



## Am I ready for change?

**Ready** (sum of the two categories below)

Benefits of exercising: \_\_\_\_\_

Risks of not exercising: \_\_\_\_\_

Total: \_\_\_\_\_

**Not ready** (sum of the two categories below)

Costs of exercising: \_\_\_\_\_

Benefits of not exercising: \_\_\_\_\_

Total: \_\_\_\_\_

Compare the two totals.

Which is greater? \_\_\_\_\_



## What is my next step?

I'm ready.

I will \_\_\_\_\_

I'm not ready yet.

I will \_\_\_\_\_

You have  
choices in life.  
You can  
choose health.  
You can choose  
to exercise.

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# Thinking some more about exercising

Stage of change

Contemplation

2



This pamphlet is for you if you have not exercised before and are willing to think about it.



## What kind of exercise is recommended?

Exercise is any physical activity you like to do that increases your heart rate. Below are some examples of moderate activity.

- Fast walking
- Dancing
- Digging and weeding in the garden
- Swimming



## What are the benefits and risks of not exercising?

Before starting to exercise, we weigh the benefits and risks of not doing it. What are the benefits (and risks) for you?

Benefits of not exercising: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Risks of not exercising: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### How many benefits (and risks) are there?

Benefits of not exercising: \_\_\_\_\_

Risks of not exercising: \_\_\_\_\_



## What are the benefits and costs of exercising?

We also weigh the benefits and costs of exercising. What are the benefits (and costs) for you?

Benefits of exercising: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Costs of exercising: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### How many benefits (and costs) are there?

Benefits of exercising: \_\_\_\_\_

Costs of exercising: \_\_\_\_\_