

12 Ways to Create an Active Lifestyle

1. **Forget the fads:** Like diets, exercise fads come and go. When you think about a new workout, ask yourself: Is this something I really enjoy doing?
2. **Be realistic:** Any activity has to fit into your schedule and lifestyle. If you don't belong to a gym or if you hate running, it's time to look for some new activities.
3. **Make a commitment:** Write down some important reasons for being more active. Share a written or verbal promise to be more physically active with your friends or family.
4. **Start slow:** Making drastic changes can be a recipe for failure. Small changes can make a big difference, if they last. Pick one change, like walking more, and make it a habit.
5. **Be consistent:** The human body responds well to consistency. For example, if you decide to walk more, make walking part of your daily routine – rather than an occasional activity.
6. **Stick with it:** Research suggests that it takes about 21 days for a behavior to become habit. If you want to start walking more, make a plan to walk 30 minutes a day for 21 days!
7. **Be flexible:** Life is full of surprises and some times plans need to change. If you can't get out in the morning, fit a 30-minute walk into a lunch break or go out after dinner.
8. **Be creative:** Make a list of all the possible ways to fit a 30-minute walk into your life – like walking a dog, walking with a friend, walking to the store, or walking around the mall.
9. **Make a list of options:** It's always good to have options, like indoor ideas when it's cold. Make a list of all the ways you like to move, so you'll always have a fun option.
10. **Plan for activity:** There is always too much to do in our busy lives. Make room for fitness in yours by putting activity on your schedule.
11. **Forgive yourself:** If you miss a day of activity, it's no big deal. Just put on your shoes and get your walk in today! The goal is at least 30 minutes of activity, at least 5 days a week.
12. **Congratulate yourself:** Becoming more active can be tough. Just think how long you've been sitting around. Give yourself a big pat on the back for any increases in physical activity.

