

Road Map for Change

Getting more physical activity when there's just not enough time in the day"



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Let's explore why it can be difficult to be more active when we're so busy

Meet Julia



Julia works as a medical assistant and has three children. She also cares for her elderly mother who is sick. Caring for her mother every day, on top of her husband and kids, is really stressful. All of these responsibilities are physically and emotionally really difficult for her and make her feel overwhelmed.

While she knows that she should get more physical activity to achieve a healthier weight and lower her blood pressure, she feels that there are not enough hours in the day to do everything, especially exercise

Here's a map of Julia's story:

What is happening?

- Working mom of three kids
- Caring for elderly mother
- No time to spare

How does she feel?

- Overwhelmed
- Tired
- Pulled in too many directions

What is she doing (or not doing)?

- Not exercising
- Working and caring for family

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**What parts of your story sound like Julia'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 places to exercise or go for a walk
- 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

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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.