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My weight journey in action

A guide to help you incorporate
physical activity into your life



Regular physical activity is one important step you can take toward weight management

What are the two main types of physical activity?

Aerobic involves physical activities like brisk walking, cycling, and swimming. It includes any activity that increases your heart rate and makes you sweat.

Resistance involves building up your strength. This type of physical activity strengthens important muscles.

WHAT ARE THE HEALTH BENEFITS OF AEROBIC AND RESISTANCE ACTIVITY?

AEROBIC BENEFITS CAN...	RESISTANCE BENEFITS CAN...
Improve glucose control	Strengthen important muscles that are rarely used
Help manage weight	Build up total muscle mass
Control blood pressure	Provide more strength
Reduce the risk for certain health complications	Increase bone density
Improve mood and mental health	Improve your ability to perform certain daily activities
Improve sleep and well being	Reduce the risk for some health complications

Let's get started

First, take some time to address your thoughts, feelings, and readiness to begin regular physical activity. Making a healthy behavior change, like learning to dance and taking walks, involves both mental and physical readiness.

What are some barriers to physical activity?

A barrier is anything that stops you from starting or continuing physical activity. Here is a list of potential barriers to physical activity paired with how you can address them for yourself.

BARRIERS	CHALLENGING THE BARRIER
"I don't have the motivation."	Start small, with just 5 minutes of physical activity. Once you start, you may want to keep going!
"I don't have the time."	Every minute of physical activity counts. Try doing short intervals of exercise throughout the day.
"I am afraid of injuries."	Warm up before exercising. Cold muscles are more prone to injury. Listen to your body and do not push yourself too hard. Speak to your doctor about what type of physical activity is best for you.
"It's too expensive to join a gym."	Becoming physically active does not mean that you have to join a gym or purchase exercise equipment. There are plenty of activities you can do in and around your home and community.

I'M READY TO START.

Start today by speaking with a healthcare provider to develop a physical activity plan that is suitable and enjoyable to you.

Make a plan for physical activity

Write out exactly how you plan to include more physical activity in your daily life. Let these questions help guide you:

1. What type of physical activity will I do? (ie, dancing, walking, playing with kids/grandkids)
2. How long and how often will I be physically active
3. Where will I be physically active?
4. Who can I involve to help me stay motivated? (ie, friends, family, etc.)
5. What are my barriers to physical activity and how will I challenge them?

The US Office of Disease Prevention and Health Promotion recommends at least 150 minutes each week of moderate-intensity aerobic physical activity.

Personal goals for physical activity

To stay motivated over time, set a personal goal for yourself each week. Setting goals—and achieving them—helps you see your progress and stay motivated over time.

How do I set goals for physical activity?

Use the acronym **S-M-A-R-T** to work with your healthcare provider in creating your weekly goals.

SMART stands for:

SPECIFIC Walk 30 minutes after work

MEASURABLE Walk 10,000 steps a day

ATTAINABLE Two trips to the gym a week

REALISTIC Lose 5-10 percent of current weight

TIME-LIMITED Let your doctor know your progress at your next appointment

I will take a brisk walk on my break at work for 20 minutes three times a week.

Tips for achieving your goals

- Include family and close friends.
- Avoid injuries by listening to your body. If you have to miss a day due to injury or illness, it's okay. Set a goal for when you will start again.
- Increase your future goals as you start achieving your current ones.
- When you accomplish a goal or reach a milestone, reward your progress by planning an activity for yourself



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Exercise Intensity

It's a good idea to start slow when you begin a new aerobic or resistance exercise plan.

How do I know if I'm working hard enough?

Use this **scale of exercise intensity** to monitor your activity level:



Light (You can sing)

Walking, golfing, gardening, folding laundry, stretching and yoga



Moderate to hard (You cannot sing, but can talk)

Brisk walking, stair climbing, lawn mowing, swimming and dancing



Vigorous (You can talk, but not well)

Running, cycling fast, playing hockey, working out at the gym

Talk with your healthcare provider to see what is right for you.

You should start out with a light intensity level and aim for an intensity level of moderate-to-hard as you progress. Please keep in mind that small amounts of exercise will add up to facilitate your weight journey.

Remember, you don't need to have a gym membership or special equipment to start on your weight journey in action. Walking inside or outdoors and using your own body weight for resistance exercises are a great way to start including physical activity in your life.



Learn more at TruthAboutWeight.com

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