



# Move Your Body

Program Workbook

# Welcome!

You are taking a big step in creating forward movement for your life! The Move Your Body program is designed to educate you and show you how to work toward increasing your physical activity. Use this workbook to follow along during the weekly webinars, practice what you are learning, and write down your thoughts.

## How to complete the Move Your Body program:

1. Complete all six weekly webinars.
2. Complete the survey at the end of the program.
3. Enjoy your happy, healthy, active lifestyle!

Each of our six weeks together will address a different aspect of a physically active lifestyle. Return to this workbook for new information and challenges each week!

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# Week 1: Tell Your Story

What are your reasons for adopting a healthier lifestyle? Why now?

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How do you think being physically active will add value to your life?

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Identify the barriers you face in trying to become more physically active:

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Summarize your emotions about physical activity:

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## Action Plan:

1. Get moving! Log your exercise this week (page 4).
2. Have a conversation with a regular exerciser (page 5).

# Week 1: Activity Log

Use the table below as a guide to create an activity log. Record the date and time, type of activity, duration you spent doing the activity, mood, and degree of enjoyment. Note which activities you liked best, and which weren't your favorites.

Date:			
Time:			
What activity did you do?	How long?	What mood did it put you in?	Did you enjoy it?
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Time:			
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Date:			
Time:			
What activity did you do?	How long?	What mood did it put you in?	Did you enjoy it?

Notes about this week's activity:

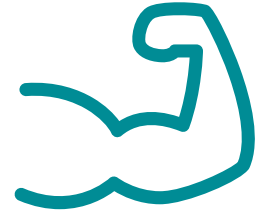
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# Week 1: Discussion

Have a conversation with someone you know who has successfully incorporated regular exercise into his or her lifestyle, and has been able to sustain that habit for at least a year. Use the space below to summarize your conversation.



Explain to them why you are asking (you are seriously thinking about becoming more physically active and exercising regularly). Did this conversation motivate you to commit? What were their keys to success? What are their challenges?

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# Week 2: Take Action

Physical activity is defined as:

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What are the four areas of exercise in the physical activity pyramid?

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The U.S. Department of Health and Human Services recommends a minimum 150 minutes per week. How will 150 minutes a week of physical activity look for you?

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## Action Plan:

1. Get moving! Log your exercise this week (page 7).
2. Create a SMART goal for physical activity (page 8).

# Week 2: Activity Log

Use the table below as a guide to create an activity log. Record the date and time, type of activity, duration you spent doing the activity, mood, and degree of enjoyment. Note which activities you liked best, and which weren't your favorites.

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Time:			
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Date:			
Time:			
What activity did you do?	How long?	What mood did it put you in?	Did you enjoy it?

Notes about this week's activity:

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# Week 2: SMART Goals

No matter how big or small your goal - whether it's losing 5 or 50 pounds, walking a mile or running a marathon - making change requires planning and SMART goals.

Follow these guidelines to setting SMART goals and you'll be surprised at what you can accomplish:

**Specific.** Your goal should be clear and easy to understand.

**Measurable.** A goal to "lose weight" is not enough. How will you track your progress and how you will know when you've reached your goal? Making your goal measurable means adding a number.

**Attainable.** Before you can add a number, you have to know how high or low you want to go. It's good to 'shoot for the stars', but don't be too extreme. Likewise, a goal that is too easy is not very motivating. Only you know your limits.

**Relevant.** Set goals that are important to where you are in your life right now. Don't set a goal that someone else is pressuring you to attain - that isn't very motivating or purposeful.

**Time-bound.** Include a time-line. Knowing that you have a deadline motivates you to get started.

## A few examples:

"I will walk enough to burn at least 1,250 calories through exercise this week."

"I will do 30 minutes of moderately intense cardio each day, for five days of the week."

"By the end of March 2016, I will be able to run five miles. I will have achieved this goal by running three days each week."

Now create your SMART goal:

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# Week 3: Develop New Habits

What are the seven ways to develop healthy habits?

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The best way to make exercise a habit is to start with an exercise that is so easy that you can do it even when you are running low on willpower and motivation. In the words of Leo Babauta, start with something that is so easy you can't say no.

Tiny Habits: What is one tiny habit you can start? Consider your motivation, your ability and what will trigger the action.

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How will shift your mindset so you can truly come to love (or at least like!) exercise?

