

Road Map for Change

Getting more physical activity when “the weather is just not cooperating”



1

Let's explore why it can be difficult to be more active when the weather isn't nice

Meet Sandy



Sandy has struggled with her weight for most of her life, and she feels self-conscious and would like to shed some pounds. During the summer months she gets outside to walk, but during the cooler months it is difficult to follow this routine.

It gets too cold and windy to be outside, and as the days get shorter and shorter, there are fewer daylight hours for her to walk in her neighborhood that doesn't have sidewalks. Besides, when it is so cold outside Sandy would prefer staying cozy indoors with a blanket on the couch. With no affordable gyms in her neighborhood, Sandy feels resigned to exercising when the weather allows

Here's a map of Sandy's story:

What is happening?

- Lifelong struggle with weight
- Cold winter
- No sidewalks or affordable gyms

How does she feel?

- Self-conscious
- Cold, unmotivated, doesn't like feeling uncomfortable

What is she doing (or not doing)?

- Not exercising
- Staying on the couch

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**What parts of your story sound like Sandy'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 despite difficult weather condition

Getting ready...

- Look for in-home exercises
- Look for other indoor areas to exercise

I'm ready now!

- Bundle up to take short 5-minute walks during work breaks
- Set aside time to exercise in your living room

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.