



WISEWOMAN Program

Be Wise Health Coaching Physical Activity Guide



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Health Coaching Agreement

This guide was adapted from the Illinois WISEWOMAN Program 'Be Wise curriculum.' Wisconsin WISEWOMAN wants you to know that you can improve your health by eating healthy foods, being more physically active, maintaining a healthy weight, living tobacco free and having healthy blood pressure, cholesterol, and glucose values.

Your Health Coach will . . .

Guide you in making changes to increase your physical activity by helping you:

- Identify your goal.
- Create and achieve small steps toward your goal.
- Improve your self-management.
- Learn how to stay motivated.
- Find community resources to support your goal.

. . . all by offering you health-related messages, tips, tools, and progress updates.

Your health coach will not tell you *what* your goal should be, but will show you *how it can be* reached.

To work with your health coach you must do the following:

- Agree to have a specific number of health coaching sessions over the next 3-6 months. The length of each session can be from 15 to 60 minutes.
- Let your coach know the best time you can be reached for your sessions.
- Agree to have your health coach contact you 30-60 days after you have completed your last coaching session to see how you are doing.

How Ready Are You?

... Importance

Think about how important increasing your physical activity is to you. Circle the number on the scale below that best describes how important increasing your physical activity is at this time. Why did you choose this number?



... Confidence

How confident are you that you can make changes to increase your physical activity? Circle the number on the scale that best describes how comfortable you are today that you can increase the amount of physical activity you get. Why did you choose this number?



Change Plan Worksheet

The most important reason why I want to be more active is:

Why set goals?

Knowing where you want to be is the first step in getting there! Before making your goal, let's review some tips for successful goal setting. When setting a goal, make sure it is **SMART**. Now let's set a goal. A goal is something that you plan to reach.

Specific

This helps you focus on what you want to do. For example, *"I will do a 10-minute walk."*

Measurable

This helps you see your progress. For example, *"I will do a 10-minute walk Monday, Wednesday and Friday. I will write down how long I walk on those days."*

Achievable

This helps to ensure your success, so have a goal that challenges you, but you know you can reach.

Realistic

This helps you know that you can do it. For example, is it realistic to decide to walk for 60 minutes 7 days a week when you have not been walking at all?

Timeframe

This helps you make an action plan. Do you want to reach your goal next week or in three months? For example, *"I will do a 10-minute walk on Monday, Wednesday and Friday for the next 2 months."*

Change Plan Worksheet (continued)

My **SMART** goal is:

I plan to take the following action to accomplish my goals.

Action

Time Line

1

2

3

Other people can help me with my goal in the following ways:

Name

Ways he / she can help

1

2

3

Know Your World

The world around you affects how active you are. You may have things in your world or life that can make healthy choices hard or easy to make.

For example:

Do you live in an area with lots of traffic or where the streets are not well lit at night?

OR . . .

Do you have access to a school track, local park or shopping mall where you can walk?

You can make healthy choices more easily by knowing your world.

Obstacles

What things in your world make it hard to make healthy choices for physical activity?

- 1 _____
- 2 _____
- 3 _____

Support

What things in your world make it easy to make healthy choices for physical activity?

- 1 _____
- 2 _____
- 3 _____

Control Your World

Learning to control your world can help you make healthy choices. For each thing that makes it **hard** to reach your goal, think about how you can make it affect you less.

Things that make it hard. . .

1 _____

2 _____

3 _____

How can I avoid these things . . .

1 _____

2 _____

3 _____

Change Plan Worksheet (continued)

For each thing that makes it **easy** to reach your goal, think about how you can use it more:

Things that make it easy . . .

1 _____

2 _____

3 _____

How I can use these things more . . .

