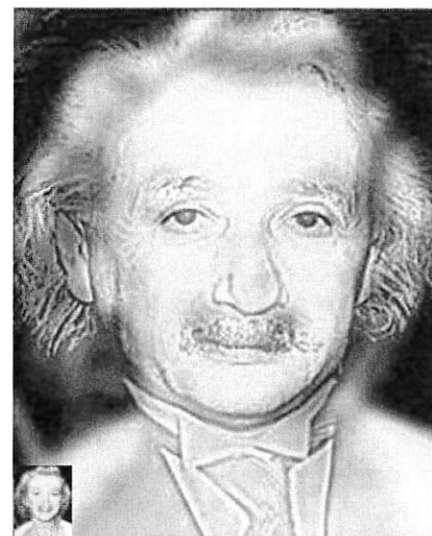


Think **BIG**, but Start small.

When it comes to changing behavior, like improving your commitment to leading a regularly physically active lifestyle your first step should be to stop and think. **Don't just do it.** First, take the time to ponder the possibilities and create a plan. **Think BIG.** What could a physically active lifestyle mean to you? Why is this change important and worth your valuable time and effort. How would it improve your life or the lives of others? **There's much more to gain by moving more and sitting less than just building a better body.** Think about what regular physical activity could mean in the largest possible context of your life or the lives of others. Take some time to consider the questions below.



Move further from the picture and watch the image change?! Try taping the sheet to the wall, then step back.

What are a few of the specific ways that you could personally benefit by being involved in regular physical activity?

- Could you benefit by improving your physical capabilities? What could you do? Or do more easily?
- Could you benefit by improving your health, reducing your risk for disease or managing an existing condition better?
- Could you benefit by feeling better physically and/or psychologically?
- Could it assist with your attempts to manage your weight?
- Could you benefit by experiencing improved bodily functions like better sleep, sex and digestion?
- Is setting an active example for family, friends, coworkers or patients important?
- Is the ability to age more effectively a priority?
- Do you need to prepare for an active event or just be conditioned to cope with the demands of your everyday life?
- Could physical activity be an opportunity to spend time with others?
- Could it be part of your attempt to deal with stress?
- Physical activity not only builds a better body, but also provides psychological and cognitive benefits, enabling you to physically do things better, feel better and think better. This improves your capability of performing all of the important roles in your life like being a parent, a partner, or a provider more easily and effectively. If it essentially enables you to become a better person, could committing to moving more result in a greater sense of life purpose or self-satisfaction for doing what's right?
- Could physical activity be fun? Could it become a pleasant pastime that you actually look forward to doing or possibly even a passionate pursuit that you can't imagine living without? Play is not just for kids. Just do it really can become, just try and stop me!

Once you've figured out why a physically active lifestyle is important to you, create specific short term (weekly) behavioral goals. Come up with a realistic strategy that states exactly what you are going to do and when you are going to do it. **Start small.** Instead of beginning with 10 or more minutes of cardio, consider starting with a 2 minute or an even shorter walk. Begin with goals you are certain that you can achieve. As you create and implement your short-term action goals, focus on establishing a commitment to participating regularly. First, figure out how to successfully incorporate any new activity, as insignificant as it might seem, into your current busy routine and emphasize sustaining those changes over time. Each week re-evaluate your short term goals and your strategies to achieve them. It is likely that you will have to try multiple approaches before ultimately establishing a fitness plan that works for you and your schedule. Progress if possible. But, remember that something is always better than nothing. Even small things, when done consistently, can make a significant difference over time. **An effective strengthening exercise can be completed in less than two minutes, a stretch in less than one and cardio can be accumulated in multiple short bouts throughout the day.**

Resource Sheet for the Olson Center Brown Bag series presentation –
“Simple Solutions to a Serious Situation: The Role of Lifestyle in the Extraordinary Care of Chronic Diseases”.

Be Active Your Way. A guide for adults. Based on the **2008 Physical Activity Guidelines for Americans**.
<https://health.gov/paguidelines/pdf/adultguide.pdf> & <https://health.gov/paguidelines/>

2008 Physical Activity Guidelines for Americans fact sheet. <https://health.gov/paguidelines/factSheetAdults.aspx>

American College of Sports Medicine – Keys to Exercise: simple strength training exercises video
<https://www.youtube.com/watch?v=K4Yc-Os-eyk>

CDC & Tufts Growing Stronger strength training for older adults (also appropriate for younger adults)
<http://growingstronger.nutrition.tufts.edu/>

CDC physical activity instructional videos <https://www.cdc.gov/physicalactivity/basics/videos/index.htm>

Mayo Clinic Strength training: How-to video collection <http://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/art-20046031>

NIH Changing Your Habits for Better Health <https://www.niddk.nih.gov/health-information/diet-nutrition/changing-habits-better-health>

Thinking, Fast and Slow by Daniel Kahneman

Nudge: Improving Decisions about Health, Wealth, and Happiness by Richard H. Thaler and Cass R. Sunstein

SPARK: The Revolutionary New Science of Exercise and the Brain by John J. Ratey, MD

Sparking Life - Power your brain through exercise <http://www.sparkinglife.org/about-us/>

The Intrinsic EXERCISER by Jay Kimiecik, PhD

NO SWEAT: How the Simple Science of Motivation Can Bring a Lifetime of Fitness by Michelle Segar, PhD
<http://michellesegar.com/no-sweat-resources/>

On Purpose: Lessons in Life and Health from the Frog, the Dung Beetle, and Julia a graphic novel & **Life on Purpose: How Living for What Matters Most Changes Everything** by Victor J. Strecher

On Purpose blog and app <http://www.dungbeetle.org/>

Victor Strecher TED Talk On Purpose <https://www.youtube.com/watch?v=HCNra5pJJIM>

Positive Addiction by William Glasser, MD

The Upside of Stress: Why Stress Is Good for You, and How to Get Good at It by Kelly McGonigal, PhD
TED Talk – How to make stress your friend
https://www.ted.com/talks/kelly_mcgonigal_how_to_make_stress_your_friend

Creating a Habit BJ Fogg, PhD. **Tiny Habits** <http://tinyhabits.com/>
TED Talk <https://www.youtube.com/watch?v=AdKUJxjn-R8>