A healthier life is on the line for you!

“I am good at getting started. But before you know it, I’m back to my old habits.”
Sound like you? Here are a few tips to help you stay active for the long run.

1. **Track your progress.**
   - Record your activity each day. Use a calendar, notebook, or online tracker. Review your progress as time goes by. This will motivate you to keep with it.

2. **Love your success.** Think about the progress you have made. Use positive self-talk.
   - “I love my healthier lifestyle.”
   - “I’m doing much better this time around.”

3. **Notice the benefits of being active.**
   - “I feel stronger.”
   - “I sleep better.”
   - “I lost some weight.”
   - “I breathe easier when I walk up stairs.”

4. **Set goals for yourself.**
   - Set a long-term healthy goal. This will help you stay on track.
   - Set an activity goal each week, even if it stays the same.

5. **Add activity cues or reminders to be active.**
   - Make activity convenient. Keep a gym bag in the car.
   - Leave walking shoes or work out shoes in sight.
   - Set your alarm for 20 minutes early. Get up and walk!
   - Hide the TV remote control.

6. **Watch out for things that get in your way.**
   - Look out for things that may get in your way – bad weather, holidays, stressful times, illness, or injury. Don’t let these things stand in the way of being active.

7. **Keep it fun.**
   - Include family and friends.
   - Try competing with them.
   - Try a new exercise or exercise video.
   - Take up a new sport. Take lessons.
   - Join a gym.

**Call to Action**

Try this: Keep yourself from being bored. Try at least one new activity each month.
This month, I plan to:________________________________________________________

Talk with your doctor before starting or increasing any exercise program. Your doctor may advise you to try certain exercises or avoid others.