

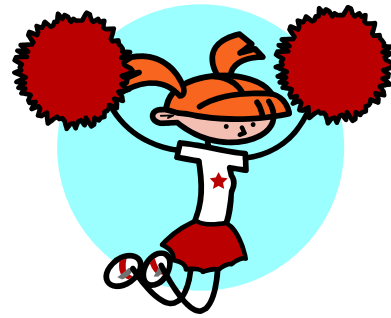
## Motivation

### Sticking With It

#### *How to stay motivated*

Congratulations! You've come a long way since *MCHI Moves!* began in September. Now, all that's left is sticking with it. Continuing to incorporate physical activity and walking into your everyday life is important. As you're aware, finding the time and motivation isn't always easy. But, considering how far you've come, it would be a waste to leave it all behind now.

- **Find a buddy:** teaming up with a physical activity partner might be just the motivation you need
- **Keep a log:** being able to see your accomplishments on paper can be a BIG motivator
- **Mix things up:** change walking routes to keep things interesting
- **Remember your mother:** Mother Nature, that is. Gather aluminum cans, and plastic and glass bottles while you walk. Knowing that you're helping Mother Nature may be just the push to get you out the door.



- **Reward yourself:** a nice dinner, a new pair of shoes or a new outfit – whatever keeps you going to reach your goals
- **Use your imagination:** visualize yourself in shape and think about how that feels. Instead of focusing on feeling out of shape, think about how good it feels to work hard and get energized

## Tips to Stay in the Mix

- **Make it a habit.** Turn your exercise routine into a habit. Remember, habits don't form overnight. Keep in mind, the more consistent you are from the start, the more your workout will be fixed into your daily routine.

- **Pencil it in.** Keeping a specific time set aside for physical activity will help you keep your routine. Trying to be active when you "find the time" doesn't usually work and leaves room for excuses. Don't get sidetracked – stick with the time you've set aside for physical activity.

- **Don't get diverted.** Communicate your physical activity time to others and don't let them persuade you to put your workout off until later. Ask that they respect your decision - even better, ask them to join you.

- **Be prepared.** When you exercise, be sure you have everything you need ahead of time. If you exercise during work breaks or before you go home for the night, be sure to keep a change of clothes and shoes in the office.

## This Week's Challenge

### *Head for the hills*

If you're getting comfortable with regular walking, find some hilly areas to tour on foot. Walking up inclines will burn more calories and increase your heart rate.

## Five Questions

1. Have you shared your physical activity commitment with friends, family and/or co-workers?
2. What kinds of physical activity routines do your peers follow? Are they successful?
3. Is there anyone you can encourage to become physically active? Would he/she like to exercise with you?
4. Do you see yourself being physically active on a regular basis one year from now? Five years from now? Why or why not?
5. Do you share your struggles and triumphs with friends and family?