

How to Be Active and Fit Forever

Goal: I want to be active and fit.

Ask yourself the following questions (even better, write down your answers):

1. Why do I want to be fit? _____

2. What activity have I enjoyed in the past? _____

3. What activity and exercise can I see myself doing now? When will I do it? Whom will I do it with? (Phone them. Make it definite, such as a specific day and time. Remember, don't try to do too much too soon; add one new thing at a time.) _____

4. What things might stop me—weather, money, busy at work, busy with family? _____

5. What will I do when I'm out of my usual routine? _____

6. How will I reward myself for my efforts? _____

From M. Thow, K. Graham, and C. Lee, 2013, *The healthy heart book* (Champaign, IL: Human Kinetics).