



Week 7 Action Step Plan
Making Movement a Natural Part of
Your Lifestyle



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| STEP 1: FOCUS ON THE FEELING EXERCISE GIVES YOU

Remember...

Exercising should never feel like an added chore—it should feel like a natural part of your lifestyle and something you ENJOY. Do activities that make you feel good physically, mentally and emotionally.

What physical activities do you enjoy? How do they make you feel? What kinds of physical activities do you want to be able to do with your friends and family for the rest of your life?

| STEP 2: WORK-IN BEFORE YOU WORK-OUT

What's one form of work-in exercise you can do each day?



| STEP 3: SET REALISTIC EXPECTATIONS AROUND EXERCISE

How much movement each day can you commit to? (The ultimate goal is a minimum of 30 minutes of movement total). What's your starting goal?

| STEP 4: BUILD EXERCISE INTO YOUR DAY

Here's your success checklist:

- Start your day with some form of movement
- Park far away when doing errands
- Take the stairs
- Get up every 45 minutes to move
- Use a stability ball in place of your desk chair (Here's a burst resistant stability ball: <http://amzn.to/2kXGM1p>; see the size chart below)
- Work around the house (Gardening, yard work, laundry and house cleaning)

Application	Height	Ball Size
Chair	5'2" & under	55 cm
Chair	5'2" & over	65 cm
Chair	6'0" & over	75 cm
Exercise	4'1" - 5'1"	45 cm
Exercise	5'2" - 5'8"	55 cm
Exercise	5'7" - 6'2"	65 cm
Exercise	6'3" & over	75 cm