



# Change Your Life

Some ideas to help you change your life and be more active...

## Obstacles

*reasons people give for not being active*

## Options

*ideas to be more active*

Being active is hard work.	Find an activity that you enjoy and that is easy for you. "No pain, no gain" is a myth. It is important to get moving.
I don't have time.	Do you like how you are spending time now? Can you do without three TV shows each week to make time for physical activity?
I don't enjoy it.	Try playing a sport or game that gets you moving. Try something new. You could take yoga or a class at the YMCA. You could even go bowling!
There's no place to exercise.	You can walk around your neighborhood. You could also work out while watching a TV show or video at home.
I'm too tired.	Being active actually gives you MORE energy. Tell yourself, "If I can start this activity, I will have more energy."
I don't have anyone to go with me.	Have you asked? Maybe a neighbor, family member, friend or someone at work will be your partner.
The weather is bad.	There are many activities you can do at home in any weather. You can also walk in malls or dance to music.
It's boring.	You can listen to music or a book during your activity. Walking, biking or running can take you past lots of interesting scenery.
I am overweight.	You can benefit from physical activity no matter how much you weigh. Pick an activity that you enjoy — like walking — and start with that.
I'm too old.	Age is not a problem! If you have medical problems, it is important to talk to a health care provider first. They can talk to you about doing physical activity that suits you.

It's never too late to start being active.  
Just get up and go!

