

STAYING ACTIVE IS EASY FOR ME.

I enjoy looking for creative ways to exercise. **I make physical activity fun so I can stay consistent with it.** To maintain my active lifestyle, I think outside the gym and pursue health and fitness in my routine activities.

When I go shopping, I park my car as far away as I can to force myself to walk a few extra steps. The excitement of heading to the store to purchase something new makes the walk seem irrelevant.

At home, I dance every chance I get. Dancing is fun for the whole family and it gets my body moving. Even if I have few really impressive moves, dancing is a great way to express myself physically.

I limit the amount of time I spend sitting still by volunteering to run errands or retrieve things for others. Constantly getting up and walking around helps me to be active.

I eliminate excuses about exercise by finding easy ways to incorporate physical activity into the things I already do. Instead of coming up with an impossible workout plan, I fit physical fitness into the schedule I already have.

Going to the gym and having a formal fitness plan is fantastic. However, adopting an active lifestyle promotes physical activity even during seasons when getting to the gym is difficult.

Today, I choose to have a positive attitude about exercise. I elect to incorporate movement into everything I do and push myself to a higher level of physical wellbeing.

SELF-REFLECTION QUESTIONS:

1. How can I be more active today?
2. Why is it important to have physical activity be part of my everyday life?
3. What changes can I make to my beliefs about physical fitness to better benefit me?