

88 243  
181 54  
358

## Reviewing my commitment (Maintenance)

Do you remember when you began exercising? You did it for a reason. Check any that apply and/or add your own.

- I wanted to lower blood sugar (or blood pressure, or cholesterol).
- I wanted to lose weight.
- I wanted to feel better.
- I wanted to handle stress better.

Is there anything else that motivates you now? \_\_\_\_\_



## Renewing my commitment (Action)

It is easy to lose interest if you do the same exercise day after day. How could you change it to keep it fun? Add your own response.

- I will walk a different route.
- \_\_\_\_\_

You can be proud of yourself. Now you are ready to commit to exercise as a way of life.



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# Exercising

Stage of change Action and Maintenance

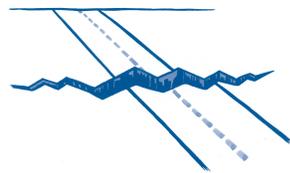
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This pamphlet is for you if you have been exercising for at least one month (action), or exercising for six months or more (maintenance).

| M  | T  | W  | T  | F  |
|----|----|----|----|----|
| 2  | 3  | 4  | 5  | 6  |
| 9  | 10 | 11 | 12 | 13 |
| 16 | 17 | 18 | 19 | 20 |

**Do I get enough exercise?**  
(Action)



**Looking at relapses**  
(Action/Maintenance)



**Whom do I need for support?**  
(Action/Maintenance)

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

Does it increase your heart rate?

Yes  No

Does it increase your breathing rate?

Yes  No

Do you exercise for a total of 30 minutes a day?

Yes  No

Do you exercise at least five days a week?

Yes  No

If you answered "yes" to all four questions, your exercise is adequate.

If you answered "no" to one of the questions, maybe it is time to set a new goal.

Did you exercise five days in the last week? If not, what got in the way for you? It is helpful to look at this as a learning experience. Here are some questions to ask yourself.

How did I do? \_\_\_\_\_

How had my routine changed?  
\_\_\_\_\_

What made it difficult for me?  
\_\_\_\_\_

What can I do differently next time?  
\_\_\_\_\_

To keep on track, you need people who can support you.

Who can help you keep on track?  
\_\_\_\_\_

How can that person help you?  
\_\_\_\_\_

A good way to stay motivated is to become a role model for someone else.

Who can you help to keep on track?  
\_\_\_\_\_

What could you do to help them?  
\_\_\_\_\_