


Preparation

Evaluating the Pros and Cons of Behavior Change, part 2

An important part of becoming healthy is getting enough daily physical activity. Just like there are pros and cons of trying to eat healthy, the same is true for trying to become more active. One thing that sometimes gets in the way of getting more physical activity is the amount of screen


time you spend each day – like watching TV or getting on your phone or computer for things other than schoolwork. Below is a list of pros and cons, select the ones that apply to you, or add some of your own:



PROS


EXERCISING

CONS



- I will feel the difference in my body.
- I will get more muscle and lose fat.
- I will burn more calories.
- My brain will function better & I will be more alert.
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- I might feel weak at first.
- I will need to find time.
- I might feel tired until I get used to it.
- I might feel lazy and like giving up sometimes.
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PROS

LESS SCREEN TIME

CONS



- I will have more time for other things.
- It will help my vision.
- This will also help to cut back on overeating.
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- I might feel bored.
- I might feel like I am missing out on something.
- Other people might wonder why I'm not responding to their messages right away.
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Take a moment to look at your list of pros and cons. On a scale of 1 to 10, how important would you say are the pros, and how important are the cons?

NOT IMPORTANT 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 VERY IMPORTANT

Exercising

pros

cons

Less Screen Time

pros

cons

If your list of cons is more important right now, then try to think of more pros to trying healthy things. As your list of pros becomes longer you will feel more motivated to change.

For more information visit: www.HealthyMeFlorida.com