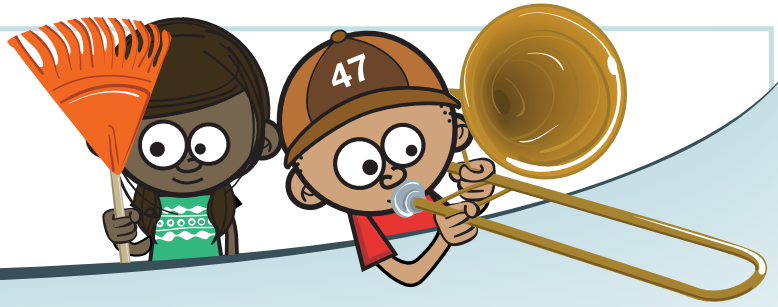


Do More Lifestyle Physical Activity



Lifestyle physical activity is activity that's part of your everyday life, like going up and down stairs and walking your dog. You don't have to take time out of your day to do this kind of physical activity – it's already built in! Some other examples of lifestyle activities are:

- Vacuuming, sweeping, cooking and making your bed
- Gardening, mowing the lawn and raking leaves
- Pushing a shopping cart while grocery shopping
- Playing an instrument such as a guitar, drums, piano, trombone or violin
- Shoveling snow
- Walking or biking to school
- Playing catch, tag or charades

If you're already doing some of these activities, doing them faster and for a longer period of time is even better for you!

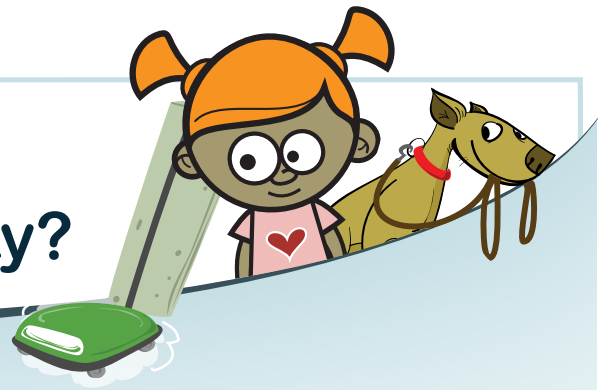
Why should we do more lifestyle physical activity?

There are many benefits of increasing the amount of lifestyle activity that you do, like building and protecting healthy bones and muscles, increasing strength and helping to prevent weight gain. It also helps reduce the risk of developing diseases such as diabetes and heart disease, and can even improve medical problems like high blood pressure. Some other potential benefits:

- May help school performance
- May help you feel more confident
- May improve feelings of sadness or depression
- May help you be active for a longer time

Increasing lifestyle physical activity is a healthy choice for you and your family. Making a change to your habits doesn't have to be drastic. Start with a small goal and build on it to make it last!

How Can We Do More Lifestyle Physical Activity?



Doing more lifestyle physical activity can help improve your family's health, but it can be hard to change your habits! Here are some tips to help get you started:

- Each family member should track his or her lifestyle physical activity.
- Set a goal for yourself. Make sure it's reasonable and achievable. For example, if you only walk the dog once a week, set a goal to do it twice a week.
- Get the whole family involved in some friendly competition. Supporting each other's efforts will make it easier for everyone to do well.
- Use the diary in this packet to record your goal and track your progress. Make copies of the diary before you start so you'll have one for every week.

Making it easier to do more lifestyle physical activity

These ideas will help you stay focused and achieve your goals. The easier it is for you to make good choices, the easier it will be to do more lifestyle physical activity!

- Get started by making a family favorites list. What are your favorite lifestyle physical activities, and what are some new activities you want to try?
- Park far from the entrance to stores, home, school and other places you visit.
- Take the stairs instead of the elevator or escalator.
- Walk or play with your pet. Explore new walking routes and parks to visit with your dog.
- Stand for activities instead of sitting (arts and crafts, puzzles, playing cards).
- Walk or ride a bike to your destination. If it's too far, consider parking or getting off the bus or train a stop early and walking the rest of the way.
- Think about your other daily activities. Can you walk or move your body more than you already do?

Track your progress and reward your family for a job well done!

To start doing more lifestyle physical activity, set your goal and go for it! Write your goal on the contract and use the diary to track your progress. Don't get discouraged if you don't meet your goal every day. Each day is a fresh start! Remember to reward yourself and your family for your efforts. Take a walk, play a game, read a book together. Celebrate your efforts and your success!

Lifestyle Physical Activity Diary

Track your lifestyle physical activity

Use the chart below to keep track of your lifestyle physical activity each day.

Instructions

- Set your goal and write it on your weekly diary.
- Each time you do physical activity note it for that day on your diary. At the end of the day, count up and mark your total activity. Compare your physical activity with your goal.
- Track your physical activity on a new form each week.
- Set up a time each week with a family member or friend to talk about how you are doing with tracking your physical activity and making this healthy change.
- Make sure you have a diary for next week. If you do not have one, make a copy of a blank one or make up a new one.

Helpful Tips

- Keep your diary where you will see it. For example, put your diary on the refrigerator, by your bed, or on your bathroom mirror.
- If you don't have your diary with you, use any piece of paper, then copy it to your diary when you get home.
- Be honest! It's ok if you don't meet your goal every day.



Week of: _____ Weekly Goal: _____

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
What activities did I do and how long did each activity last?							
Did I sweat or breathe harder during any of the activities I did?							
Total active time							
Did I meet my weekly goal? Yes <input type="checkbox"/> No <input type="checkbox"/>							

Notes: _____

Healthy Pathways Lifestyle Goal Contract

We choose to focus on doing more lifestyle physical activity.

I promise to try to _____, _____ days a week, starting today.

(goal)

(number)

I, _____, will try my best to meet this goal.

(child signature)

I, _____, will support efforts to meet this goal.

(caregiver signature)

Today's Date: _____

