

## **MOTIVATION**

1. Never give up - even when you do not see much progress. Chances are that you are making improvements in many other areas.
2. Reward the family with fun packed activities everyone will enjoy
3. Take time to have fun together as a family.
4. Laugh more often. Laughter is a key ingredient for better health.
5. Don't expect perfection. What is really important is that you are making a gradual healthy change.
6. Focus on accomplishments not failures.
7. Get inspiration from people who have made positive changes toward to improve their health.
8. Surround yourself with people that will inspire you and keep you motivated.
9. You have the power to improve your health and the health of your family.
10. Be realistic. Small changes lead to long term success.
11. Move toward your goals one step at a time. Remember, no one can climb a mountain in one giant step: it's one step at a time.
  
12. Be grateful. Even when times are tough, practice being thankful for the little things that go right.
  
13. Pay a compliment to a stranger. It doesn't cost a dime, and you can make someone's day brighter! Best of all, you feel good too.
  
14. Learn one new thing every day, whether it's a new skill for work, a new dance step – anything you like. Learning keeps you young.
  
15. Get outside your "comfort zone." Try something that makes you a little nervous, like public speaking or a new hair color. You'll realize that you can conquer your fears bit by bit.
  
16. Read a book or watch a movie about someone you admire. How did your hero handle challenges? You might be inspired to be "heroic" too!
  
17. Celebrate the little victories. No change in your weight? At least you didn't gain weight! That's a victory. Acknowledge your hard work every day.
  
18. Set goals that are challenging – but realistic. If you're new to exercise, focus on a local 10K race instead of the Olympics at the start. You'll be motivated by reaching your goals and can always aim higher!
  
19. Be accountable. Share your goals with a family member or friend, and report on your progress. You'll want to make sure that you have good news to report.

20. Dream big, then do it! How many times have you said “I should have...”? The next time you think about something that you should do, just do it.
21. Respect yourself and command respect from others. Let your friends and family know that they must respect your choices for your health and well-being.
22. Ask for advice when you need it. It’s always OK to say “I don’t know,” as long as you’re willing to ask questions and learn.
23. Buy an inexpensive notebook to write down your goals, and list the steps you will take to reach your goals. Cross off each step as you finish it, so you have a record of your accomplishments.
24. Block out time for yourself and make it a priority.
25. Learn to say no. Protect your personal time and save your sanity.
26. Take time to day dream for a few minutes. It will help you refuel and refocus your mind.
27. Pet your favorite furry friend. Playing, stroking, holding or even talking to a pet can have a calming effect.
28. Get some rest. Try to sleep at least for seven hours and try to take a short nap during the day. Any little rest can help.
29. Create a collection of hilarious jokes, stories, videos or pictures.
30. Simplify your life. Make a list of priorities and decide which ones you can eliminate, reduce or share.
31. Use your exercise workout as a time out from daily stress.
32. Don’t drag your cellphone to the gym or any work related materials.
33. Give your mind a break from stressful factors.
34. Find the level of stress that motivates but doesn’t overwhelm you.
35. Stress is a natural and an inevitable part of life – learn to use it to your advantage.
36. Stress can add anticipation and excitement to your life.
37. Team up with a friend or relative - A partner can be your most powerful motivator.

38. Hot or cold tea soothes and relaxes the body.
39. Use the airline rule: Take care of yourself first.
40. Whenever possible share care giving responsibilities with family and friends.
41. Don't try to do everything alone.
42. Take time to look your best. Just 10 minutes can mean the difference between looking and feeling fabulous or stress.
43. Do your very best!
44. Volunteer to help in your community. When you're helping others, you often forget about your own worries – and realize that you can make your world a better place.
45. Stand up for yourself. Be proud of your accomplishments and let others know what you can do.
46. If you have a setback, don't punish yourself. Everyone makes mistakes. Just get back on track as soon as you can. If you ate too much at a party, try to eat lighter meals the next day.
47. Focus on your best features when you look in the mirror. Notice what makes you beautiful and ignore your "flaws."
48. Don't let fear stop you from making a positive change. Ask yourself, "What's the worst thing that could happen?" Then ask, "What's the best thing that could happen?" Go for the best.
49. Trust your instincts. If you don't feel comfortable, then try to figure out why. Don't feel pressured to do something you don't want to do. Look for other options until you feel comfortable.
50. There's always more than one solution. If you need training but can't afford a class, look for a free program through the library or local high school – or you see if you can get on-the-job training.

### **GETTING EXERCISE**

1. It is a good practice to talk to your doctor before you begin any type of exercise. Obtain medical permission and discuss with your health care provider what types of exercises/sports will be most appropriate for you.
2. Get measurements before and after. Have someone measure your waist, chest, hips and thighs. Also, weigh yourself and keep track of your clothing size. You can also have your health care professional measure your body fat.