1 _____

2 _____

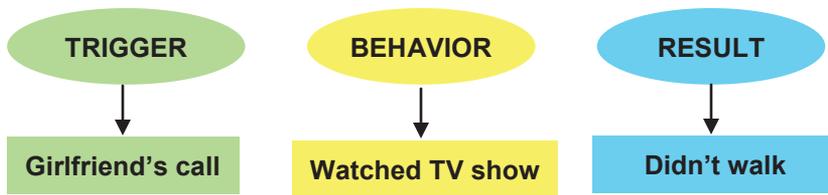
3 _____

Behavior Chain

A behavior chain is a series of actions that lead to a specific behavior. If the specific behavior is to be changed, you need to think back and find the chain of actions that led to it. The Behavior Chain has three main actions:

- **Trigger:** This is the **thing** that leads to your choices. It can be an event, feeling, or thought.
- **Behavior:** This is the **choice** you made.
- **Results:** This is **what happens** because of your choice. It may be related to your health. Or, it may be something you think or feel.

For example, you were on your way out to take a 30-minute walk in the park and your girlfriend calls and wants you to come over to watch your favorite TV show, so you go over and don't walk.



Your Behavior Chain for physical activity

Think about the events that affect how much physical activity you get.

Which ones **make it hard** for you to increase your physical activity?

Which ones **make it easy**?

Small Changes Big Results

Being more active can:

- Keep your heart and blood vessels healthy.
- Improve mood and mental well-being.
- Lower stress.
- Increase energy.
- Help control your weight.
- Lower your risk for diseases such as heart disease, stroke, diabetes, and cancer.



What you should know:

- Make activity part of your life. You don't have to go to a gym or fitness center. Daily activities like brisk walking, gardening, and taking the stairs can help to make you fit and healthy.
- Spend less time being inactive. Just move more!
- Be active during the day. Physical activity does not have to be done all at once. All activity that you do adds up for good health.
- Do a variety of activities. This will help you to improve your fitness, strength, flexibility, and balance.
- Make physical activity fun! Walking the dog, playing with grandkids, gardening, and dancing are all ways that you can be active.

Physical Activity Pyramid

The Pyramid reminds you to choose different types of exercises to keep your whole body healthy and strong.

The Physical Activity Pyramid will help you make choices to be more active.



How Active are You?

Limit . . .

Sedentary Activities

- Watching TV or videos
- Reading
- Using the computer
- Seated hobbies such as knitting or arts and crafts

Increase . . .

There are many types of physical activities and exercises and doing both will help you burn calories! Here are some examples.

Stretching and Flexibility

- Yoga
- Pilates
- Chair or standing stretches

Balance Activities such as Tai Chi

Strength Activities

- Lifting weights
- Working with stretch band
- Sit-ups, push-ups, leg-lifts or squats

Aerobic Activities

- Playing sports (baseball, tennis)
- Swimming
- Walking at a moderate or vigorous pace
- Riding a bike
- Dancing

Lifestyle Activities

- Laundry
- Sweeping, vacuuming or mopping
- Gardening/mowing the yard
- Singing in the choir

How Much Is Enough?

The basic guideline for physical activity is simple:

Aim for at least 30 minutes of moderate physical activity on most days of the week. A moderate intensity means that your heart beats faster and that you breathe harder than you do at rest. Moderate activities include brisk walking, raking leaves, and vacuuming.

Here are some answers to common questions about physical activity:

- **Does the 30 minutes have to be done all at once? NO.** You can add up activity in 5-10 minute blocks over the course of the day.
- **Do I have to “exercise?” NO.** You can become more fit by doing everyday activities: taking the stairs, working in the yard, playing actively with pets, or doing active housework.

Time Savers

- Time is a common barrier for physical activity.
- Be more active during your day in short sessions like two minute walks.
- Use the stairs instead of the elevator.
- If you sit a lot, try to get up and move every hour or two. You can do chair exercises, stretch or march in place or walk up and down the stairs.
- When you do household chores think about ways to move more. Scrub a little harder, put on music and dance while cleaning.
- If you care for children, play active games or go for long walks.
- If you garden, rake leaves or mow for 10 minutes without stopping or walk around with the watering hose.

