

MAINTAINING MOTIVATION

SOME SOURCES FOR MOTIVATION

#1

Fun,
enjoyment,
stimulation

#2

A feeling of
accomplishment

#3

The pleasure of
learning

#4

A well-identified
benefit, such as
sleeping better
and feeling
calmer

Take every opportunity to be active: walk for short errands or during your lunch hour. If you can't afford large chunks of time, try spacing a few short, 10 minute bouts throughout the day.

What is your motivation to exercise?

Who is the greatest motivator in your life for engaging in healthy behaviours?

How are you similar /different from that person?

PERSONAL CONTROL

Control plays an important role in our health outcomes. Internalizing control over your situation, or believing that you are in control of your own life, gives you reinforced motivation and further commitment to make changes.



EXERCISE YOUR WAY TO SELF-ESTEEM!

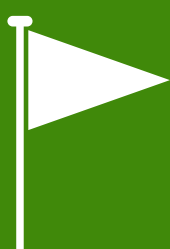
Self-esteem (the view we have of our self-worth) is important to our well-being. A positive self-image helps us to be better adjusted and less defensive, to exhibit greater social effectiveness, and to accept others as they are.

The key to self-esteem is developing self-acceptance and feelings of competence.



TO DEVELOP SELF-ACCEPTANCE:

- learn to accept your physical build and ability
- focus on mastering a task or skill, instead of comparing yourself to others



TO DEVELOP FEELINGS OF COMPETENCE:

- set a simple, achievable goal for a physical activity of your choice
- determine when you will find the time to accomplish your goal
- have a back up plan in case something happens
- enjoy the feelings of accomplishment and competence when you pursue and achieve your goals