

Preparation

Taking Small Steps, part 2

People decide to get more physical activity for different reasons. Take a look at the following and select the ones that are most important to you:

Feeling refreshed

It's fun

Better concentration

Spending time with friends

Having more confidence

More energy

Being part of a team

More strength

Healthier weight

Feeling happier

Healthy physical appearance

Build endurance

What motivates you?

Becoming more active is a long-term goal that takes time. The reasons for getting more physical activity that you selected above can help to keep you motivated during that process.

EXERCISING



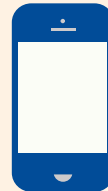
Once you are motivated to start getting more physical activity, it may help to choose several small steps that you can begin with. For instance, it is recommended that most people get at least 60 minutes of physical activity daily. If you are not currently getting that much, take a look at the list below and choose which steps you can start with, or come up with

some of your own:

Small steps

- Start with ___ minutes a day, at least ___ days this week
- Add 5 minutes to my workout everyday
- Ask a friend to workout with me or take a walk around the block
- Look for an exercise video on YouTube

LESS SCREEN TIME



Another easy way to get more physical activity is to cut back on how much screen time you spend each day – like watching TV or getting on your phone or computer for things other than schoolwork. A good long-term goal would be to spend no more than 2 hours of screen time each day. If you are currently spending more than 2 hours, take a look at the list below and select some steps you can start with to

cut back, or come up with some of your own ideas:

Small steps

- Turn the TV off for 30 minutes twice this week and go for a walk
- Only watch TV shows I really like, turn off the TV when I'm bored & find something else to do
- Put away my phone charger, and when phone dies find something active to do

For more information visit: www.HealthyMeFlorida.com