



GET REGULAR!



Fact Sheet 10-79

What is my goal?

Get Regular!

How do I get there?

“Enjoy Lifelong Activity!”

Make a lifetime commitment

Increase workload as needed
(longer time, faster pace, more weights, more reps or multiple sets)

What do I do?

Take a fitness test (pre/post/periodic)

Re-evaluate & modify goals

If you drop out, jump back in

How do I make it work?

Monitor progress
Try new things
Encourage others to join in
Become a leader
Set realistic goals
Set long-term goals

How often?

⇒ Continue

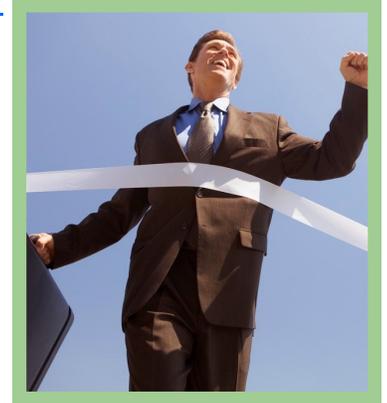
How hard?

⇒ Continue

How long?

⇒ Continue

Starting a fitness program is only half the battle. *Maintaining* a physically active lifestyle is the ultimate challenge. As you progress through the steps to building an active lifestyle (refer to [Get Ready, Get Set, Let's Go UNCE Fact Sheet 08-35](#)), you reach the final step, *Get Regular!* This step is the lifetime achievement for physical activity.



You don't have to be an athlete or competitor, and you don't have to abandon other areas of your life. It simply means that you are making a lifetime commitment to a healthy, active lifestyle. If you already have a basic fitness routine (refer to [Get Fit! UNCE Fact Sheet 10-73](#)), try some things to help *keep you motivated* to continue.

First of all, fit your new plan into a schedule. If you are a routine-driven person, pick out your time 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 like routine and prefer to be more

For more information contact:

Anne Lindsay, Exercise Physiologist
(702) 940-5434 lindsaya@unce.unr.edu

Nora Constantino, Exercise Physiologist
nlc@unr.edu

Adapted from [Factsheet 08-35](#)
[Get Ready, Get Set, Let's Go!](#)

	Get Ready! Get Set! Let's Go! Steps to Achieve an Active Lifestyle				
	Get Up! (Get Out!)	Get Moving!	Get Active!	Get Fit!	Get Regular!
What is my goal?	"Treat Yourself to Your Favorite Activity... You Deserve It!"	"Step Up Your Daily Activity!"	"Adopt a Fun, New Activity!"	"Turn Your Activity Into Fitness!" (ACSM® Guidelines)	"Enjoy Lifelong Activity!"
How do I get there?	Bowling Go to the Mountains Lake or Beach Club Dining Miniature Golf Baseball Game Window Shop Browse Video Dancing (DDR®) Camping Hit Golf Balls Fishing Play Games	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 Shower Walk to the Store Visit a Neighbor Use the Stairs Garden and Pet Needs Walk the Dog	Rollerblading Bicycling Pool Walking Trail Walking Mail Walking Trail Hiking Knitting Break Walking Rowing Jogging Running Ice Skating Mountain Biking Stepping Up & Down	Make Your Activity Cardio-Friendly! Do Your Fun Activity More Often & Longer Add a Warm Up & Cool Down Add Muscle Strength/Endurance Use weights, resistance bands or perform body-weight exercises <i>at least 2-3 times a week</i> Add Flexibility Stretch regularly 15-20 minutes per session	Make a Lifetime Commitment Increase Workload as Needed (longer time, faster pace, more weights, more reps or multiple sets) Take a Fitness Test (Pre/Post/Periodic) Re-Evaluate and Modify Goals If You Drop Out, Jump Back In
What do I do?	Be Creative Involve Family Invite Friends	Get a Dog Save Money, Do-it-Yourself	Listen to Music Involve the Family Find Something You Like to Do	Progress Slowly Invite a Friend Record Progress Set Realistic, Short Term Goals	Monitor Progress Try New Things Encourage Others to Join in Become a Leader Set Realistic, Long Term Goals
How do I make it work?					
How often?	Make the Time!	Anytime!	2 Days a Week	Minimum 3 Days a Week	⇒ Continue
How hard?	Make it Fun!	However You Feel!	Light or Moderate	Moderate or Vigorous	⇒ Continue
How long?	Until the Fun Stops!	Until You Stop!	15 Minutes	20-30 Minutes	⇒ Continue

spontaneous, wake up each day and ask yourself where you might fit it in today. Take along some clothes and be ready!

Choose a *temporary* plan instead of one you expect to maintain for the rest of your life. Permanent ones may set you up for failure. Plans not only *do* change...but they *need* to change. Just as responsibilities change, schedules also change. Even the weather changes, so be prepared to mix up your activity.

Set 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 do something different or perhaps you will need to adjust to seasonal weather changes.

Commit to a period of time to do your routine, re-evaluate and then adjust it.



Take a fitness test at the beginning of your three-month program (pre-test) and again at the end (post-test). Ask an expert, certified trainer or go online. There are lots of simple fitness tests to do (www.adultfitnessstest.org). You will be amazed at how much stronger your heart and other muscles have become after just a few months.

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 or family member to exercise with you. Set up a



date ahead of time so that you will be less likely to cancel. Join a running, biking or walking club. Involving others will help you stay committed. Every time you encourage new people to join 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.

Stay active by getting trained to teach others. Become a certified leader or exercise instructor and volunteer at a local health facility.

Most importantly, don't quit! If you miss a few days, weeks, months or even longer, it's OK! 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.

References:

1. Thompson, Gordon, and Pescatello, (Eds.). (2009). ACSM's Guidelines for Exercise Testing and Prescription, 8th ed.
2. U.S. DHHS. (2008). 2008 Physical Activity Guidelines for Americans. <http://www.health.gov/paguidelines/>