically active. How important are these issues to you?
- Use the IDEA approach to reduced perceived costs
- Think of/work on ways to increase enjoyment – explore your option
- Think about obstacles that may arise that could interfere with your ability to stay active. Create a plan for these potential problems

How can you maintain confidence about staying active over the long term?

- Explore options for making activity more enjoyable
- Be confident that you can start anew if for some reason you stop
- Remind yourself how far you've come and of all of the benefits you've already achieved
- Become a mentor to someone trying to accomplish what you already have

What goals might you have to stay physically active?

- Develop short and long term goals that will help sustain your motivation
- Try a new activity
- Ask someone to exercise with you
- Find a walking or running event locally and train for it
- Set up a reward plan for yourself for continued activity for the next month
- Engage in sedentary pleasurable time (watching tv) only after accomplishing one of your activity goals
- Look over some benefits already achieved – these are natural rewards for exercising
- If you have children, think of the impact a healthy, active parent is to their future. You're role in this is the most important factor in if they become healthy, active adults or not. Set a goal to be a positive role model in your children's lives.

How can you track your success?

- Keep a daily activity log to track your activity minutes
- Keep track of the number of your steps each day (pedometer). Develop a plan to reward yourself after you achieve a particular number
- If you have a period of inactivity and then resumes, reward yourself for your ability to get back on track



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