

# Choose Exercise that's Right for You

- ◆ Set realistic goals.
- ◆ Start slow and gradually step up the pace.
- ◆ Make it convenient.
- ◆ Find an exercise buddy.
- ◆ Make sure it fits your schedule.
- ◆ Change your exercise routine to prevent boredom.
- ◆ Be consistent.
- ◆ Pick activities you enjoy.

## To Change your Exercise Habits

- ◆ Recognize barriers to exercising daily.
- ◆ Develop a plan to overcome those barriers.
- ◆ Set specific measurable and rewarding goals.
- ◆ Make changes slowly.
- ◆ Keep a record of your progress.
- ◆ Regard slips as tiny setbacks and try again.
- ◆ Reward yourself when you achieve your goal.

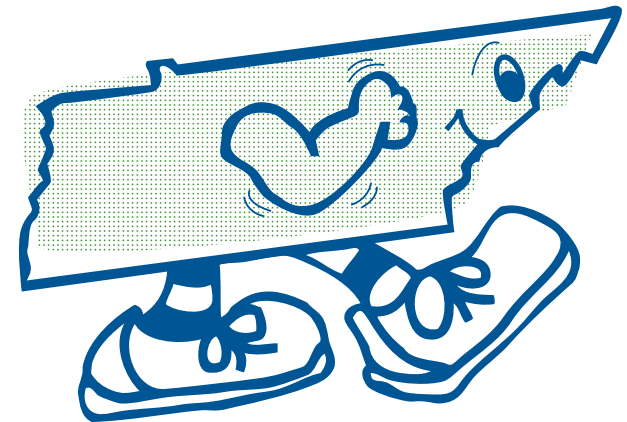
## Enjoy and make activity a HABIT!

For more information on physical activity and health, contact:

Visit the UT Extension Web site at <http://www.utextension.utk.edu/>  
and the Family and Consumer Sciences Web site at <http://www.utextension.utk.edu/fcs/>

SP526M-10M-9/08 (Rep) E12-5315-00-012-09 07-0096  
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# Physical Fitness: Add Activity to Your Life!

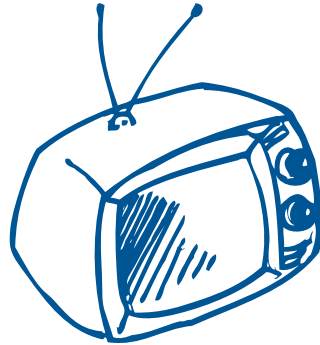


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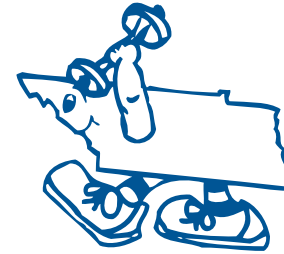
# Your Activity Pyramid

Use this guide to increase your physical activity.  
(✓) Check those activities you plan to try.



## Do Less of:

- Watching TV
- Computer Games
- Sitting



## LEISURE

## Do 2-3 times a week:

- Golf
- Bowling
- Softball
- Yardwork
- Stretching/Yoga
- Push-ups/Curl-ups
- Weightlifting

## FLEXIBILITY & STRENGTH

## AEROBIC EXERCISE

- Roller Skating
- Brisk Walking
- Cross-country Skiing
- Bicycling
- Use treadmill, stairclimber or stationary bike!

## Do 3-5 times a week:

- Swimming
- Badminton
- Shoot Hoops
- Exercise Class
- Jogging
- Soccer
- Basketball
- Martial Arts
- Skipping Rope
- Hiking

## RECREATIONAL

- Tennis
- Dancing
- Jogging in Place
- Workout at Fitness Club
- Jumping Jacks



## DO EVERY DAY:

- Walk faster.
- Walk the dog.
- Take longer routes.
- Take the stairs instead of the elevator.
- Take stretch breaks.
- Walk to the store or the mailbox.
- Work in your garden.
- Park your car farther away.
- Make extra steps in your day.
- Follow a daily exercise routine.
- Keep an exercise diary.