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## Action Plan:

1. Get moving! Log your exercise this week (page 10).
2. Write down what you're committed to this week (page 11).

# Week 3: Activity Log

Use the table below as a guide to create an activity log. Record the date and time, type of activity, duration you spent doing the activity, mood, and degree of enjoyment. Note which activities you liked best, and which weren't your favorites.

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Time:			
What activity did you do?	How long?	What mood did it put you in?	Did you enjoy it?

Notes about this week's activity:

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# Week 3: Journaling

What am I committed to this week?

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How does this commitment move me toward success?

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# Week 4: Find Your Tribe

Humans are inherently social creatures. Most of us enjoy the company of others and spend a lot of time engaging in social interactions with friends and family.

People who spend a lot of time together often adopt one another's exercise (and eating) habits. Remember the old saying 'birds of a feather, flock together'? Find the right circle of friends and sticking to an exercise schedule becomes easier.

What are the benefits of having a support system?

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List the seven ways to get your support system in place:

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Identify who stands in your way of success:

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## Action Plan:

1. Get moving! Log your exercise this week (page 13).
2. Identify a tribe of supporters (page 14).

# Week 4: Activity Log

Use the table below as a guide to create an activity log. Record the date and time, type of activity, duration you spent doing the activity, mood, and degree of enjoyment. Gradually start increasing the time and intensity of your activity.

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What activity did you do?	How long?	What mood did it put you in?	Did you enjoy it?

Notes about this week's activity:

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# Week 4: Identify Your Tribe

Make a list of the people most likely to support you in your new endeavor. These people might be friends or relatives. Near or far. People who might be interested in joining you in your exercise activities or cheering from the sidelines.

If you're struggling, consider online communities and message boards, fitness professionals whose classes you take or a personal trainer to oversee your progress.

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Take action to enlist at least three of the people listed above. Be specific as to how they'll be supporting you. Workout buddy? Facebook encouragement? Group fitness instructor who'll keep an eye on you in her class?

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# Week 5: Embrace Mistakes

Life happens. You wake up with the stomach flu or your client calls at 8 p.m. and wants an update on numbers. You will hit speed bumps along your journey. But the trick is to keep going and push through bad days. Focus on positive days, not slipups.

Review your exercise logs from the past few weeks. Notice any patterns?

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What three steps can you take to help you recover when you slipup?

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What does your bounce-back plan look like?

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## Action Plan:

1. Get moving! Log your exercise this week (page 16).
2. Write about an experience of past failure (page 17).

# Week 5: Activity Log

Use the table below as a guide to create an activity log. Record the date and time, type of activity, duration you spent doing the activity, mood, and degree of enjoyment. Gradually start increasing the time and intensity of your activity.

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What activity did you do?	How long?	What mood did it put you in?	Did you enjoy it?

Notes about this week's activity:

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# Week 6: Celebrate YOU!



Pat yourself on the back - you've come a long way. Notice that feeling of being rewarded. Your body and brain love it! Success is built on success, so celebrate those successes to create more of them.

What has gone well over the past six weeks?

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What have you achieved that has surprised you?

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What will you do to celebrate, recognize and acknowledge your achievements?

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## Action Plan:

1. Celebrate your success!
2. Get moving! Log your exercise this week (page 19).
3. Think about how you'll keep moving forward (page 20).

# Week 6: Activity Log

Use the table below as a guide to create an activity log. Record the date and time, type of activity, duration you spent doing the activity, mood, and degree of enjoyment. Gradually start increasing the time and intensity of your activity.

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Notes about this week's activity:

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# Week 6: Moving Forward

Wow, you made it - week six! You have done so much work up to this point. Applaud yourself for all of your efforts.

Now is the time to re-commit to your goals and use the techniques that you have learned during the past six weeks to keep moving forward. From here on out, your mission is to be physically active each day.



What is the change you are most proud of in the last six weeks?

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Where do you go from here? How can you keep the momentum going?

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Where do you want to be in three months?

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Now, what do you need to make this happen?

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# Congratulations!

You completed the program. Thank you so much for making your life a priority and for sticking with it. You've already taken more action than most people - just finishing this program is no small feat. Acknowledge yourself for all that you've accomplished!



Remember, persistence pays off. The road doesn't stop here; it has only just begun. Use the tools you've learned during these six weeks to continue your success in all aspects of life. Keep up the amazing work that you've started; think of the momentum you've built up and use it to improve your entire life.

