



# Tricks of the Trade

## 10 TIPS ON HOW TO STICK TO YOUR PLAN

### 1 Start slow and add a little more over time

Some is better than none, so start slowly. Don't expect results overnight, but do take small steps each day. You might not notice any big changes—especially in your weight—for a few weeks or even months. It is still good for your heart health!

### 2 Get a partner or join a class

Be active with a friend or a group to make it more fun! You are less likely to cancel an exercise date with a friend than one with yourself!

### 3 Change your routine around

You will be less likely to get bored or injured if you change your activities. Walk one day; bike the next. Mix in fun sports like golf or tennis to stay active and keep exercise fun. Learn to dance or garden.

Even chores like mowing the lawn and cleaning your house can keep you moving.

### 4 Make exercise fun

Plan your walking route to see new sights—change up the neighborhoods you walk through. Take a walk through the zoo or park. Listen to music or an audiobook to help pass the time. Exercise on a treadmill or stationary bike while reading or watching TV.

### 5 Write it down

Keep an activity journal or diary. Write down what you did, how long you did it, and how you felt. This helps to track your progress. Keeping a journal can also be a good way to set future goals. Write down where you want to be next week, month or year.

### 6 Try something new

It may be that jogging is not for you. Try a swimming program instead or sign up for a yoga class or tennis lesson. Find things you enjoy.

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### 7 Make exercise a habit

Choose a regular time for exercise each day. Sign a contract with yourself to exercise. Put exercise “appointments” on your calendar and keep them! Change into workout clothes before you leave work.

### 8 Make exercise a priority

You have to believe that exercise is important enough to make it happen. Pay attention to your mood, how your body feels, and your stress level AFTER you are active. Think about your reasons for becoming active.

### 9 Come up with solutions to reasons you may not want to be active

If you don’t like to sweat—set up a fan or split it up into three 10-minute walks. If you feel too tired, try to be active earlier in the day. Write down your solutions.

### 10 Every little bit counts

Take a walk on your lunch break or a longer path back to your desk. Walk your dog twice a day. Take the stairs instead of the elevator. Split your activity up into two 15-minute or three 10-minute walks.