

## Putting It All Together: Revisiting Our Goals

We have learned about the benefits of exercise and how to exercise safely and at our own pace. Now we need to think about our goals after the class ends. Here are some things to consider when developing individual goals and commitment plans for continuing to lead an active lifestyle.

**Review the class goals identified at the beginning of the exercise program and see what progress has been made toward those goals.**

- We have made progress toward our goals. How can we keep going?
- Do we need to change our goals so that we can realistically reach them?
- Are there *other* goals that we have for being healthy?
- Can anyone think of other steps that can help you reach your goals?

**Look at PROS and CONS and Tips to Change for Healthy Lifestyles.**

(You may refer back to the Positive Things Related to Exercise and Negative Things Related to Exercise references from Lesson 13)

- Are there any PROS that we can add to our plans?
- Are there any CONS that we need to think about and find ways to handle things that are problems for us?
- Consider the following tips for our plans:
  - Make a plan
  - Use our time wisely
  - Start with a small change
  - Vary our activity routine
  - Keep it fun
  - Pick a partner
  - Share your fitness news
  - Balance your energy
  - Chart your progress
  - Reward your achievements