

GOAL COUPON 2 MAKE ACTIVITY ACCESSIBLE

Decide when you like to exercise - morning, after work, or during lunchtime. Set aside that time as *your* exercise time.

Set out Exercise clothing the night before if you like to exercise in the morning or place your shoes by the door if you like to exercise when you get home from work or school. Remind yourself to be active.

Keep an extra pair of athletic shoes at work for a lunchtime walk.

Team up with a friend to motivate each other to exercise. Join an exercise group at work or a walking group at a mall for extra support.

Will action-packed music help you exercise? Purchase the latest technology and music to help you move!

Join a club or purchase at-home exercise equipment to help you with resistance training. Ask for a free trial week at different gyms to see which one fits your needs.

Emails make it too easy to stay seated all day at work. Replace the emails with a walk to your co-workers office.

GOAL 2

Set up an environment to make exercise easy to do.

Circle at least 3 things you can do to increase your physical activity.



Use these **GetFIT Helpful Connections** to help you.

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