Tips for Being More Active

Plan activities that you can enjoy even with a busy schedule. When you are tired out by life's stresses and strains, take a few minutes for a walk or some active stretching to clear your head and refresh yourself.

If you spend the day doing tiring work, a fun activity like walking with a friend, dancing, or your favorite active sport can give you energy.

Don't let your weight stop you from moving. If you are self-conscious exercising:



- You don't have to wear tights or a stretching body suit to get a good workout!
- Find a walking partner.
- Exercise while you watch TV or listen to music at home.
- Start with just a few changes and add more activity to your life over time.

If it is too hot or too cold:

- Go for a walk in a mall or another facility that is air-conditioned or heated.
- Put on an exercise video at home.



Strength Exercises

Why are strength exercises important?

They help you with daily activities. Strength exercises make muscles, joints, and bones strong and healthy. As we get older, we lose muscle, and bones can also get weak. This makes it harder to do daily activities. You need strength and energy to carry groceries, to clean the house, and to take care of your family!

They help you burn more calories. You burn calories when you exercise. And, when you have more muscle, you burn more calories even when you are resting.

They help you prevent injuries. Injuries from falls are one of the biggest health problems as we age. Strong bones, muscles, and joints help prevent falls and injuries.

Myths about strength exercises

Myth #1: I have to go to a gym and “lift weights” to make my muscles stronger.

NO! You can do strength exercises anywhere. You can use your own body weight, an elastic band, or household items, such as soup cans, soda bottles, or milk jugs.



Myth #2: My muscles will get too big if I do strength exercises.

NO! These exercises will not make your muscles bigger. You may even find that your clothes become looser. Muscle in your body burns more calories and takes up less space than fat does.

Strength Exercises (continued)

Myth #3: I will have to work too hard to get any results. It is not worth it.

NO! Do strength exercises just 2-3 times per week for 15-20 minutes each time, and your muscles will become stronger. Even light weights will make your muscles work harder and get stronger.

Types of Weights

Hand weights: Small dumbbells can be purchased at most discount stores. They come in different sizes, so you can find ones that are right for you. Soup cans or water bottles will also work.

Resistance bands: Resistance bands are elastic bands or tubing that you pull to work your muscles.

Tips for getting started

Start easy. Use light weights (2-5 lbs.) or bands. You should be able to easily lift the weight. After a few times, your muscles should begin to feel tired.

Be creative. Use two soup cans or fill up two plastic water bottles and use them as weights. For more weight, fill them with sand or small stones. Be sure that both cans or bottles are the same size and weight.

Wear flat, supportive shoes.



Strength Exercises (continued)

Think about the muscle you are working. Do exercises to work the large muscles in your arms, legs, stomach, and back (see below).

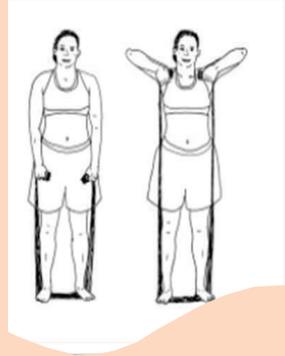
Major muscles in arms	Biceps: front of the upper arm Triceps: back of the upper arm Shoulder: top of the upper arm
Major muscles in legs	Quadriceps: front of the thigh Hamstring: back of the thigh Calf: back of the lower leg
Other important muscles	Abdominal: muscles over the stomach area Back: muscles that support the spine Gluteal: muscles that make up the buttocks

- Use a weight that you can lift easily but makes you tired after you lift it several times. Increase the weight as you get stronger.
- Lift and lower the weight in a slow and controlled way. You will work the muscle better and protect against injury.
- For each exercise, lift the weight 8-15 repetitions. Rest one minute.
- Repeat the exercise. Do two sets of 8-15 repetitions for each different exercise.
- Breathe normally. Don't hold your breath as you do the exercise.
- Keep good posture and form. When you are standing to do an exercise, keep your knees slightly bent and your feet 6-12 inches (shoulder width) apart. This will give you better balance.
- Pay attention to your body. Sore muscles are normal, but sharp pain is not.
- Do not do an exercise if it hurts.

