

Keep on Moving!

Beginning a new activity can be easy. Continuing that activity is the hard part. It's easy to lose motivation, especially when you're doing the same activity. This week, try something new. Spicing up your normal routine could give you the needed motivation to kick the repetitiveness of your exercise. Here are some ideas to help you and your family keep moving:

- ✚ **Exercise with friends or family.** If you plan to meet with someone, it will give you the motivation to not let them down.
- ✚ **Choose an activity you like.** If you are getting tired of walking, try biking or swimming.
- ✚ **Add music to your workout.** Listening to music makes the activity much more fun.
- ✚ **Give yourself a reward** when you reach your goals. When you set a goal and reach it, you have done a great thing.
- ✚ **Take a break.** It's okay to miss a few days, especially if you are sick or go on vacation. Remember to start again slowly until your body has readjusted to being active.



Ideas for Activities

- ✚ Bicycling
- ✚ Park further away from the store
- ✚ Gardening and yard work
- ✚ Rent exercise videos from the library
- ✚ Aerobics
- ✚ Clean out or organize the house
- ✚ Yoga
- ✚ Volunteer for your community
- ✚ Have a water balloon fight
- ✚ Use the stairs instead of the elevator
- ✚ Running/Jogging
- ✚ Use the self check-out at stores
- ✚ Dancing
- ✚ Find local trails or hikes in your hometown

