



## Weekly Tip #1

Set your goal to be more physically active

- ✓ Make taking care of yourself a priority.
- ✓ Schedule daily time for physical activity -- you have 1440 minutes a day to choose your time.
- ✓ Record your activity in your log.
- ✓ Stay committed.



## Weekly Tip #2

Take advantage of regular physical activity opportunities

- ✓ Use the stairs.
- ✓ Walk instead of ride.
- ✓ Have a TV day without the remote control.
- ✓ Buy toys or equipment that promote physical activity.



## Weekly Tip #3

### Breathe naturally during exercise

- ✓ Exercise at your own intensity.
- ✓ Listen to what your body tells you.
- ✓ Use the talk test -- you should be able to carry on a conversation without gasping for air.



## Weekly Tip #4

### Exercise after dark

If fitting in exercise after dark:

- ✓ dress so drivers can see you
- ✓ be sure to always face traffic



## Weekly Tip #5

### Enhance your exercise performance

- ✓ Improve your eating habits.
- ✓ Stretching prepares your muscles for activity and increases flexibility.
- ✓ Keep hydrated by drinking water before, during, and after physical activity.



## Weekly Tip #6

### Review your activity goal

- ✓ Focus on the present.
- ✓ Imagine the results.
- ✓ Believe and you will succeed.



## Weekly Tip #7

### Maintain a healthy weight

- ✓ An active body needs high quality fuel on a consistent basis to operate at its best.
- ✓ Focus on fruits -- eat a variety.
- ✓ Vary your veggies -- eat more dark green veggies.
- ✓ Include calcium rich foods.
- ✓ Make half your grains whole grains.
- ✓ Go lean with protein.



## Weekly Tip #8

### SMART goals to stay on course

- |                          |   |   |
|--------------------------|---|---|
| <b><u>S</u>pecific</b>   | - | <b>Be precise</b>                       |
| <b><u>M</u>easurable</b> | - | <b>Set a goal</b>                       |
| <b><u>A</u>chievable</b> | - | <b>Be realistic</b>                     |
| <b><u>R</u>elevant</b>   | - | <b>Your goal should<br/>be your own</b> |
| <b><u>T</u>rackable</b>  | - | <b>Keep an activity<br/>journal</b>     |



## Weekly Tip #9

### Managing Stress

- ✓ Physical activity can boost your energy level and lower your stress and risk of chronic disease.
- ✓ Regular exercise improves self-esteem and can help take your mind off your troubles and stress.



## Weekly Tip #10

### Quality of Life

- ✓ The *Maine in Motion* way is daily physical activity most days of the week.
- ✓ Daily physical activity improves your overall **quality of life.**
- ✓ Make your physical activity time a priority.



## Weekly Tip #11

### Personal Wellness Contract

I promise to:

- ✓ continue daily physical activity
- ✓ use creative ways to stay on track
- ✓ seek support for activity goals
- ✓ plan ahead to avoid obstacles
- ✓ reward myself for reaching fitness milestones
- ✓ celebrate my active lifestyle



## Weekly Tip #12

### Be a role model

- ✓ Children and adults learn from people in their lives.
- ✓ Physical activity is a lifetime commitment.
- ✓ Energize with exercise, take time ... make time ... find time ... be active daily.
- ✓ Life is good ... when you stay active for better health.