Getting into physical activity doesn't need to be overwhelming or burdensome. Putting physical activity into your life at anytime or any place can make a difference. We often set goals for physical activity that we can’t achieve and then wonder why we give up so readily.

Setting goals too high can easily lead to failure. It is important to only set goals that you know you can achieve, even if you don’t think it is enough or as much as you would like to do. Remember, you can always add more as time and scheduling permits. Know your limitations when setting goals and be sure to consult with your health care provider when starting or increasing your physical activity program.

Stopping your program for any length of time is often the greatest hindrance to success. When this happens you might feel as if you have failed. Remember, this is very common. You are not alone and you are not a failure. Think of it as a lapse, not a collapse. Maybe your life took some turns that caused conflict with your plan. Or maybe the plan itself wasn’t right for you from the start. Either way, it’s the PLAN that failed to work for you. So start simple again. It’s never too late and there is no limit on how many times you can restart. Your body is always ready to move again!

Stop和技术

What do I do?

Bowling
Go to the Mountains
Lake or Beach
Club Dancing
Miniature Golf
Baseball Game
Window Shop
Arcade
Video Dancing (DDR®)
Camping
Hit Golf Balls
Fishing
Play Games

How do I make it work?

Make the Time!
Make it Fun!
Until the Fun Stops!

Make the Time!
Anytime!
However You Feel!
Until You Stop!

How often?
2 Days a Week
Light or Moderate

How hard?
Moderate or Vigorous

How long?
15 Minutes

How do I get it there?

“Treat Yourself to Your Favorite Activity... You Deserve it!”

Get Up!
( Get Out!)

Get Moving!

“Step Up Your Daily Activity!”
Take a Lunch Stroll
Park Further Away
Bike to Work
Use a Stability Ball
Wash the Car
Mow the Yard
Scrub the Floors
Rake Leaves
Wash Windows
Shovel Snow
Walk to the Store
Wear a Pedometer
Use the Stairs
Garden and Pull Weeds
Walk the Dog

Get Active!

“Adopt a Fun, New Activity!”
Rollerblading
Bicycling
Pool Walking
Dancing
Mall Walking
Trail Hiking
Kickboxing
Biksk Walking
Swimming
Jogging
Running
Rowing
Ice Skating
Mountain Biking
Stepping Up & Down

Get Regular!

“Enjoy Lifelong Activity!”

Make a Lifetime Commitment
Increase Workload as Needed
Take a Fitness Test
(Pre/Post/Periodic)
Re-Evaluate and Modify Goals
If You Drop Out, Jump Back In

GET MOVING!

Step up your daily routine to a more active one without adding more commitments to your already busy schedule. Finding free time in your busy life to schedule in exercise can be a challenge. So why not just add some fun and activity to your current lifestyle?

Try parking a little further away where you don’t have to fight the crowds. For quick trips to the store to buy just a few things, walk instead of drive. Use the stairs in public places. For tall buildings, get off the elevator a few floors early and take the stairs the rest of the way. Try wearing a pedometer and track how many steps you walk each day. See if you can add more just by being creative.

Pick one day a week and ride your bike to work. Eat your lunch, then take a stroll with a co-worker or go by yourself and listen to some music. Replace your office chair with a stability ball. It’s fun, inexpensive and it strengthens your muscles!

How about those chores that need to be done like washing the car, mowing the yard or washing the windows? Sure, it’s easier to delegate the job to someone else or pay for a service. But, why not do it yourself, save some money and burn some extra calories while you’re at it? Think of it as scheduling some activity time that is also productive!

Get yourself a dog. There’s an activity commitment waiting to happen every morning and every night! Even if you don’t have a dog, take a walk and enjoy the sunrise, sunset or moonlight and reflect a little on the day’s activities. Invite your child, spouse or a good friend instead.

There’s no keeping score, track or time. Do it any time the thought comes to mind, without obligation!

View the Physical Activity Guidelines for Americans at www.health.gov/PAGuidelines/
GET ACTIVE!

This step is the beginning of a healthy, active lifestyle. The practice of “exercise” can be very intimidating if you are not prepared for the commitment that comes with it. This explains why so many people drop out of their programs. So, instead of committing to a full blown exercise routine, why not just find a fun, new activity to adopt.

