

Road Map for Change

Getting more physical activity when “I just can’t seem to get started”



1

Let’s explore why it can be difficult to be more active when we don’t want to exercise

Meet Michael



Michael works as a police officer and has younger kids. After a full day at work, Michael’s kids often have after school games that he attends. He sits for another 2 hours watching his kids be physically active.

He has gained 30 pounds in the last 4 years and feels self-conscious about his weight. “I finally get to my house around 7:00 and am not interested in doing any kind of physical activity. I just want to be in my house after a long day away.” Michael also loves to watch college sports on his big screen TV and doesn’t want to miss a single minute. “I tried a gym about a year ago, but didn’t know how to work half of those machines, so I just gave up.”

Here’s a map of Michael’s story:

What is happening?

- Police officer
- Young kids with many activities
- Gained 30 pounds in last 4 years

How does he feel?

- Low motivation
- Self-conscious
- Intimidated by gym machines

What is he doing (or not doing)?

- Not exercising
- Watching TV and sitting a lot

2

**What parts of your story sound like Michael’s?
How is your story different?**

3

What step can you take in the next week towards becoming more active?

Here are some ideas based on how ready you are to be more active this week

Not quite ready...

- Talk with someone who is in a similar situation

Still thinking about it...

- Talk with someone who has successfully increased their physical activity

Getting ready...

- Look for in-home exercises
- Ask for support in family or work responsibilities

I'm ready now!

- Break it up! Exercise for 5 minutes during work breaks, take the stairs, park far away
- Schedule activity and alert family, co-workers, bosses

Maintaining change

- Plan for healthy rewards for meeting goals
- Create a plan to get back on track after a relapse

4

I'm here to help!

As your Health Navigator, I'm here to support you in finding ways to achieve your health goals.

I'll follow-up with you on:

Feel free to call me before your appointment with any questions:

Facts About Physical Activity



Physical activity improves brain performance

Exercising on a regular basis helps boost your immune system



Physical activity increases the amount of feel-good endorphins

Exercising helps you sleep better



“ It’s that one-on-one personal support that I think is very good for me. It has helped me stay on the right track, encouraged. To change old habits, it’s not that easy, so it impressed me to have someone who is there to encourage you and be very concerned about you.” ~Kathie P.