

My Plan to Move More ... Move Often™

Most people want to be more active. Many people start a physical activity routine; but not everyone is able to continue with the routine over a long period of time. Research shows when you spend time planning the when, where and how you are more likely to become more active. You are also more likely to believe you can do it!

Tips for creating your plan:

1. Put some thought into it. Ask yourself three questions:
 - a. Why do I want to move more and sit less?
 - b. How do I feel about physical activity and exercise?
 - c. What activities do I like to do?

2. Is it S.M.A.R.T.?
 - a. **Specific** – Ask yourself, “What do I want to get out of being more active?” Avoid goals that have a specific end point (e.g., weight loss, run a marathon, etc.).
 - b. **Measurable** – Ask yourself, “How will I know if I am achieving my goals?”
 - c. **Attainable** (or Achievable) – Ask yourself, “How will I do it?” Aim for something that is challenging but not too easy.
 - d. **Realistic** – Ask yourself, “Can I do it?”
 - e. **Timely** – Ask yourself, “When or how often will I do it?”

3. Write it down! By writing your plan down, you are more likely to achieve it.



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My Outcome Goal

Ask yourself: “Why do I want to move more and sit less?”

Example: To have more energy within 6 months

My Performance Goals

Ask yourself:
“How will I achieve my outcome goal?”

Example: Gradually increase my activity to reach 150 minutes of moderate-to-vigorous physical activity each week

Example: Decrease the length of time I sit at work each day

My Action Steps

Ask yourself:
“What will I do?”
“When will I do it?”
“Where will I do it?”
“How often will I do it?”
“Can I do it?”

Example: Walk for 10 minutes on one break every day

Example: Get off the bus 2 stops early 3 days a week

Example: Schedule breaks in meetings every hour

Example: Set a reminder to get up from my desk every 60 minutes