

## Maintaining Your Program

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Congratulations! You've completed *MCHI Moves!* But, before you kick your walking shoes to the back of your closet, consider this: to maintain the benefits you've achieved, you must maintain your physical activity routine. Here are some helpful hints to consider as you move forward:

### Upgrade your workout

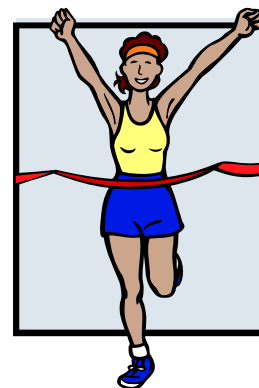
- **Step it up.** Whether or not you've reached the goals you initially set, you should evaluate your progress. If you've met your goal(s), it's time for new challenges. Maybe that means walking greater distances or for longer periods of time. Don't get discouraged if you haven't met all of your goals. Try breaking big goals into a few smaller ones and don't give up until you succeed.

- **Have fun.** One of the most important components to any physical activity program is to have fun. If your workout includes something you enjoy, you'll be more likely to stick with it.

- **Add variety.** Introduce new components to your physical activity routine. Adding a YMCA or Jazzercise membership or buying a workout video or two might be just the change you need.

### Walking Tid-bits

- The average person burns approximately 100 Calories per mile of walking. You can easily knock out 5 miles of brisk walking in just over one hour.
- The higher your walking intensity, the more calories you'll burn – a leisurely walk in the mall burns fewer calories than walking with a purpose (like when you're in a hurry). To burn calories, get from point A to point B as quickly as possible.



## Personal Progress

- **Keep in touch.** Follow-up evaluations are important in maintaining your physical activity routine. Set up regular meetings with the *MCHI Moves!* coordinator (Kayte) to discuss accomplishments and goals and to get positive feedback.

- **Recognize accomplishments.** Remember to reward yourself for what you accomplish along your road to health. It's alright to give yourself recognition for jobs well done – go ahead, brag to friends and family.

- **Attitude is everything.** If you think negatively about yourself or your physical activity routine, you're likely to go nowhere fast. Keep a positive outlook to overcome obstacles and achieve goals.

- **Become a role model.** Encourage others to join you in achieving a healthier lifestyle. Others will be more likely to start a program that has documented success. Sharing your successes may be just the way to get others motivated to achieve and succeed.

## This Week's Challenge

Take the family. After dinner or during a lazy weekend day, go for a family walk. Now is a great time to enjoy beautiful holiday lights. You'll enjoy the company of others. Plus, walking is doable for all ages.

## Five Questions

1. Did you reach your 12-week goal(s) for the program?
2. Are you going to maintain your own physical activity program even though *MCHI Moves!* is complete? Why or why not?
3. What can you do to ensure continued progress with your level of physical fitness?
4. Do you have a plan in place in case of relapse into sedentary behavior (you go back to little or no physical activity)?
5. How will you reward yourself when you meet goals?