

Can't wait to get moving

Week 3



Information sheet

Would you like to slim down and stay younger looking? Do you want to reduce your risk of cardiovascular disease, cancer, stroke and arthritis? Currently, only 22 percent of American adults engage in regular, sustained physical activity.* Moderate amounts of exercise can help reduce your risk of coronary artery disease.

No matter what your age or fitness level, you can start a physical activity program and become healthier and more fit. The following project goals for **Week 3** will help get you started with a healthy, effective fitness program.

Read through all the handouts and decide on a fitness program that works for you

Before you begin, pay careful attention to the readiness quiz on the “Physical Activity” handout, and see your physician, if necessary, before starting any exercise program. Try the programs outlined in Week 3 or tailor your own. The main thing is to get moving.

You may also enjoy a walking program, such as WalkingWorksSM. Visit www.bcbsil.com and click on the WalkingWorks link to learn how to start the program, get advice on walking basics and download a copy of the WalkingWorks daily journal.

Set an activity goal and make an action plan

If flexibility is your goal, make an action plan to set aside 15 minutes every evening for stretching. Want to increase your walking distance? Your action plan might focus on taking one mile walks with your family every day this week



**BlueCross BlueShield
of Illinois**

Can't weight to **get moving**

Week 3

Getting started

Decide on a time for physical activity and write it on your calendar

Writing the time down will help motivate you and help you stick with your goals.

Print your Weekly Activity Log

Record your physical activity, goals and action plans on the appropriate areas of the log.

Consider any barriers you may have to overcome in starting a fitness program

For example, you have a hard time getting out of bed, no time at work or lack of support from family. Think of ways to overcome these challenges.

Enlist a support system

If you like to work out with family or friends, plan to meet at a certain time. Trade off baby-sitting time with a neighbor or spouse so you can go to the gym or go on your daily walk. When possible, get your kids to join you when you're active. Also, tell people you're exercising to increase your level of commitment.

Gather the equipment you need so it's ready when you are

Is your bag packed for the gym so you can stop on the way home from work? Do you have shoes to take to the office for walking breaks? Did you lay out your workout clothes on the bed as a reminder to exercise when you come home from work?

Work on your food goals from last week

You can choose a new food goal or repeat last week's if it needs more work.

*Source: American Heart Association

www.bcbsil.com

Don't Weight to **Feel Great**

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