

# Movement

## Getting the Magic Pill to Work for You

*What activity would you like to try to improve your life?*

Brisk Walking	Skipping	Basketball	Bird Watching	Weight Lifting	Volleyball
Swimming	Yoga	Pilates	Kickball	Baseball	Softball
Rowing	Rock climbing	Canoeing	Kayaking	Sailing	Hiking
Cycling	Backpacking	Gyrotonics	Gardening	Dog walking	Aikido
Horseback Riding	Tai Chi	Qi Chong			

*I haven't been active in a while, how do I start up again?*

Move into a physically active life slowly. Take small steps.

- Get professional help from your medical doctor, naturopathic physician, physical therapist, or a personal trainer.
- Start by parking at the back of the parking lot, or a few blocks away from your destination.
- Walk up one flight of stairs per day. Add flights as time goes on.
- Go for a walk once a day. Start with a 5-minute walk, and add 5 minutes each week or at a rate that is comfortable to you.
- Set a goals in 3-month intervals.

### Develop a plan for physical activity

Take the time to write out a plan.

- What motivates you? Being social and with groups? Having to meet with someone? Having a consistent plan? Having variety? Being allowed to cheat?
- How much time can you commit? How many days of the week? How long each day? Do you have it written into your schedule?
- Can you integrate physical activity into your daily life?
- What degree of not meeting your ideal plan is OK?

### Find ways to increase physical activity

- Schedule time for physical exercise.
- Ask a friend to join you. This will give you more of a reason to keep the dates. It can also make the experience more enjoyable.
- Join a gym and/or get a personal trainer.
- Try new activities.
- Contact a local gym, YMCA, or Parks and Recreation for a list of activities or events.

### Notice how you feel after exercising

- **Appropriate amount of exercise for the present.** Physically tired and mentally relaxed after physical activity. The next day you may be a little sore but not physically or mentally tired.
- **Too much exercise for the present.** Physically and mentally tired. The next day sore and physically or mentally tired.
- **Time to seek help.** If you cannot find an exercise level that does not leave you tired the next day, seek the assistance of a doctor, physical therapist, or physical fitness trainer.