

Making a Plan

What goal(s) can you set for yourself now?

Before my next visit, I am going to:

- Walk a little bit every day (with friends, kids, dog)
- Exercise regularly (try for 5 times a week)
- Join a local sports team, gym, or exercise class
- Walk, bike, or take the bus instead of driving
- Take the stairs and park farther away
- Make an appointment with a personal trainer
- Watch less TV
- Other: _____

Is there someone who can help you in reaching your goal(s)?

Name(s): _____

More Help

For physical activity tips and tools, visit the *Eat Smart Move More North Carolina* website at www.myeatsmartmovemore.com.

To find local programs that can help you and your family be more physically active, visit www.ncgoodhealthdirectory.com.

To find a certified personal fitness trainer in your area, call 1-800-729-6378, or visit the National Federation of Professional Trainers' website at www.nfpt.com/trainers.htm.

We thank the Starting the Conversation Partners



UNC
CENTER FOR HEALTH PROMOTION
AND DISEASE PREVENTION

Starting the Conversation

Get Active

Are you ready to work on being more active?

- I'm ready to be more active, and I would like help.
- I'm not sure if I'm ready to be more active, but I would like to start the conversation.
- I'm not ready to be more active at this time.

Get active now.

Get active for life.



Remember who you're saving your life for!

How active are you?	Tips to help you get more physical activity
<p>How many times a week do you get out for a brisk walk?</p> <p><input type="checkbox"/> 4 or more <input type="checkbox"/> 1-3 <input type="checkbox"/> Less than 1</p>	<p>Walking is great exercise.</p> <ul style="list-style-type: none"> Find a walking buddy, pick a time, and walk fast enough to increase your breathing and heart rate. Move throughout the day by taking the stairs or parking on the far side of the parking lot.
<p>How many hours do you spend on most days watching TV or on the computer?</p> <p><input type="checkbox"/> Less than 1 <input type="checkbox"/> 1-2 <input type="checkbox"/> More than 2</p>	<p>Don't be a couch potato.</p> <ul style="list-style-type: none"> Cut back on your TV time. Exercise while you sit. Find ways to move your arms and legs.
<p>How often do you walk, ride a bike, or take the bus instead of driving?</p> <p><input type="checkbox"/> Often <input type="checkbox"/> Sometimes <input type="checkbox"/> Rarely</p>	<p>Walk or ride instead of driving.</p> <ul style="list-style-type: none"> Try biking if the streets are safe. Be sure to wear a helmet. Take the bus! It's good for the environment and helps you walk more.
<p>How often do you do gardening or housework that causes you to work up a sweat?</p> <p><input type="checkbox"/> Often <input type="checkbox"/> Sometimes <input type="checkbox"/> Rarely</p>	<p>Get more exercise while you do your chores.</p> <ul style="list-style-type: none"> Gardening and housework can be good forms of exercise. Riding lawn mowers and leaf blowers don't help you to be more active.
<p>How many times a week do you participate in sports or an exercise program?</p> <p><input type="checkbox"/> 4 or more <input type="checkbox"/> 1-3 <input type="checkbox"/> Less than 1</p>	<p>Do something that you enjoy.</p> <ul style="list-style-type: none"> You don't have to run a marathon. Start with a walk around the block. Find an exercise class or sports team and go regularly. Most parks and recreation programs offer low-cost sports and classes.
<p>How often do you think of ways to move more instead of less?</p> <p><input type="checkbox"/> Often <input type="checkbox"/> Sometimes <input type="checkbox"/> Rarely</p>	<p>Look for ways to move more!</p> <ul style="list-style-type: none"> If you use a cell phone, take a walk while you talk. Play music that makes you want to move.

0 x (___) + 1 x (___) + 2 x (___) = Total Score _____

If you feel this way	Try these things
<p>It's hard to find time to be more active.</p>	<p>Set aside time for physical activity and make it a part of your life.</p> <ul style="list-style-type: none"> Aim for thirty minutes a day. Split into 10 minute blocks if you prefer. Look for opportunities to be more active on the job or during lunch.
<p>When the weather is bad, I give up.</p>	<p>Don't let the weather stop you.</p> <ul style="list-style-type: none"> Keep a list of rainy day activities like mall walking or simple exercises that you can do at home. If it's hot out, drink plenty of water! Go for a brisk walk in cold weather and then warm up with hot tea.
<p>I have too many aches and pains to be more active.</p>	<p>Physical activity should not be painful.</p> <ul style="list-style-type: none"> Start slowly and be sure to stretch. Ask your doctor or physical therapist about the best activities and stretching exercises for you.
<p>My friends, family, and/or co-workers aren't active.</p>	<p>Don't let inactive friends, family, and/or co-workers slow you down.</p> <ul style="list-style-type: none"> Find a friend who wants to be more active and make a plan together. Find ways to be active on your own.
<p>It costs too much to join a gym and buy the right clothes.</p>	<p>Cost doesn't have to get in the way.</p> <ul style="list-style-type: none"> Find a place to walk near home like a local track, park, sidewalk, or the mall. You can wear old clothes but it's important to wear good shoes that fit well.
<p>I feel self-conscious because I am not in great shape.</p>	<p>Now is the time to get in shape.</p> <ul style="list-style-type: none"> Pat yourself on the back for making the effort. Find beginner level activities that feel good to you.