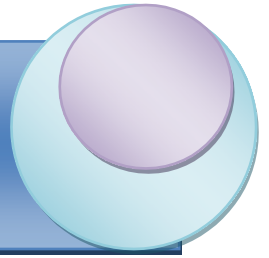


Your Best Health: Adult Weight Management Reflection Journal

Move every day



Move every day

Moving every day promotes your fitness, overall health, and your well-being.

How active are you on a usual day? Include when you're at work and at home, Pick a number on a scale of 1 to 10 (1 means you're not active, 5 moderately active, and 10 means you're very active)

Why move every day?

What parts of your day would you like to make more active?

Go back to the learning module and find out why it's a good for you to move every day.

Benefits

Based on what you already know and what you've read so far, why is it good for **you** to be more physically active? In other words, what benefits of activity are important to you?

Check all the ones that apply to you

Health benefits of active living and physical activity:

- lower blood pressure
- healthier heart
- more healthy HDL cholesterol
- stronger bones
- better blood sugars
- breathe easier
- lower risk of certain types of cancer
- more healthy weight
- other

Well-being benefits of active living and physical activity important to me are to:

- feel better
- have more energy
- manage my stress and anxiety
- help manage depression
- have more strength and endurance
- have better balance
- have better posture
- sleep better
- other

Lifestyle benefits of active living and physical activity important to me are to be able to:

- keep up with my friends
- be able to play with my children or grandchildren
- be more productive at work
- have my clothes fit better
- keep doing things for myself as I get older
- look after my home
- stay independent longer
- other

What other benefits would you like to see from moving every day?

Go back to the learning module to find out about active living and planned activity.

Active living

What parts of your day can you make more active?

Planned Activity

Are there any sports or exercises you enjoy and would like to do more of or try again?

Ways to be active

What are ways that you can add strengthening activities to your day?

Go back to the learning module and find out how you can make it easier to be more active

Making It easier to be more physically active

Here are some ideas to make doing physical activities easier.

Check the statements below that you want to try. After you've had some time to try those, come back and see if any others might help.

- Find out more and make a list of activities that I'd like to try (for example make some phone calls, check the Internet, or talk to people who are active)..
- Do an activity that I can do by myself.
- Do an activity with someone else or with a group.
- Do an activity, exercise, or sport I've done before and enjoyed.
- Find a new activity that I'd like to learn to do.
- Remind myself of the benefits of physical activity that I've noticed.
- Talk to my doctor or other healthcare provider if I'm not sure how to safely manage my chronic disease(s) while being active.
- Other - add your own ideas.

You're on your way. Make a plan and schedule an activity into your day.

Go back to the learning module and find out what you can do about things that may stand in the way of you being active.

You might have some **roadblocks** or reasons why you can't be active for a time. This is a normal part of change and your plan will need to include how to manage these. When you think about what might stop you from being active, answer the following question:

What has helped you in the past to keep active even when you hit a roadblock?

Ready, set, move

Is moving everyday something you're ready to commit to?

If this is an area that's a priority for you and you're ready to make a change, check 1 or 2 items you want to make a [SMART goal](#) around.

Remember, setting too many goals can make you feel like there's just too much going on. Think about your goals, what's going on in your life right now, and other priorities you have. With this in mind you can decide what goals you want to set as you work through this learning module.

Depending on what's happening in your life you may be able to work on one goal or a few smaller goals at the same time. That's OK. One small step at a time is still progress.

Cardio

Check any of the cardio activities you're doing:

- take the stairs on your way to and from the office
- take a brisk walk in the evening or on your lunch break
- ride your bicycle to work
- swim laps, tread water or do some water walking
- play tennis, squash, or racquetball
- try an exercise class like aqua size or Zumba
- play a game or basketball with friends or family
- play road hockey with the neighbourhood kids or with your friends
- try canoeing or kayaking
- go for a compass-guided walk (orienteering)
- take the neighbour's dog for a walk
- try working out to an exercise video
- try something new or add your own idea

Resistance

Ideas for movement that help keep your muscles strong. Which ones would you like to try?

- stand and lift soup cans while you watch your favourite show

- use hand weights while supper is cooking or in the oven
- body weight exercises like squats or wall pushups
- a work-out with a friend who has exercise equipment
- use resistance bands with a friend
- resistance machines at your local fitness facility or gym
- a trained exercise professional to learn more about doing exercises that are safe for you
- something new or add your own idea

Flexibility

These activities help you bend and stretch. Being flexible is important to keep you moving and for those everyday things like picking up something you dropped. Which of these would you like to try?

- a yoga, Pilates, or tai chi class with a friend
- take 5 to 10 minutes during your work day to stretch sore areas (back, arms, and legs)
- a stretching exercise video or video game
- take 5 minutes to stretch before and after other activities as part of the warm-up and cool-down
- stretch while watching the news in the morning or evening
- something new or add your own idea

Set your plan

Consider planning the details of how you'll make an activity happen this month:

When am I going to do it? (time of day) _____

How often will I do it? (how many days of the week) _____

For how long will I do it? (how long is each activity session) _____

Who can help keep me stick to my plan? _____

How will I track or measure the results? _____

Monitor your progress

Check off the tools you could use to track your activity below:

- paper or electronic journal
- pedometer
- physical activity monitor
- check list
- Smartphone app that helps promote and monitor fitness
work with a personal trainer
- TV-based exercise program that tracks your use