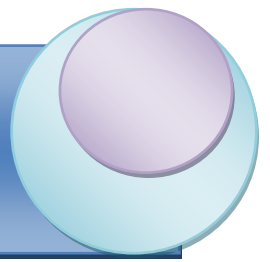


Your Best Health: Adult Weight Management Reflection Journal

Move Everyday



Move Everyday

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

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

Why Move Everyday?

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

Benefits

What do you get out of being more physically active? In other words, what benefits can you think of to being more active?

Check all the ones that apply to you

The **health** benefits of active living and physical activity important to me are:

- | | |
|------------------------------|---------------------------------------|
| A lower blood pressure | Lower risk of certain types of cancer |
| A healthier heart | Healthy weight |
| More healthy HDL cholesterol | To manage depression |
| Stronger bones | Other |
| Better blood sugars | |

The **well-being** benefits of active living and physical activity important to me are to:

- | | |
|------------------------------|------------------|
| Manage my stress and anxiety | Have more energy |
| Feel better | Sleep better |
| Better posture | Breathe easier |
| More strength and endurance | Other |
| Better balance | |

The **lifestyle** benefits of active living and physical activity important to me are to be able to:

- | | |
|----------------------------|---|
| Keep up with my friends | Keep doing things for myself as I get older |
| Be more productive at work | Be able to play with my children or grandchildren |
| Keep caring for myself | Have my clothes fit better |
| Look after my home | Other |
| Stay independent longer | |

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

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?

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:

Find out more (make some phone calls, check the Internet, talk to other people) and make a list of activities that I would be willing to try

Talk to my doctor or other healthcare provider if I'm not sure how to safely manage my chronic disease(s) while being active

Doing an activity by myself

Doing an activity with someone else or with a group

Doing activities I've done before and enjoyed

Find activities that I would enjoy trying

Remind myself of the benefits of physical activity that I've noticed

Making a plan

Scheduling an activity into my day

Other (add your own ideas)

Roadblocks are a normal part of change and need to be part of the plan.

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

Cardio

Check any of the cardio activities you're doing:

- Taking the stairs on my way to and from the office
- Taking a brisk walk in the evening or on my lunch break
- Cycling to work
- Swimming laps, treading water or water walking
- Playing tennis, squash or racquetball
- Trying an exercise class like aquasize or Zumba®
- Playing a pickup game of basketball with friends/family
- Playing road hockey with the neighbourhood kids/friends
- Trying canoeing or kayaking
- Going orienteering (compass guided walk)
- Taking the neighbour's dog for a walk
- Trying out an exercise video
- Trying something new, or add your own idea!

There are many ways to include cardio into your routine. If this is an area that's a priority for you and you're ready to make a change, choose one(1) or two(2) items you want to set a **SMART goal** around.

Remember, setting too many goals can be overwhelming. Think about your goals, your circumstances, and competing priorities you may have when deciding how many 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.

Resistance

Check off any of the resistance activities you're doing:

- Using resistance bands with a friend
- Standing and lifting soup cans to strengthen my muscles while I watch my favourite show
- Using hand weights while supper is in the oven
- Trying a few body weight exercises (squats or wall pushups) in the morning to get my blood flowing
- Seeing a trained exercise professional to learn more about doing exercises that are safe for me
- Using my friends exercise equipment with them
- Trying the resistance machines at my local fitness facility
- Trying something new, or add your own idea!

There are many ways to add resistance activities into your routine. If this is an area that's a priority for you and you're ready to make a change, choose one(1) or two(2) items you want to set a **SMART goal** around.

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Flexibility

Check off any of the flexibility activities you're doing:

- Taking a yoga, Pilates, or tai chi class with a friend
- Taking 5 to 10 minutes during my work day to stretch my sore areas
- Trying a stretching exercise video or video game
- Taking 5 minutes to stretch before and after my other activities as part of my warm up and cool down
- Stretching while watching the news in the morning/evening
- Try something new or add your own idea!

There are many ways to become more flexible. If this is an area that's a priority for you and you're ready to make a change, choose one(1) or two(2) items you want to set a **SMART goal** around.

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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