You are likely to know being active is good for your health. Knowing is not the same as doing. Some people have trouble getting started. Others have trouble staying on schedule with their activity plan. When results seem to come too slowly, many people give up on their efforts to be active. Lots of things may get in the way and become road blocks on your road to better health. Just like you would find a detour around road blocks during road repairs, make an effort to work around road blocks to being active. You’ll be glad you did!

“I never have enough time to be active every day.”

Build your activity into something you already do.

- Aim for at least 10 minutes at a time, and fit in two or three times per day.
- Take a 10-minute walk before sitting down at your desk each day.
- Slice 10 minutes from your lunch break to walk around the building.
- Start each evening with 10 minutes walking the dog.
- Rethink the time you get up each morning. If your evenings are simply too busy, maybe a short exercise session in the morning would work.
- Use daily activities to get your workout. Sweeping, mopping, raking, mowing and even cleaning the tub are all good ways to get moving.

“I just can’t get started.”

Set realistic goals you can achieve in the short term.

- Be smart about setting a goal you can achieve. An example of a smart goal: Starting on Monday I will walk for 10 minutes before starting my work day, three times this week, Monday, Wednesday and Friday.
- Choose something you feel you can and will do.
- Commit to a time to start.
- Pace yourself by starting slowly and stepping it up as you are ready.
- If you have a setback, don’t throw in the towel. Put the towel back around your neck and restart your plan.
“Exercise is boring.”

Include variety and excitement. Activity is more than just working up 30 minutes of sweat.

• Take tennis lessons and play a few games each week
• Play golf (and walk, don’t ride)
• Swim at the community pool
• Sail a boat
• Take a walk at the zoo
• Join friends and neighbors to walk and catch up on the latest in what’s going on with those you care about

Checking in: How will you know if you are achieving your goals?

• Keep a record of what you have actually done to help you assess your progress.
• Review your goals and what you hoped to achieve.
• Do you already feel better?
• Is your blood sugar in better control?
• Are your clothes fitting better?

Remind yourself of the benefits you may gain by being active:

• Boost your energy
• Build better bones
• Burn those calories
• Lift your mood
• Manage your health
• Clear your head
• Trim your body
• Keep your heart healthy
• Sleep soundly

Be sure to reward your success. Pat yourself on the back and keep up the good work.

Source: www.calorieking.com