

## PHYSICAL ACTIVITY:

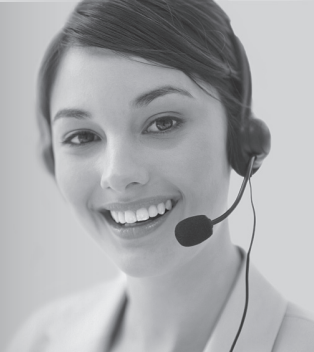
### GETTING STARTED — INCREASING YOUR MINUTES

*“It was great to talk with you.*

*Thank you for your interest in ‘Getting Started — Increasing Your Minutes.’  
I hope you find this tip sheet helpful.*

*Please give me a call if you have more questions about this or other topics.*

*As your health coach, I’m ready to help in any way I can.”*



#### *Increasing Your Minutes of Activity*

For good health, adults should get 150 minutes of moderate-intensity activity (like brisk walking) each week. Aim for 30 or more minutes of activity on five or more days per week. Here are some tips to help you “get moving” toward that goal.

#### 1. **Be patient.**

- Start slowly.
- Increase your activity a little each week. For example: Each week, increase the number of steps you take per day by 500.

#### 2. **Be prepared for hurdles.**

- What is the No. 1 hurdle to being active?  
*Lack of time.*
- How can I make time to be more active?
  - Remind yourself that being active is *important*. Make it a priority.
    - Block off time on your calendar.
    - Go for a walk first thing in the morning.
    - Cut out half an hour of TV time each day. Ride your bike or do yard work instead.

- Add activity to your day.

- Walk to the store or post office. Move your body; not your car.
- Take the stairs instead of the elevator.
- For fun, go roller-skating instead of to the movies.
- Wash your car by hand.

- Other common hurdles are:

- Feeling tired
- Bad weather
- Aches and pains
- Family chores

#### 3. **Do something.** A little activity is better than none.

- Busy day? Find 10 minutes to be active. Try to do this three times during the day.
- *Just 10 minutes of non-stop brisk walking will provide real health benefits!*

#### 4. **Get support.** Being active with others is fun! Others can help keep you on track, too.

- Make a date with a friend to walk each day.
- Ask your family to help with chores. This will give you more time to do active things you like.

#### 5. **Find an activity you enjoy.** You are more likely to stick with something you like.

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- 6. **Keep track of your activity.** Write down how many minutes of activity you do each day. This will help you stay focused on being more active.
  - Use the **My Activity Tracker** or your own calendar to record your minutes of activity each day. Count only activity bouts of 10 minutes or more.
  - Add up your total minutes of activity each week.
  - Make 12 copies of the **My Activity Tracker**—enough for the whole year.
  
- 7. **Set weekly goals for yourself.** Slowly build toward your long-term goal of 150 minutes of activity by setting smaller goals each week.
  - In Week 1, maintain your normal activity pattern. Don't try to do more just yet. Write down all activity you do for 10 minutes or more at a time. Total your minutes for Week 1. That is your baseline number of minutes.
  - For Week 2, set a Weekly Goal by adding 10 minutes to your baseline.
  - Continue to track all your minutes of activity. At the end of Week 2, compare your **Weekly Total** to your **Weekly Goal**.

- How did you do?
  - If you met your **Weekly Goal**, set a slightly higher goal for the next week. Add 10 minutes to your **Weekly Total**. That is your new goal for Week 3.
  - If you did not meet your goal, think about what hurdles got in the way. Come up with a plan for getting over hurdles. Keep the same goal, and try again!
  - Call your health coach if you need help “jumping hurdles” or setting goals.
- Continue to set **Weekly Goals** by adding 10 minutes to your **Weekly Total** from the previous week until you reach your long-term activity goal.
- Below is a sample tracker that shows how to set goals and track activity. Get started now!

**CALL TO ACTION**

Come up with a game plan for how you will JUMP two of your HURDLES to being more active. After all, a goal without a plan is nothing but a wish.

What hurdles might get in your way?

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_

What can you do to “get over” them?

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_

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**Sample: My Activity Tracker**

Weekly Goal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total
<b>Week 1</b> Get my baseline		15 min. walk w/ friend	20 min. mowing lawn			30 min. walk		65 minutes
<b>Week 2</b> 65+10 = 75 min.	10 min. walk	20 min. walk		20 min. walk		30 min. bike ride w/ kids		80 minutes
<b>Week 3</b> I met my goal last week! 80+10 = 90 min.	10 min. walk	10 min. walk	20 min. walk		20 min. walk		20 min. yoga	80 minutes
<b>Week 4</b> Fell a little short, try again! 90 min.		20 min. walk	30 min. yard work		20 min. walk		20 min. bike ride	90 minutes
<b>Week 5</b> I met my goal! 90+10= 100 min.	30 min. exercise video		10 min. walk	20 min. walk		20 min. walk	20 min. mowing lawn	100 minutes

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COACH ON CALL

*Adding Variety to Your Walking Routine*

1. **Set reminders to be active.**

- Put a pair of walking shoes under your desk or by your front door.

2. **Make errands and everyday tasks active**

- Walk to a bank, post office, dry cleaner's, and other places where you have errands to do.
- Walk around the block or your house when you go out to get your mail.
- Walk around the room, house, or yard while talking on your cell phone.
- Walk around the restaurant or parking lot rather than sitting while waiting for a table.
- Stroll up and down the hall or walk around outside instead of reading a magazine while waiting for an appointment with your dentist or doctor.

3. **Enjoy new scenery.**

- Take a walk today while the sun is rising or setting to see how beautiful it can be.
- Walk around the block and look at your neighbors' landscaping and gardens to get new ideas.
- Take an evening walk to look at the stars.

4. **Include others.**

- Invite a co-worker or friend to join you for a walk.
- Take a walk with a family member before dinner.
- Walk your dog, or take your dog for one extra lap around the block.

5. **Create friendly competition.**

- Challenge a few fellow employees to a step competition; see whose pedometer has the highest reading at 5 p.m.
- Sign up for a charity walk.
- On a walk today, vary your pace. Start slowly, mix in three or four short bursts of speed walking, and then end with a slow cool-down.

6. **Get involved in sports and recreational activities.**

- Buy a kite, football, jump rope, or Frisbee; keep it in your car to play with when you take your kids, grandkids, or pet to the park.
- Find active leisure activities like bowling or dancing.
- Ask someone to show you how to do a sport that you don't know how to do—or sign up for a class to learn an activity you have always wanted to learn.
- Visit a local fitness center or gym and ask for a tour and free trial pass. For another day's activity, use your trial pass.

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**PHYSICAL ACTIVITY: GETTING STARTED — INCREASING YOUR MINUTES** (continued)

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Month: \_\_\_\_\_

COACH ON CALL

Weekly Goal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total
<b>Week 1</b> Get my baseline								
<b>Week 2</b>								
<b>Week 3</b>								
<b>Week 4</b>								
<b>Week 5</b>								