

Homework

Tracking

<input type="checkbox"/> Food & activity records online (myfitnesspal)	<input type="checkbox"/> Meditation practice _____ days this week
<input type="checkbox"/> Food, activity & mood journal (paper)	<input type="checkbox"/> Journal 3 pages _____ mornings this week
<input type="checkbox"/> Specific food or eating behavior goal: _____	<input type="checkbox"/> Specific action related to support system: _____
<input type="checkbox"/> Specific activity /fun goal: _____	<input type="checkbox"/> Relaxation practice _____ days this week
<input type="checkbox"/> _____	<input type="checkbox"/> _____

Notes

Increase physical activity without going to a gym!

*Studies show that regular physical activity can improve overall health, prevent illness and enhance weight control, but they forget to mention that it can also be **FUN!** Every little bit counts – moving throughout the day may be even better than a “hard” work-out!*

- Turn on some favorite music and dance - standing or sitting.
- Go to the park and play – consider Frisbee, a game of catch, soccer, basketball or tennis. It doesn't matter if you are good at these sports, it is just for FUN!
- Clean out closets or garage.
- Rake the yard or a neighbor's yard, make a new flower bed or garden or help a friend with their landscaping.
- Stand to fold clothes.
- Find exercise DVD's with music that you enjoy at the library or store. If you can't do the video as instructed, adapt it for what you can do. Consider doing the exercises sitting or maybe every other beat or every 4th beat, etc.
- Get up and move during the commercials, march in place or do other simple movement during the actual TV shows such as using a floor cycle.
- Use your regular shopping trips to increase walking by going up and down every aisle.
- Park further away from building entrances.
- Use the stairs rather than an elevator.
- Walk around the house, office, or outdoors when talking on the phone.
- Stand during meetings.
- Walk the Mall before the stores open
- Make a game out of walking or biking by picking a long distance such as the length of Oregon or across China. Keep track of activity on your computer, smartphone or even on paper. Track your distance on a map of your chosen route; you may even want to “race” friends or family across the planned distance.

MAKING ACTIVITY EASIER

- The '**best**' exercises or activities are those that you enjoy, have access to, and can maintain over time.
- Pursuing activity through 'bits and pieces' helps manage the very common and real obstacles of joint pain and not finding the time.
- Physical activity can act as a gateway behavior that attracts other healthy behaviors. Healthier eating may result from being active. Planned activity often leads to increases NEAT.
- Customizing your activity is essential. The gym is not for everyone, which is fine. Finding what you enjoy, and when you can do it is what matters.
- Some form of safe resistance training is helpful in that being stronger supports all activity.