

Goal Setting

Lesson 2

Throughout this program, you will plan and set exercise goals. Here are a few tips to help you build your goal setting skills.

1. Goals should be your own. If you are trying to achieve someone else's goals chances are you won't be successful long term. This is also true for your weight loss goals.
2. Goals should be specific. For example: I want to exercise 4 x per week for 15 minutes each time. Not just I want to exercise more.
3. Goals should be achievable. Start slowly and work your way up to your goal.
4. Goals should specify completion dates for time frames.

TIPS FOR STAYING WITH IT

Establishing realistic and achievable goals is key to a successful and ongoing exercise program. There are many steps you can take to help you "stay with the program." For example:

1. Choose the right equipment. For example, if your hips, knees or ankles hurt from walking it may be that you do not have the right shoes.
2. Establish a time and a place. Include, when and where you will exercise as part of your weekly planning activity. You may want to experiment with different times of the day for exercise and find a variety of places where you can do your exercise program. For example, parks, malls, a place within your own residence.
3. Find an exercise buddy. Knowing that another person is depending on you to show up for a power walk keeps you on track. And more than one exercise buddy can be helpful too!
4. Overcome boredom. One way to prevent boredom is to engage in a variety of activities. Through this program, you will learn a number of different ways to exercise that will help you effectively combat exercise boredom.
5. Reward yourself and enjoy. If you want to maintain your new exercise program you must reward yourself for your effort. Identify and enjoy non-food rewards when you successfully complete your exercise program. For example, upon completion of two weeks of consistent exercise, treat yourself to a new pair of shoes, purse or some electronic new toy.



ACTIVITY

Continue with the activities you did over the past weeks, this week add a walking program to your weekly activities. Walking is an easy and portable way to exercise. You can walk nearly anytime (morning, noon or night), any place (outside, hallways, stairs, malls) or anywhere (home, the office, vacation), and it is great for your heart. To get started walk at least 5 minutes, 4 times during the first week. After one week, if you feel energized by walking, increase your program to walking 10 minutes, 4 times during the second week. If you feel sore or tired after a week of walking, continue with 5 minutes, 4 times per week. And, as always, if the soreness is severe and you are unable to perform your usual daily activities, consult your physician.