

GetFIT Connections™

*Manage your healthy lifestyle connections by selecting
the right goals for you*

Signed _____

Date _____

Overcoming Barriers -Motivate Yourself to Increase Activity

Keep it moving! So what are some ways to motivate yourself to continue with your activity? First of all, are you working on a daily basis to decrease your inactivity by just doing practical activities like parking far away or taking the stairs? Have you chosen some type of physical activity that you enjoy? Is it something you can continue with for many years?

Here are some other motivational tips:

- Exercise at work. If your company has a gym, join it. Form a walking group at work and ask members of the group to motivate each other to walk when they might not want to. Is it raining? Then walk inside at the mall.
 - Keep an extra pair of shoes at work and in your car.
 - Organize a yoga class at work.
 - As you exercise, remind yourself you are increasing muscle and that means your metabolism is increasing.
 - Arrange for a body composition analysis before you start to exercise and months after, so you can see your progress.
 - Try to maintain a schedule and exercise about the same time every day.
 - Try new places to walk - new paths, parks, or different neighborhoods.
 - Start out with 15-minute activities.
 - Other Ideas
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Where Is Your Mindset?

The goals you set to lose weight will depend on your mindset.

Mindset 1: "Who me? I need to what?" (pg. 3)

You are unaware of the health changes you need to make. Or - if you are aware of the changes you need to make to improve your health, you are uninterested.

Mindset 2: "One of these days I'll get around to it" (pg. 4)

You are thinking about making a change, usually within the next 6 months. You are still thinking about whether the risks of your actions will benefit from the changes you need to make. You are thinking about those changes.

Mindset 3: "I'm making the plans" (pg. 5)

You have decided to make a change and are planning that change within one month. You may have tried changing in the past, but had a hard time sticking with your plans

Mindset 4: "I'm here and doing it" (pg. 6)

You are trying to make the desired change and have been working at making the change for less than 6 months.

Mindset 5: "I've done it! I want to continue" (pg. 7)

You have made a change and have sustained your healthy lifestyle change(s) for 6 months or longer.

Circle your mindset and turn to the corresponding page number to help you set you make changes.

Overcoming Barriers – Manage Tempting Situations

It's important to manage your environment to prevent unhealthy habits. Here are some things you can do:

- Have only healthy foods in the house so you won't be tempted by higher calorie snack and dessert foods.
- Portion your snacks. For example, purchase pretzels in small bags. If larger bags are more economical, then portions your snacks into smaller plastic resealable bags.
- Are fast foods or vending machines an obstacle in your path to good health? Take a different route so you don't have them in sight. Remember – out of sight, out of mind! Bring healthier snack options to work.
- Don't let yourself get too hungry. Grocery shop on a full stomach!
- If you like convenience microwave meals, purchase your favorite healthy options and add extra vegetables in the corner of the meal before microwaving.
- If you bake a casserole or potato dish for dinner, portion out the servings, then put the remaining amount away before you sit down to eat. You won't be as tempted to go back for seconds.
- Other Ideas _____

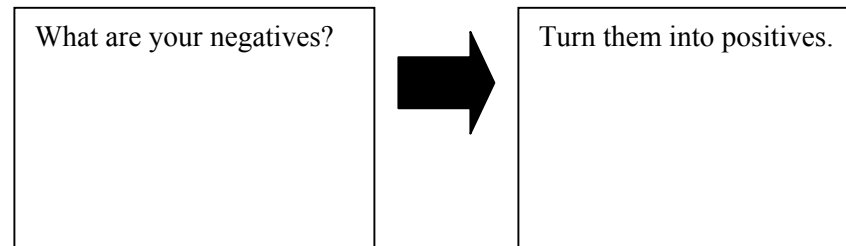
Mindset 2: “One of These Days I’ll Get Around to It”

You are thinking about making a change, usually within the next 6 months. You are thinking about the risk-to-benefit ratio of creating a healthy lifestyle. You are still questioning whether or not you can make the changes. Will the results of your changes make a difference in how you look, feel, or in your health? Will the results be worth your time and effort? You may be unsure of how to get started. You like to receive information and read about how to create healthy lifestyles, but you are not quite ready for change – you are thinking about it.

You may want to make changes because your physician told you your blood sugar (glucose) or cholesterol is high. You might feel lousy or uncomfortable in your clothes.

This may help you:

- Overcome the negatives about the lifestyle changes you will make and look at the positives. Dispel the myths about the negatives you feel you may encounter.
- Seek encouragement from people that will support you.
- Attend classes to assist your goal setting.



Goal Sheet - How to Set Goals That Work

There are ways to set specific goals so you are clear about what you want to do. Make sure your goals are reasonable. You need to believe you can accomplish the goal.

List one goal.

Is this something that can be accomplished in a week? If not, what is the time frame?

Is this goal reasonable? If not, rewrite the goal.

List 3-5 steps to accomplish your goal.

- 1.
- 2.
- 3.
- 4.
- 5.

Mindset 4: "I'm Here and I'm Doing It"

You are trying to make the desired change and have been working at making the change for less than 6 months. You are trying to make your changes a habit, so appropriate ways to manage setbacks are a priority.

Remind yourself of the positives you are accomplishing. Do you feel better and do you enjoy the compliments you are receiving? Your cholesterol may be lower, as well as blood pressure. Don't forget to reward yourself with the included fun ideas on page 14.

Write down the positives you are experiencing from making your healthy lifestyle changes.

- Are you having trouble reaching a goal? Begin with a self-evaluation on page 8 of this booklet.
- Are you experiencing barriers to your healthy lifestyle? Overcoming Barriers on pages 10-13 in this booklet will help you.
- Do you need to re-set your goal(s)? Use the included goal sheet on page 9.