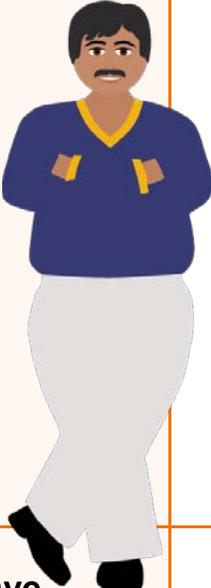


## **The Inside Scoop on Indoor Activities**

When the weather is just too hot, too cold, or too wet, you may want to think about moving your activity plans indoors. There may also be other reasons for not wanting to go outside, such as concern for safety.

<p><b>Experiment with Indoor Activities</b></p>	<p>In many areas, schools and colleges open their indoor tracks and other facilities to the public. Other choices may be shopping malls, community centers, or gyms with indoor walking areas.</p> <p>Try other indoor activities such as indoor swimming, dancing, Zumba (Latin music and easy-to-follow dance moves), or salsa.</p> <p>Malls attract walkers because they are climate-controlled, have smooth floors, security, bathrooms, and easy parking. Many malls can provide maps to give you an idea of distance covered.</p>
<p><b>Consider Joining a Gym or Fitness Facility</b></p>	<p>Fitness centers and gyms have treadmills and some have tracks for indoor walking. These places usually offer televisions to watch or music to listen to while you walk.</p> <p>Many gyms and fitness facilities offer short-term (usually one week) trial memberships. Take advantage of these offers in order to try out the equipment and classes.</p>
<p><b>Check out DVDs, Videos, Cable TV</b></p>	<p>DVDs and videos for physical activity are often available at your local video rental store, on-line, or at the local public library.</p> <p>Many cable companies have fitness programs that you can use whenever it's convenient.</p> <p>Remember that many of these items vary in intensity and ability level, so it is important that you choose one that is appropriate for you.</p>

## Other Barriers to Physical Activity

BARRIER	ALTERNATIVES AND SOLUTIONS
<p><b>I HATE to do physical activity!</b></p> 	<ul style="list-style-type: none"> <li>✓ Talk to former exercise “haters” – find out what finally worked for them and how they overcame their hurdle.</li> <li>✓ Try an activity that you have never done before, such as dancing, water aerobics, or a new exercise video.</li> <li>✓ Ask a friend to join you; support and company may make the experience more enjoyable.</li> <li>✓ Listen to music while doing activity.</li> <li>✓ Other ideas:</li> </ul>
<p><b>I don't have enough TIME.</b></p>	<ul style="list-style-type: none"> <li>✓ Break total physical activity time into several, shorter times throughout the day. For example, do two 15-minute sessions or three 10-minute sessions instead of one 30-minute session. You will burn the same number of calories and will receive the same health benefit from doing short bouts of physical activity as you would if you did one long routine.</li> <li>✓ Multi-task other activities. For example, use an exercise bicycle while catching up on your favorite TV shows, or take the dog for a brisk walk.</li> <li>✓ Other ideas:</li> </ul>

## Post-Core: Staying on Top of Physical Activity

BARRIER	ALTERNATIVES AND SOLUTIONS
<p><b>I need leisure time to RELAX, not to do physical activity.</b></p>	<ul style="list-style-type: none"> <li>✓ Consider that physical activity actually helps with relaxation; it reduces tension and brings on feelings of relaxation.</li> <li>✓ Many leisure activities are fun, relaxing, and still count as physical activity (for instance taking a walk or going for a swim).</li> <li>✓ Other ideas:</li> </ul>
<p><b>I don't have the WILLPOWER or ENERGY for physical activity.</b></p>	<ul style="list-style-type: none"> <li>✓ Keep in mind that physical activity actually increases energy; many people report feeling more lively after being active.</li> <li>✓ Focus on just getting started with an activity - starting up is the hardest part. Once you're going, "willpower" becomes much less of a problem.</li> <li>✓ Other ideas:</li> </ul>
<p><b>My SPOUSE/FAMILY doesn't want to spend their leisure time being physically active.</b></p>	<ul style="list-style-type: none"> <li>✓ Find activities that everyone likes, such as taking a walk outside, playing a game in a park, or even walking through the mall.</li> <li>✓ Take some time for yourself - enjoy some "alone" time doing something that you like.</li> <li>✓ Other ideas:</li> </ul>

