

# RESOLUTION SOLUTIONS #2

For the new year, make a resolution for your personal fitness. Make a goal (i.e. be physically active for at least 30 minutes, 5 days of the week, or to increase your walking to 4 days a week, or try a new physical activity each week, etc.) This should be your goal, not someone else's. Make a goal that can be challenging, but not so challenging that you will not be able to make it. Refer to the back of this sheet for ideas. Write your goal here:

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Now set up some ways you can meet that goal as well as some solutions to barriers. Here is a calendar for you to use. This is a tool to help you record your physical activities and monitor your progress. Viewing your progress is a terrific confidence booster. It will help you identify what has worked and what didn't. Record what you want on the calendar (i.e. how many minutes of physical activity you engage in) and draw a star if you met your goal for that day.

## JANUARY 2006

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Complete this form and return to \_\_\_\_\_ by Friday, February 10, 2006. Don't forget your NAME \_\_\_\_\_.

## Steps to setting your personal fitness goals

- ❑ Set **realistic** goals (ones that you will be able to achieve). For instance, an unrealistic goal might be “Run for 1 hour each day”. You may not like running. Instead set a goal for something you enjoy such as “I will walk my daughter to school each day”. That is more realistic.
- ❑ Make your goals **positive**. Avoid the word “never” in your goals. Instead of “I will never watch TV again,” say, “I will watch 15 minutes less TV each day.”
- ❑ Make your goals **measurable**. A measurable goal has some way for you to know you met the goal. A measurable goal is “I will work-out for 4 days of each week.” A non-measurable goal is “I will be more active.” How do you determine if you were more active? Can you determine if you worked out 4 days each week?

## Activities that can help you stick with your commitment to good health.

- ❑ Applaud yourself!
- ❑ Remember your reasons for making a change
- ❑ Whatever you chose, you’ve got to **LOVE** doing it. Keep it entertaining and fresh. Try different activities to keep it interesting.
- ❑ Plan to be active: put physical activity (P.A.) on your calendar and “TO DO” list. Leave your sneakers in your car or carry an old pair to work. Start at your own level; what matters is **that** you start, not where you start.
- ❑ Plan social events around activity. Have friends over to play badminton.
- ❑ Find a nag – whether it is a dog or a partner.
- ❑ Add more of what inspires you – rocking tunes or maybe rousing vistas.
- ❑ Lean on friends and family for help. Enlist their support to encourage you and keep you accountable.
- ❑ Look for excuses to be more active. Deliver a message in person. Run upstairs to turn off the light.
- ❑ Celebrate milestones – big and little – with meaningful rewards. Rewards should be prompt, realistic, and in line with your healthy lifestyle.
- ❑ If childcare is a problem, bring the children along! Have your kids ride their bikes while you walk.
- ❑ Revel in the psychological benefits, not just the physical.
- ❑ **Prepare** for potential obstacles because occasional setbacks will occur. Think about your obstacles to fitness and find creative solutions that work for **YOU**. Allow yourself to be human – learn from your setbacks and keep moving forward. Don’t be discouraged if you miss a day. Have a back-up plan for cold, rain and snow. Get started again if you’ve stopped your fitness program.
- ❑ **Visualize success!** Picture yourself reaching your goals and enjoying the rewards of a healthier lifestyle.