3. Make a plan for your and the family. Schedule your exercise as you take time to do other important things in your daily routine. Packing a gym bag or placing your exercise clothes out the night before can help you to always be ready to exercise.
4. Exercise for all the good reasons: to get more energy, to have better focus, build strong muscles, bones and joints, sleep better, decrease stress, and much more.
5. Get a good pair of exercise shoes. Make sure to speak to someone knowledgeable at the athletic store so they can fit you appropriately for the type of sport you are initiating.
6. Get the right clothing for exercise. Make sure you get not only comfortable clothes but add a variety of pieces such as shorts, leggings, and long/short sleeve breathable shirts that will allow you to move faster.
7. Join a gym and/or exercise group. Look for classes or groups in your community. Experiment with new exercise classes, group training or just get outside the gym – walking, hiking and biking are excellent forms of inexpensive exercises.
8. Always warm up before your workout. It is best to perform 5 to 10 minutes of low intensity (easy) cardiovascular exercise such as walking, until you start breaking into a light sweat. A warm up will ensure that your body and muscles are ready to begin a workout.
9. Get creative with family exercise. Jump rump with the kids, jog or walk to visit friends and family. Just find the fun in exercise.
10. Choose an activity you know you will enjoy. This will increase the chances of doing it more often.
11. Try to exercise for 30 minutes on most days of the week and gradually increase your workouts to at least 1 hour.
12. Keep an exercise log to track how much time is spent doing physical activities.  
Remember any activity counts — even cleaning your house!
13. Stay hydrated by drinking plenty of fluids before, during and after exercise.
14. Any sound exercise program should focus on strength, endurance, and flexibility.
15. Remember to always warm up for 5 to 10 minutes before exercise and cool down for 5 to 10 minutes at the end of your exercise.
16. Check your target heart rate at least a few times a week while you are exercising.  
Staying within your target heart rate will make your workout more effective and safe.  
Your health care provider can determine your target heart rate.
17. Move more often. Try to get up and do things instead of asking someone else to do it for you Fidgeting and pacing burn calories, so move around while you're waiting in line or talking on the phone.
18. Leave your car at home whenever possible. Try to do errands without using your car.  
Walking or biking are great ways to get things done while getting exercise.

19. Celebrate! Make sure you congratulate yourself once you reach a milestone. Have a day to yourself, visit a museum or get your favorite book. Anything that will make you feel really good about yourself.
20. Keep exercising for life. Keep the fun and effectiveness in exercise by constantly refining and practicing your new exercise habits.
21. Don't overdo it at the start of a new exercise routine. Progress slowly so you avoid injury and build stamina.
22. If you've stopped progressing, change up your routine and try a different approach to a problem. Your new perspective might open your eyes to a solution.
23. Make sure your fitness goals aren't too general. Be specific: "I'm going to walk 1 mile a day," is better than "I'll try to walk more."
24. Rest is vital for good health. Get enough sleep. Adults should get 7 to 9 hours of sleep per day.
25. Get a pedometer. 5,000 steps = 1 mile - How many miles can you walk every day? Compete with yourself and try to walk more every day.
26. Check your BMI. Healthy BMI is 18.5 to 24.9.
27. If you're short on time, remember that exercise accumulates. 15 minutes in the morning and 15 minutes in the afternoon = 30 minutes of exercise.
28. Do intervals. If you're walking, walk fast for 30 seconds, then walk slow for 2 minutes. Repeat this pattern for at least 20 minutes total and gradually increase your time.
29. Ideal waist size is 32.5 inches (women). Your risk for health problems increases if your waistline is over 37 inches (women) so watch your waist size.
30. Don't put off strength training because you are a woman. Muscle burns more calories than fat and helps build bone strength.
31. Know your blood pressure. Lots of grocery stores and pharmacies offer free blood pressure checks. Normal blood pressure is less than 120 (upper number) and less than 80 (lower number).
32. Know your diabetes risks. If you're overweight or have family members with diabetes, you may be at risk. Simple changes in diet and exercise can reduce your risk.
33. Work on improving your balance. If you can safely balance on one leg, try it with your eyes closed. Good balance can help you avoid injury.
34. Stand up straight. Practice perfect posture. You'll immediately look slimmer and more confident.
35. Have a good attitude. You'll feel more energetic and gain respect from others when you have a "can-do" attitude.
36. Be social. Make time to connect with your friends and family.
37. Brainstorm family activities that promote an active lifestyle
38. As role model, join kids in active play.

39. Make waves in the water by exercising - swimming laps, taking water aerobics or just playing with a kickboard are all great forms of active play.
40. Enjoy the sprinkler and join in the fun.
41. Forget the score and just play!
42. The garage and drive way can be use as play areas for many sports.
43. Let your family discover their favorite sport.
44. Walk indoors when the weather is bad. Many malls and community centers encourage walkers.
45. Don't use the moving walkway at the airport. Let your feet carry you to your gate.
46. Get off the bus several stops from your destination and walk the rest of the way.
47. Walk into a bank, restaurant or other business instead of using the drive-through window.