



## MY CONTRACT WITH MYSELF

### A CONTRACT TO MOVE...ME

Physical activity is important for everyone, but how much you need depends on your age and activity level.

**HOW MUCH SHOULD YOU DO:** Adults 18-64 should do at least two and a half hours over three days of physical activity at a moderate level OR an hour and a quarter each week of aerobic physical activity at a vigorous level. Additional adults should also do strengthening activities, like push-ups, sit-ups and lifting weights, at least 2 days a week.

**CONSIDER CLASSES OR CLUBS:** Solitary activities like running, walking and swimming are great exercise but if your fitness level supports it consider adding a group activity like a running club, yoga or pilates class. Trying something new not only changes the muscle groups you use but you may find a new passion.

- ✓ Find something you like to do; if it's fun you are more likely to continue.

**PHYSICAL ACTIVITY IS GENERALLY SAFE:** The health benefits you gain from being active are far greater than the chances of getting hurt. Here are some things you can do to stay safe while you are active:

- ✓ If you haven't been active in a while, start slowly and build up.
- ✓ Learn about the types and amounts of activity that are right for you.
- ✓ Choose activities that are appropriate for your fitness level.
- ✓ Build up the time you spend before switching to activities that take more effort.
- ✓ Use the right safety gear and sports equipment.
- ✓ Choose a safe place to do your activity.
- ✓ See a health care provider if you have a health problem

**CONTRACT:** Try out different exercises to find out what works for you. Varying your exercise regiment will make it more fun and you will be more likely to stick with it.

- ✓ I will \_\_\_\_\_ (type of exercise)
- ✓ for \_\_\_\_\_ minutes \_\_\_\_\_ a week
- ✓ With \_\_\_\_\_ who will help keep me honest about my workout.

**A WORKOUT BUDDY:** Having a workout partner that helps keep you on task, and that you help keep on task is not only an avenue to keeping healthy but builds your social network.

**Be smart, be active!**