BARRIER	ALTERNATIVES AND SOLUTIONS
<p><b>I feel SELF-CONCIOUS or ASHAMED. People judge me and think I'm lazy or unattractive.</b></p>	<ul style="list-style-type: none"> <li>✓ Walk with a friend who can offer support and encouragement; the company may help you take your mind off of any feelings of self-consciousness.</li> <li>✓ Choose a setting where you will feel more comfortable - outdoors at a park or at a local community center.</li> <li>✓ Other ideas:</li> </ul>
<p><b>I don't like to SWEAT.</b></p>	<ul style="list-style-type: none"> <li>✓ Do your physical activity where no one can notice you are sweating, such as at home.</li> <li>✓ Keep a towel handy to wipe off sweat as soon as it develops.</li> <li>✓ Try to make a positive association with sweating - after all, it is a sign that you are burning calories.</li> <li>✓ Remember that sweating is not dangerous; it is part of your body's natural response to activity.</li> <li>✓ Reward yourself with a nice shower or bath after physical activity.</li> <li>✓ Other ideas:</li> </ul>

## Post-Core: Staying on Top of Physical Activity

BARRIER	ALTERNATIVES AND SOLUTIONS
<p><b>I don't have any PLACE to get physical activity.</b></p>	<ul style="list-style-type: none"> <li>✓ Pick activities that you can do as part of your normal routine, such as an exercise video for your home, or walking around a shopping mall.</li> <li>✓ Explore local options - parks, recreation centers, and health facilities.</li> <li>✓ Other ideas:</li> </ul>
<p><b>I don't have CHILDCARE.</b></p>	<ul style="list-style-type: none"> <li>✓ If your children are young, put them in a stroller and bring them along.</li> <li>✓ If your children are older, use at-home equipment (for instance a stationary bicycle or exercise video).</li> <li>✓ Combine your physical activity with something they like – such as a family bike ride.</li> <li>✓ Other ideas:</li> </ul>

## **Staying Motivated, Staying Active**

### **Stay positive**

Remind yourself of your past successes, and picture yourself being active for a lifetime.

### **Buddy up**

Physical activity can be a lot more fun when you do it with others. Take a walk with a co-worker, your family, your dog, or a neighbor.

### **Be prepared**

Today's high-tech, fast-paced lifestyle makes it easy to be inactive with conveniences such as remote controls, escalators, elevators, and "drive-thrus." Come up with ideas for adding steps to "walk around" such conveniences.

### **Keep track and look back**

Keeping track of the physical activity you get each day will serve as motivation later. Look back to see how you've maintained or increased your activity each week.

### **Seek support**

Check your local newspaper or search the internet for information on walking and hiking clubs in your area. Many places have group workouts tailored to certain interests (singles, families, older adults, etc.) that can keep you inspired and active.

### **Don't expect perfection**

If you get off track, learn from your experience and find ways to deal with similar situations in the future. Know that you can always get back on track.

### **Keep things in perspective**

Think of all the good things in your life, and try to maintain a positive attitude.

### **Note the benefits**

Recognize the benefits you experience from your increased activity, such as more energy, a more positive outlook, or a slimmer waistline. When the going gets tough, refocus on these benefits.

## **Health Benefits of Physical Activity**

- **Lower blood glucose and reduced risk of type 2 diabetes**  
Physical activity is a powerful weapon against high blood glucose levels. Your blood glucose can stay lower for hours, even a day or more, after you are physically active. Why? Being active uses energy, which your body gets from glucose in your blood.
- **Weight control**  
Physical activity burns calories. The more physically active you are, the greater your ability to reach and stay at a healthy weight.
- **More energy**  
The more physical activity you get, the better you feel. Physically active people report having more energy for work and play than inactive people.
- **Improved mental alertness**  
Studies show that physically active people have better memory, reaction time, and concentration.
- **Less stress and anxiety**  
Most people report feeling calm and relaxed for one to two hours following a brisk walk. Hormones and chemicals that build up during high-stress periods decrease when you are active.
- **Better heart health**  
Physical activity can help lower blood pressure and total cholesterol in the bloodstream. It can also raise HDL (“good”) cholesterol, which lowers your risk for heart disease.



- **Improved self-image and better outlook**  
Regular physical activity heightens your sense of well-being, self-esteem, and personal value. A daily dose of 10,000 steps can lift your mood and ward off depression.
- **Slower aging process**  
Heart and lung fitness and muscle tone decline at a much slower rate in people who do physical activity regularly, compared to those who do not. Physical activity helps you maintain your flexibility as you age, increases your bone mass, improves your balance, decreases your risk of falls, and allows you to stay active into your older years.
- **Decreased cancer risk**  
Some cancers – including colon, breast, and cancers of the female reproductive organs – develop less often in those who are regularly active.
- **Better sleep**  
Researchers find that people who are regularly active – including regular walkers – fall asleep more quickly, sleep more soundly, and are more refreshed in the morning.