

## Exercise or Physical Activity

**What is physical exercise?** There are three main categories of exercise. All can improve mood.

Aerobic exercise. This kind of activity makes the heart beat faster; the lungs breathe more deeply; and causes sweating.	Stretching exercises. This kind of activity improves flexibility and helps prevent injuries.	Strength-building exercise. This kind of activity makes muscles and bones stronger.				
Examples are: Walking, running Swimming, Biking Playing basketball, soccer, jump rope, tennis Dancing	Examples are: Yoga Calf stretches Toe touches Butterfly stretches Wall stretches	Examples are: Weight lifting or using resistance bands Sit-ups, push-ups, chin-ups				
-	y of exercising hard enough to lea nutes daily at least 5 days a week	d to sweating.				
Risks of Inadequate exerce  ✓ Sadness, irritability, more feeling worried or out of weak muscles, bones, he lungs  ✓ Weak muscles, bones, he lungs  ✓ Weight gain  ✓ Increased risk of cancer, disease and diabetes	odiness,  f sorts eart and  Stron  Optin  Lowe	f Regular Exercise:  er mood, calmer, more dence ager muscles, bones, heart, lungs mal weight er risk of injuries and chronic asses				
Plan a strategy Imagine your long-term goal. See yourself being active and fit. Start with baby steps. What will you do this week that you didn't do last week?  ➤ Pick an activity (consider a new one to build variety):  ➤ Pick an amount of time: minutes each time (or number of repetitions)  ➤ Pick the number of days this week you will do it (more days is better than more time each day): days this week						
Chart your progress (see	back of this page)					
Plan your reward What will you do to cele	ebrate your success?					

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## **Action plan for EXERCISE**

**Ready**: What are your exercise goals THIS WEEK? By the end of this week, I will have done:

Example	GOOD ENOUGH	BETTER	WOW!
Type of Exercise: Biking or Running	Biking	Bike and	Bike, run and
		run	something else
Amount of time (or number of repetitions)	10 minutes	20	30 minutes
each day I do it:			
Number of days I will have done it:	3	5	7
Your goals:			
Type of Exercise:			
Amount of time (or number of repetitions)			
each day I do it:			
Number of days I will have done it:			

Set:
What are the Barriers to achieving this goal ( <i>Example</i> , not enough time)?
What are the Resources succeed ( <i>Example</i> , Ask family member to do it with me)?
How will you celebrate your success ( <i>Example</i> , Movie with friend)?

## Go!

Exercise	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.	TOTAL
								SUCCESSES
Example:	V						V	5!
_	bike	run			walk	bike	walk	
Your								
progress								
here								

Comments:			
Plan for next week:			
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