How about walking or trail hiking? You could try mall walking if you prefer the indoors. Walk briskly and don’t stop to shop for at least 15 minutes. Remember in the last step “Get Moving!”, if you find yourself doing some brisk walking in your day (such as to work or during lunch) for at least 10 minutes, you’re practically there. Just add five more minutes.

Adopting an activity doesn’t have to be a huge time commitment either. Try it twice a week. Pick one weekday and one day on the weekend and invite your friends or family members. Take some of your favorite music along. It makes for a more upbeat experience.

Find some ice skates or rollerblades and go for a skate. If you live near a lake, try rowing in a canoe, kayak or raft. If you have a pool at your house, living complex or neighborhood, go swimming or try walking back and forth in the shallow end. Maybe you could put on your favorite song and dance. It doesn’t have to be strenuous, only fun!

You may want to try lots of new things and vary them. Whatever you choose, just make sure it’s something you enjoy and do it for at least 15 minutes. Who knows? You may have so much fun you won’t want to stop after 15 minutes!

To achieve the best results, warm up before you start your activity and cool down when you are done. A warm up simply means to start the movements slowly and loosen up your joints and muscles.

Next, progress into a moderate activity level for 30 minutes (five times a week). Although taking your heart rate is a great way to measure how hard you are working, you can also use the “talk test”. This means, for moderate activity, you should be able to carry on a conversation comfortably while doing the activity.

If you have rapid breathing or become too out of breath to carry on this conversation, the activity is now considered vigorous and may be reduced to 20 minutes if desired (three times a week).

When you are finished, cool down slowly while your heart returns to its normal resting rate.

Move towards a complete program by adding a few muscle strengthening activities. Lift some weights (if you don’t have dumb bells, use a quart-size bottle of water or a heavy book) or use resistance bands. Lift 8-12 times (reps) until you can’t do one more. Make sure your exercises hit all the major muscle groups (approximately 8-10 exercises) and remember to alternate days for lifting sessions.

Push-ups, sit-ups and wall sits are another great way to achieve strength using your own body weight. Doing these activities will help make your muscles, bones and joints stronger.

Finally, add some flexibility activities to your program. A great way to stretch your muscles is to lie down with some pleasant music after completing your entire workout. You will feel terrific and recover faster!

GET REGULAR!

This step is the “real deal”! This step will make your body fit, make you more healthy, make your heart stronger and lower your risk for disease. All you have to do is boost up your favorite activity from the previous step and make it a cardio program for your heart. This can be done by doing it just a little longer, a little more often and with a little more gusto.

Set long-term, achievable goals you know you can accomplish. For example, whatever routine you are doing, decide to do it for three months and then re-evaluate it. Maybe you will want to change some things, but first commit to a period of time and then see how it is working.

Take a fitness test at the beginning of your 3-month program (pre-test) and again at the end (post-test). Ask an expert, certified trainer or go online where you will find lots of simple fitness tests to do. You will be amazed at how much stronger your heart and other muscles have become.

After that, take periodic tests and revise your plan as needed. Maybe your routine is becoming too easy or even feels too hard. Adjust your plan to prevent failure. And remember, its plans that fail, not people. So make sure you have a plan that is right for you.

Invite a friend to exercise with you. Set up an appointment ahead of time so that you will be less likely to cancel. Ask more than one friend or family member to join you. Involve others will help you stay committed. Every time you encourage new people to join you in your activity, the fun will start all over again!

If you love routine, make it a habit. But, also try new things with different people. There are lots of fun things you can do so you never tire of the same routine. Get trained to teach others—become a certified leader or exercise instructor. Volunteer at a local health facility.

Most importantly, don’t quit! If you miss a few days, weeks, months or even longer, don’t beat yourself up. Think of it as the break you needed to remind yourself how much you love to move. Don’t compare yourself to others. It’s your life, your health and your personal active lifestyle and each one looks different. Create your own experience.

GET FIT!

This step is the ultimate in lifetime achievement. You don’t have to be an athlete or competitor. You don’t have to abandon the rest of your life’s activities. It simply means that you are making a lifetime commitment to a healthy, active lifestyle.

You know what your routine looks like, now just keep doing it. But also try some new things to keep you motivated.

First of all, fit your new plan into a schedule. If you are a routine-driven person, pick out some times to exercise and put it on the calendar. Treat it as important as eating, brushing your teeth or going to work. If you don’t think of your exercise as a priority, wake up each day and ask yourself where you might fit it in today? Take along some clothes and be ready!

GET READY, GET SET, LET’S GO!

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