Examples of Strength Exercises

Standing Row Shoulder Exercise

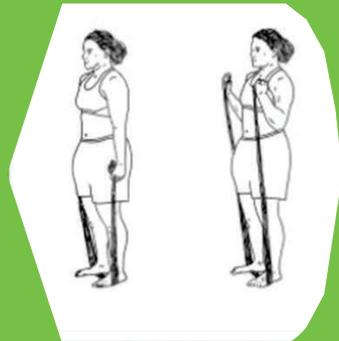
Stand on the band with your knees slightly bent. Hold an end of the band in each hand. Start with your arms straight down in front of your body. Pull hands up to chin so that elbows are even with shoulders. Do not bend over or lean forward. Slowly lower your arms to the start position.



Biceps Curl

Biceps (front of upper arm) Exercise

Stand on the band with your knees slightly bent. Hold an end of the band in each hand. Place your arms by your sides with your palms facing up. Keep your elbows close to your body. Lift your hands up toward your shoulders, bringing them close to your body. Slowly return to the start position.



Examples of Strength Exercises

Seated Row

Back Exercise

Start sitting on the floor with your legs straight out in front, knees slightly bent, and toes pointing up. Place the tubing around the bottom of your feet. Hold an end of the band in each hand. Pull your elbows back passing your sides so that your hands are close to your chest. Squeeze your shoulder blades together. Slowly return to the start position.



***Be sure to sit up straight, and keep your body still so that only your arms move.**

Wall Push-ups

Arms and Chest Exercise

Stand facing a wall with your hands straight out in front of you, palms against the wall. Lean forward so that your weight is supported on your hands. Bend your arms so that you move closer to the wall. Then push yourself back to the start position.

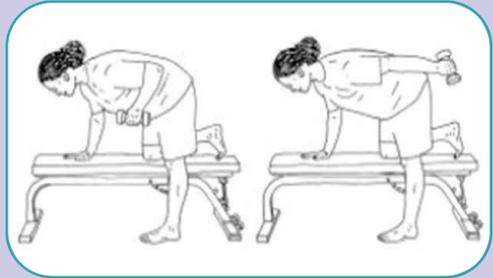


***For more resistance, stand farther away from the wall.**

Examples of Strength Exercises

Triceps Kick Triceps (back of upper arm Exercise)

Lean forward and rest your right hand on a chair or bench to support your body. Hold a weight in your left hand and bend your elbow so that your upper arm runs along your body. Slowly



straighten your arm behind you. Squeeze the muscle in the back of your arm as you extend your arm. Return to the start position. Repeat by resting your left hand on a chair and bending and extending your right arm.

Sit-up Crunches Stomach Exercise

Lie down with knees bent, feet flat on the ground, and arms to the sides. Using your abdominal muscles, lift your shoulders off the ground a few inches, being careful not to jerk your neck. Slowly return to start position.

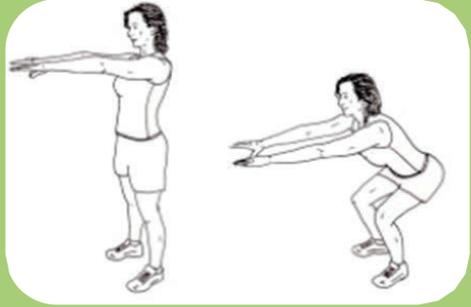


***Breathe out as you lift up, and breathe in as you relax.**

Examples of Strength Exercises

Squats (Knee Bends) Legs Exercise

Stand with feet shoulder width apart. Bend your knees and lower your hips toward the ground. Return to standing position.

