Are you putting off getting more exercise? If so, you may have mixed feelings. Part of you may want to get more exercise, and another part of you may want to avoid it.

Mixed feelings are a normal and healthy part of making any decision. They can help you weigh your options carefully and make the choice that’s best for you. But they can also leave you frustrated and stuck — unless you work through them.

Working through your mixed feelings

Fill in the blanks below:

1. *Think about getting more exercise. Try to uncover two opposing parts of how you feel about it — the one part that wants to get more exercise and the one part that doesn’t. List as many reasons as you can think of for each part.* (Example with just one reason: “Part A. I want to get more exercise because I want to have more energy. Part B. I don’t want to get more exercise because I’m so busy with my career and family obligations.”)

Part A. I *want to* get more exercise because:

__________________________________________________________________________________

__________________________________________________________________________________

__________________________________________________________________________________

__________________________________________________________________________________

Part B. I *don’t want to* get more exercise because:

__________________________________________________________________________________

__________________________________________________________________________________

__________________________________________________________________________________

__________________________________________________________________________________

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

(continued on next page)
2. Think about whether Part A and Part B have anything in common. What could they agree on? (Example: “Having more energy would help me handle my career and family obligations.”)

Both parts:

__________________________________________________________________________________

__________________________________________________________________________________

3. Here’s the last step! Imagine that Part A and Part B work together to help you decide to get more exercise. Name one or two things you could do in the next week to move forward. Include something that would satisfy what both parts of you want and need.

(Example: “1. During our son’s soccer practice on Tuesday, I could walk around the soccer field with my wife and we could talk.”)

__________________________________________________________________________________

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It takes time and effort to change your lifestyle habits. There are many ups and downs along the way. Working through mixed feelings can help you get unstuck and find a way to move forward.

Go for it!