

Getting Past Barriers

We all have days when we don't feel like doing the things we like to do. Sometimes we might be sick and it is important to rest. Other times, we may not be in the mood or have other things to do that wear us out. Here are some things to remember on the days when exercising seems like a burden:

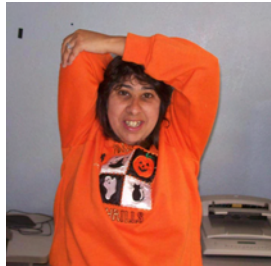
- The **One-Minute Rule**. If you don't feel like exercising, put your shoes on and exercise for at least 1 minute. You'll probably stay out for 30 minutes and feel great.
- If the **weather** keeps you inside, do **stretching and strengthening exercises or use an aerobics tape**. This will keep you in the habit of exercising and help maintain the benefits to your health that you have already gained through exercising regularly.
- If you are **feeling down**, exercising often gives you more energy and lifts your spirits. Following the **routine from the exercise class** may help improve your mood. Starting a **walking group** at work may brighten your day by being in a social setting.
- **Keep exercise fun**. Do something you enjoy—walk with a family member or friend, ride an exercise bike while watching television, or try something new. **Vary your activities** if you find yourself becoming bored with the same old routine.
- **Set goals that you can reach** so you can see the progress you are making. Long-term goals are important so that you have something to work toward, but short-term goals help us feel a sense of accomplishment and provide motivation to keep on going.
- If you develop a **medical condition**, ask your doctor what kind of exercise is safe for you.
- **Keep a log** of how much you exercise so you can see the great work that you have done. If you skip days, don't get discouraged. Resolve to do better the next day, week, and so forth.
- If you have fallen out of the practice of exercising, **don't give up!**
- There are **no strike outs** in exercising. No matter how long it's been since you last exercised, no matter how many times you have promised yourself you would exercise and then didn't, **you can improve your health and get back into the habit of exercising**.
- If you haven't exercised in a while, **take it slow at first** so that you don't hurt yourself.

Week 10 News

NEWSLETTER FOR THE EXERCISE AND NUTRITION HEALTH EDUCATION CLASS

Exercise and Illness

- If you are ill, stay away from exercising.
- Your lack of concentration can put you at risk of injury. It's better to wait until you feel better so you can exercise safely.
- Physical activity and exercise build your immune system so you will not get sick.



This week, we took a field trip to reward ourselves on doing a great job with making healthy choices.



How Can We Reward Ourselves When We Exercise?

We have talked about ways to reward ourselves for exercising regularly. Some of the things that we could do include dancing, fishing, eating pizza or a piece of cake, going to the movies and dinner, listening to the radio, going on vacation, going to church, and cleaning the house.

How Am I Doing?

1. Did I stick with my exercise plan for the whole week?

2. If yes, what helped?

3. If no, what prevented me from doing so?

4. Did family members and/or friends encourage or discourage me from participating?

5. Are my muscles firmer?

6. Is there a change in the way my clothes fit?

7. **Aerobic assessment:** Is it easier to breathe when I exercise? Can I exercise longer (e.g., ride a bike longer and breathe easier)?

How Am I Doing?

8. **Flexibility assessment:** Can I move and bend easier now that I've been exercising?

9. **Strength assessment:** Is there any difference in my muscle tone? Am I any stronger?

10. **Endurance assessment:** Can I do more activities during the day? Do I have more energy?

11. Will I continue with my exercises? If no, why not?

12. What is my fitness plan for the upcoming week?

13. What did I learn from this activity?