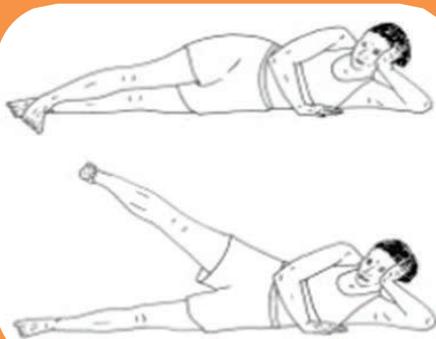


***Do this exercise as if you were trying to sit in an imaginary chair, and as you touch the seat you stand back up.**

***Beginners can do this exercise by actually sitting in a chair and standing back up. You may also hold onto a stable object to help you balance.**

Leg Lifts Leg Exercise

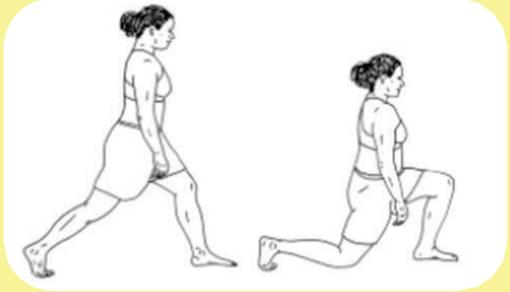
Lie on your side. Rest your head on your bent arm. Keep both legs straight. Slowly lift your top leg up. Return to starting position. Turn over to opposite side and repeat with other leg.



Examples of Strength Exercises

Lunges (Giant Steps) Leg Exercise

Stand with feet facing forward. Take a big step forward so that one foot is out in front of the other. Slowly bend both knees until the upper thigh is parallel to the floor. Return to start position.



Repeat with other leg.

***You can do this exercise by taking giant steps, bending your knees deeply with each step.**

***You can also stay in place and hold onto something for balance.**

Stretching (Flexibility)

Why are Stretching Exercises Important?

- Reduce stiffness in joints
- Reduce muscle tightness
- Improve balance
- Improve posture
- Reduce injury

As we get older, our muscles and joints may become stiff. This increases risk for injury and makes it hard to do daily tasks.



Stretching Tips for getting started

- Stretching is best when your muscles are warm - try moving around for two minutes before you stretch to warm up.
- Do a variety of stretches.
- Hold each stretch for 10-30 seconds on each position - don't bounce.
- You may feel slightly uncomfortable, however, you should never feel a sharp or stabbing pain while doing the stretch.
- Only move so that you feel the muscles become longer.
- Remember to BREATHE during each exercise!
- Fit in stretching throughout your day, while talking on the phone, waiting for food in the microwave, before getting out of bed.
- Try to do the stretches several times each week.

Examples of Stretching Exercises

Neck Stretch

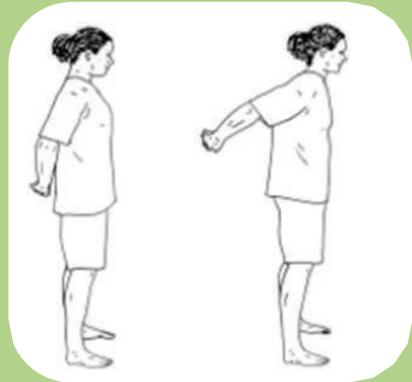


While looking straight ahead, tilt your head to the side and try to touch your ear to your shoulder. Keep your shoulders still and relaxed. Don't raise your shoulder to meet your ear. Hold the stretch for a few seconds. Then, repeat the movement to the other side. Next, try to touch your chin to your chest - go down only as far as is comfortable, hold for a few seconds.

***Take a deep breath to help you relax.**

Shoulder Stretch

Link your fingers together behind your back with your palms facing upward. Slowly move your elbows toward each other as you straighten your arms. Hold for a few seconds and then relax.



Examples of Stretching Exercises

Lower Back Stretch

Lie on your back, and bring both knees into your chest. Place your hands on your knees and make small circles with your knees.



