

## Staying Motivated to Stay Active

**Physical activity is a great way for older adults to gain substantial health benefits and maintain independence.**

To make physical activity a routine habit, choose activities and exercises that are fun, motivate you, and keep you interested.

**Keep it going.** If you can stick with an exercise routine or physical activity for at least 6 months, it's a good sign that you're on your way to making physical activity a regular habit. Choose activities:

- You enjoy and believe you'll benefit from
- You can fit into your schedule
- You can do safely and correctly
- That are affordable
- That include friends or family

**Keep it positive.** Set realistic goals, regularly check your progress, and celebrate your accomplishments. These will help keep you on track.

**Keep your eye on the prize.** Focus on the benefits of regular exercise and physical activity:

- Greater ease doing daily tasks
- More energy to do the things you enjoy most
- Improved health
- Better outlook on life

**Keep track of your progress.** The best way to stay motivated is to measure and celebrate your successes. You can find easy-to-use progress forms on the **Go4Life** website. Use these forms to:

- Track your physical activity
- Find new ways to increase your physical activity
- Update your exercise plan as you progress



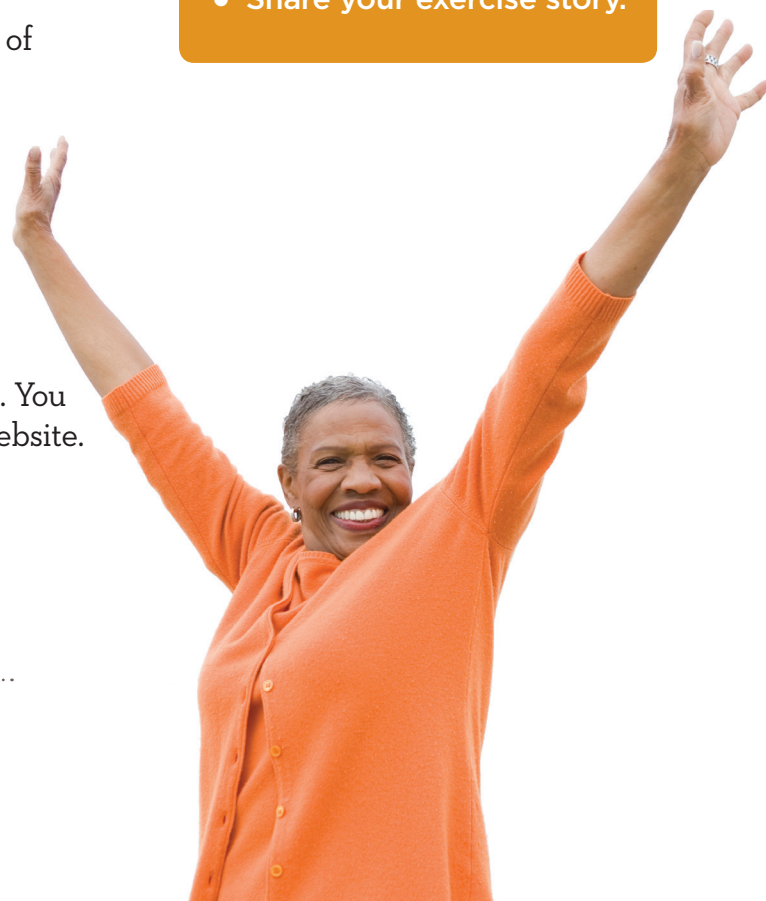
### Quick Tip

You're more likely to keep going if you include activities you enjoy. Try making a contract with a friend to become physically active. It can help you both stick with it.

### VISIT

[www.nia.nih.gov/Go4Life](http://www.nia.nih.gov/Go4Life)

- Read more tips.
- Print useful tools.
- Order a free exercise guide or DVD.
- Share your exercise story.



**National Institute on Aging**

National Institutes of Health

U.S. Department of Health & Human Services

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