

More Ways to Get Up and Get Going



Doing physical activity helps you stay healthy. Some activities reduce stress. Some help you become more flexible. Others build strength. Doing physical activity is important for weight loss. And keeping the weight off.

Try something new

- ▶ Ask around. What's at the YMCA? At your school? At the community center?
- ▶ Ask your PAL about physical activity events in the area.
- ▶ Consider trying some new activities. How about:
 - ▶ Country line dancing, hip hop, salsa, or step dancing
 - ▶ Canoeing, swimming, or water aerobics
 - ▶ Hiking, jogging, or pedometer games
 - ▶ Tennis, tai chi, yoga, or weight training
 - ▶ A community or charity-organized walk, run, or bike ride
 - ▶ Exercise videos from the library
- ▶ Invite your friends to try a new activity with you.
- ▶ Plan some new activities into your weekly schedule. Include a variety. Be realistic.
- ▶ Set goals for yourself. Include both the number of minutes per week and the intensity level.

Get going – but be safe

- ▶ Review the safety tips in Get Physical, Be Active, and Get Healthy (LC 9) if you are on insulin.
- ▶ Find an experienced and certified instructor if you're trying something new.
- ▶ Follow safety tips specific to the activity. Learn them before you start.
- ▶ Go slowly when you try something new. Your body needs time to adapt.
- ▶ Drink plenty of water.
- ▶ Move slowly and smoothly through the full range of motion when stretching.
- ▶ Warm up before exercising. Cool down afterwards.
- ▶ Wear comfortable clothing and supportive shoes.

Additional resources

- ▶ Get Physical, Be Active, and Get Healthy: LC 9
- ▶ More Physical Activity Helps You Be Healthier: LC 16
- ▶ Enjoying More Physical Activity: LM 12
- ▶ Get Healthier with Resistance Training: LM 13

Suggested activity

Make a plan that includes at least one new activity. Or plan to do a familiar activity in a new place, at a new time, or with a new person. Identify any barriers you face. Problem-solve about how to overcome them.

My notes

1 Limit RED foods 2 Increase GREEN activity 3 Hold Family Meetings 4 Keep Track of Weight



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Especially for the Family Support Person

How can I help him try something new?

- ▶ Help him brainstorm a list of activities that he would like to try.
- ▶ Help him search for programs, classes, and sports leagues in the community.
- ▶ Set an example as an active role model whenever and wherever you can.
- ▶ Provide any shoes, clothing, athletic equipment, or transportation he needs.
- ▶ Make sure he gets good instruction for a new activity from a certified and experienced instructor.
- ▶ Encourage him to reread the chapters about physical activity.
- ▶ Reward him when he tries something new.

Should I try some of these activities myself?

- ▶ Check with your primary care physician to see what you can safely do.
- ▶ Aim for 150-175 minutes of physical activity a week if your doctor approves it. That's what the Surgeon General recommends for adults.
- ▶ Try a familiar activity in a new place, at a new time, or with a different person.

What should I do if he tries a new activity and doesn't like it?

- ▶ Praise him for trying something new.
- ▶ Ask what he doesn't like. He may just think he doesn't have the skills to do it. If so, encourage and problem-solve with him.
- ▶ Don't force him to stick with it. Being active is what's important.
- ▶ Help him find other activities to try if he really wants a change.

Additional resources

- ▶ Get Your Family to be Physically Active: LC 9
- ▶ Physical Activity Improves Your Health: LC 16
- ▶ Enjoying More Physical Activity: LM 12
- ▶ Get Healthier with Resistance Training: LM 13

Suggested activity

Help him look for new activities to do. Make a plan with him. Identify any barriers he faces. Problem-solve about how to overcome them.

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