***This should feel like a mini back massage.**

Thigh Stretch (back of the upper leg)

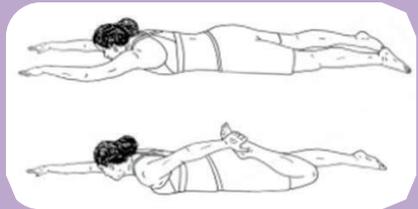
Sit upright on the floor with your legs straight and spread apart slightly.

Reach your arms in front of you and slowly lean forward. Reach as far as you can and hold for a few seconds.



Thigh Stretch (front of the upper leg)

Lie on your stomach with your arms stretched out in front of you. Bend your left knee and grab the top of your foot with your left arm. Slowly pull downwards. Hold for a few seconds. Repeat with the right leg.



Balance Exercises

Having good balance is important for many everyday activities. Balancing exercises can help prevent falls and avoid injuries that may result from falling. Balancing exercises overlap with lower-body strength exercises, which also improve your balance. It will also improve your posture.



Balance tips for getting started

- Have a stable support within reach that you can use to help you balance.
- Make the exercise easier by extending your arms to the side.
- Make the exercise harder by crossing your arms across your chest or by doing the exercises with your eyes closed.
- Hold the position for several seconds. Increase the time of each exercise as your balance gets better.
- Balance exercises can be done anywhere including while waiting for the bus or standing in line at the grocery.

Examples of Balance Exercises

One Foot Balance

Stand on one foot for 10 seconds. Repeat on the other leg.

***Harder: hold the leg so that it is straight in front of you.**



Heel / Toe Balance



Stand with one foot directly in front of the other with your toe touching your heel. Balance for 10 seconds. Repeat with the other foot in front.

***Harder: try the exercise while walking as if you were on a tightrope.**

All 4s Balance

Kneel on all fours while keeping a straight back and neck. Lift one arm off the floor and hold for a few seconds. Return the arm to the floor and lift the other arm. Repeat balance exercise with each leg, lifting straight back.

Remember to keep your back straight during each exercise.

Harder: lift opposite arm and leg at the same time.



The Step Counter

A step counter is a tool that tracks your activity by counting the number of steps you take.

How does the step counter work?

The step counter has a spring that moves with every step you take. Each step causes the spring to count one step.



How can the step counter help you?

- A step counter can help you see how active you are during the day.
- A step counter can help you remember to be active. For example, look at your step counter at 2:00 in the afternoon. If you see that you are far from your goal, you know that you will have to move more to meet your goal.
- A step counter can help you set goals and track your daily activity.

How to wear the step counter?

- Attach the step counter to your clothes by fitting the clip over your waistband when you get dressed and wear it until you go to bed.
- If you wear a dress or clothing without a waistband, you can put your step counter on a piece of string or elastic (like a belt). Then you can wear it over or under your clothes. You can also attach it to your panty hose or underwear.

Step Up Your Activity

Wear your step counter every day

- Put your step counter on when you get dressed in the morning and wear it until you go to bed.
- Don't forget to reset your step counter to zero each morning when you put it on.

Keep a log

- Write down your steps at the end of each day.
- At the end of each week, look at your log.
- Set a goal to take 300-500 more steps each day. For example, if you take 3,000 steps during a normal day, try to take 3,500 steps each day the next week.
- For good heart health, taking 10,000 steps each day is a good goal. But the most important thing is to just be more active than you are now.

Why is it helpful to write down the activities you do?

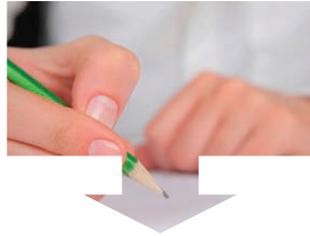
- To learn about your habits. When you write down your activities, you can see the choices you make. This helps you see where you can make small changes.
- To track your progress. Have you set any activity goals? When you write down the things that you do, you can look back to see if you met your goals.



