

# STRATEGIES



## PLAN AHEAD

Spend some time figuring out what a typical day or week looks like and block off time to be active. This will help you stick to a routine and won't leave you guessing about when to fit it in.

## WRITE IT DOWN

Write down your plan in your calendar. After an activity, writing down what you did and how it made you feel can keep you motivated. It will also help you track your progress!



## MODIFY YOUR PLANS

Don't be afraid to modify your plans based on how you are feeling that day. If you are feeling a little under the weather, take it down a notch. If you have extra energy, try to push yourself a little bit.

## DO WHAT YOU LIKE

The best activity is one you enjoy! Having fun while being active is the secret ingredient to maintaining an active lifestyle.



## DO IT TOGETHER

Create a social network that will help keep you accountable and make activity fun! Join a group exercise class or set up a weekly exercise time with a friend.

## STAY MOTIVATED

Sometimes we feel no motivation to be active. Fill out the motivation checklist to remind yourself why it's important to be active.



## PERSONAL CONTROL

Control plays an important role in our health outcomes. Having control of your own life gives you reinforced motivation and further commitment to make changes.



## SELF-EFFICACY

Self-efficacy is your perception of your ability to successfully engage in or complete a task. Increase your self-efficacy through positive and successful physical activity experiences.

## DEVELOPING FEELINGS OF COMPETENCE

Set a SMARTT goal for a physical activity of your choice. Have a back up plan in case something happens. Enjoy the feelings of accomplishment and competence when you achieve your goals.

