

I successfully completed this goal.  
This is what I did:

**GetFIT Helpful Connections - Set Up an Active Environment**

**Move while talking** on the phone. If you have a hand-held phone, walk up and down steps or around the perimeter of your rooms.

**Keep an activity** calendar on your refrigerator to motivate you to be active each day. At breakfast, record what you want to do each day. Reward yourself for accomplishing milestones.

**Place weights by** your recliner. Grab them to use while watching your favorite television program or when listening to music.

**Use the stairs** at work and burn five times as many calories as taking the elevator. Stair users also have greater leg strength and aerobic capacity and that's good for your lungs and heart! Place a sign-up sheet by the stairway for stair takers to record their name when they use the stairs. Put all names in a box and hold a monthly drawing for a non-food reward.

**Encourage your employer** to participate in health promotional activities. Offer 10-minute stretch breaks at meetings. Have a walk and talk meeting-take a walk around the block while you brainstorm. Include physical activity goals as part of your work goals.

Name \_\_\_\_\_

Date \_\_\_\_\_

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