Track Your Progress

Simple steps for keeping a log

Mark the number of minutes you spend in each type of activity. Check one box for every 5 minutes of activity. At the end of the day, count the total number of minutes you spend in each type of activity.



For Example . . .

If you spend 30 minutes washing floors, 10 minutes brisk walking, and five minutes stretching you would mark boxes on your Physical Activity Log as follows:

Moderate lifestyle activity

X	X	X	X	X	X
---	---	---	---	---	---

(Six boxes are marked because $6 \times 5 = 30$)

Brisk walking /aerobic exercise

X	X				
---	---	--	--	--	--

(Two boxes are marked because $2 \times 5 = 10$)

Stretching, exercises

X					
---	--	--	--	--	--

(One box is marked because $1 \times 5 = 5$)

Write the numbers in the “Total” column. (See example on the next page.) Write down when you were inactive. Answer the questions on the log by circling “Yes” or “No.” Write down any other notes.

Physical Activity Log

= 5 minutes

= 30 minutes

Moderate Lifestyle Activity

Total

Brisk Walking or Aerobic Exercise

Strength Exercises

--	--	--	--	--	--

--	--	--	--	--	--

Stretching Exercises

--	--	--	--	--	--

--	--	--	--	--	--

Daily Steps

Inactive Tasks and Hobbies (list below)

Questions

I thought about physical activity today.

YES NO

I talked to someone about physical activity today.

YES NO

I met my physical activity goals today.

YES NO

Notes

Physical Activity Log

= 5 minutes

= 30 minutes

Moderate Lifestyle Activity

Total

Brisk Walking or Aerobic Exercise

Strength Exercises

--	--	--	--	--	--

--	--	--	--	--	--

Stretching Exercises

--	--	--	--	--	--

--	--	--	--	--	--

Daily Steps

Inactive Tasks and Hobbies (list below)

Questions

I thought about physical activity today.

YES NO

I talked to someone about physical activity today.

YES NO

I met my physical activity goals today.

YES NO

Notes

Physical Activity Log

□ = 5 minutes

□ □ □ □ □ □ = 30 minutes

Moderate Lifestyle Activity

Total

Brisk Walking or Aerobic Exercise

Strength Exercises

--	--	--	--	--	--	--

--	--	--	--	--	--	--

Stretching Exercises

--	--	--	--	--	--	--

--	--	--	--	--	--	--

Daily Steps

Inactive Tasks and Hobbies (list below)

Questions

I thought about physical activity today.	YES	NO
I talked to someone about physical activity today.	YES	NO
I met my physical activity goals today.	YES	NO

Notes

Physical Activity Log

= 5 minutes

= 30 minutes

Moderate Lifestyle Activity

Total

Brisk Walking or Aerobic Exercise

Strength Exercises

--	--	--	--	--	--	--

--	--	--	--	--	--	--

Stretching Exercises

--	--	--	--	--	--	--

--	--	--	--	--	--	--

Daily Steps

Inactive Tasks and Hobbies (list below)

Questions

I thought about physical activity today.

YES NO

I talked to someone about physical activity today.

YES NO

I met my physical activity goals today.

YES NO

Notes

Moderate vs. Vigorous Intensity

Moderate intensity activities

- Makes your heart work a little harder.
- Improves heart health.
- Uses large muscle groups (like the muscles in your legs).
- Helps with weight loss or keeping weight off.

Vigorous intensity activities

- Makes you breathe harder.
- Improves heart health.
- Challenges your muscles more.
- Helps with weight loss or keeping weight off.

Figure out your intensity

level: Give yourself the “talk test”!

- If you can sing while you are doing the activity, then your activity level is light or mild.
- When you do moderate-intensity activities, you should be able to talk (but not sing).
- When you do vigorous-intensity activities, you should be too out of breath to say more than three to four words at a time.



Water

Why the body needs water?

