

I STRIVE TO BE PHYSICALLY ACTIVE.

Because I endeavor to strengthen my health and provide for a long life, I do whatever I can to be more physically active.

Even on days that I feel tired, I find that performing physical activity, such as walking, jogging, exercising, or doing calisthenics, brings me great energy.

In the mornings, I like to go for a jog. If the weather is unfavorable for outdoor exercise, I stay inside and complete a yoga routine or an aerobics DVD. After having lunch or during a mid-afternoon break, I often take a 10- or 15-minute walk.

At work, while sitting at my desk, I do simple shoulder exercises or leg lifts. **I concentrate on building and maintaining a strong body core.**

After work, I set a goal to accomplish something physical before bedtime. I might sweep, vacuum, or mop the floors. Maybe I'll spend an hour washing the car or mowing just to stay on my feet.

When I feel particularly challenged regarding getting some physical activity, I call a friend or recruit one of my kids to take a bike ride or play a game of basketball or touch football with me. Afterward, I feel a wonderful sense of accomplishment.

I am happy about my efforts to keep my physical energy burning brightly.

Today, I make my exercise regimen a daily priority. I understand that my reward for staying physically active is continued good health and the opportunity to live a long, vital life.

SELF-REFLECTION QUESTIONS:

1. What kinds of physical activities do I enjoy?
2. Am I physically active every single day? If not, what are the reasons I avoid exercise?
3. How can I ensure that I maintain a solid level of

physical activity daily?