- Water helps carry nutrients to your cells.
- Water helps with metabolism.
- Water protects your vital organs.
- Water controls your body temperature.
- Water helps to flush wastes from your body (sweat, urine).
- Water protects and moisturizes your joints.



You lose water throughout the day, so you need to replace this lost fluid to stay healthy. If you don't get enough water, you could become dehydrated. All liquids help you stay hydrated. but WATER is the best choice, because it is free!

How can you know if you are drinking enough water?

If you're drinking enough water, your urine will be clear or pale yellow. A darker yellow means you are not drinking enough water.

Ways to get more water during the day

- Drink a glass of water when you get up in the morning.
- Keep a water bottle with you and take several sips each hour.
- Add a packet of sugarless flavoring, slice of lemon, or lime.
- If you don't like the taste of your tap water, try using filters or boiling it and putting in the refrigerator. A lot of plain bottled water is just tap water that has been purified.

Great Job! You have chosen to be more active by participating in the WISEWOMAN Be Wise Physical Activity coaching program!

Stay on Track

It can be hard to stay on track when your WISEWOMAN coaching sessions end. Here are three simple ways you can keep working on your health.

1. **Think about what we have discussed.**

Have you learned about ways to increase your physical activity? Have you learned how to fit physical activity into your life? Don't forget these things!

2. **Set new goals.**

Set new goals for being more active once you have reached and maintained your initial goal. This will give you something to always work toward.

3. **What do you do when you reach your activity goal?**

Reward yourself! Giving yourself rewards will allow you to:

- Enjoy your success!
- Make healthy choices more fun!

Think of a few ways you might reward yourself for meeting your goals.

Rewards . . .

1 _____

2 _____

3 _____

Make lifestyle changes

Focus on making healthy changes that fit into your life. You will not always make healthy choices. That's OK. Do not let a slip make you feel like you can't do it. You **CAN** do it.

Healthy Weight: A Lifestyle Choice

- Be more active. The key to weight loss is to burn more calories than you eat. You can burn calories by doing more physical activity. All physical activity counts, so be more active throughout your day.
- Start slowly and work up to more activity. Being active doesn't mean running a race! Work your way up to a level that is comfortable for you. If you feel uncomfortable, slow down.
- You don't have to do the same old activity. Choose things that you have never done before!



Be A Physical Activity Role Model



As you become more active, your family and friends will take note!

- Share what you have learned. Talking about information you have discussed at the sessions not only reinforces your knowledge, but gives you the opportunity to teach it to others.
- If you have kids, play a game where they name which physical activity they are doing while watching TV or riding their bike.
- Challenge your partner to see who can take the most steps in a week using the step counter.
- Make learning new habits fun.
- Get your family and friends up and moving with you; this will make it easier for you to continue to be more active and it will help them become healthier!
- Share with them how much better you feel!

Concerns About Making Changes

Concern: *“I don’t have time to be active, exercise takes too long, you have to wear special clothes and then shower.”*

- Break up your activity if you find it hard to fit in 30 minutes of activity everyday.
- Make getting ready for activity easy. Keep comfortable shoes in your car or in your WISEWOMAN carrying bag so you can be active anywhere.
- You don’t have to sweat during your activity to get health benefits. If you do sweat, make plans to be active before your shower in the morning or evening. That way, you don’t have to take extra time.



Concern: *“I am too tired to increase my physical activity.”*

- Physical activity can actually give you more energy, so fit in just a few minutes of activity for a quick energy boost.
- Physical activity gets your blood flowing. Also, your body releases chemicals that can help you get going.

Concern: *“I am too stressed to exercise.”*

- Physical activity will allow you to take time out from your worries.
- Remember, stretching exercises help relax muscles that tense up when you are stressed!

Notes

Health coaching session dates and times:

1. _____

2. _____

3. _____

4. _____

5. _____

My follow-up session to talk about my progress is:

Coach's contact telephone number



Wisconsin
Department of Health Services
P-00991 (06/2015)