

Why have goals?

Studies show that people who set challenging but achievable goals are more likely to be active.

How to set exercise goals

- 1) Establish what you can do now. Example: Ride a stationary bike for 10 minutes, once a week.
- 2) Set a goal for this week. Example: Ride a stationary bike for 10 minutes, with a little resistance, twice a week.
- 3) Set a goal for this month: Example: Add 5 minutes to my stationary bike ride each week.
- 4) Check in at the end of each week to see how you are doing. Did you reach your goal? Adjust your goal so it is challenging but doable.

“TRY. There is so much emphasis on what a person cannot do; focus on what you can do. Keeping a journal or log of how much activity you are getting is a great way to track your progress and to help commit to any goals you may have set.”

-- Ravin Persad,
Kinesiologist and CSEP
Certified Exercise
Physiologist

Create a goal setting sheet. Write down:

- 1) What can you do right now?
- 2) What your goal is for this week?
- 3) What your goal is for this month?

Be flexible

Life is unpredictable. You may need to modify your goals to accommodate symptoms or unexpected events.

Keepin' it real

Tips to achieve optimistic, realistic goals:

Be steady: You don't always have to improve; maintaining your level of physical fitness can be a goal.

Share your goals: Tell someone what you are aiming for, and find a buddy to exercise with.

Be aware of your body: Note how you're feeling and do a little if you can't do a lot.

Take note of your success: Track your progress on your calendar or using an app on your smartphone.

Making an Action Plan

Include in your plan **What** activity you are going to do, **Where** you'll do physical activity, when you'll do it, for **HOW Long**, and the **Intensity Level** you are aiming for. The Canadian Physical Activity Guidelines recommend activities performed at a moderate intensity.

Sample Action Plan

This is an action plan that meets the guidelines.

| | Sun | Mon | Tues | Wed | Thurs | Fri | Sat |
|-------------------|--|-----|----------------------------|-----|----------------|-----|-----|
| Activity | Stationary bike, then sit-ups, push-ups and squats | Off | Resistance Band | Off | Swim | Off | Off |
| Where: | Community Centre | | Home | | Community Pool | | |
| When: | 11 am | | 8 am | | 5:30 pm | | |
| How long: | 30 min. bike and 20 min. strength | | 10 min. legs, 10 min. arms | | 30 min. | | |
| Intensity: | Moderate | | Moderate | | Moderate | | |

Back-up Plan

Things may get in the way of your physical activity plan. Be flexible and adjust the plan. There's always a way! Think about the unexpected events that might pop up in your life. Have a back up plan now for the days life throws you a curve.

| Unexpected event | Back-Up plan |
|------------------|---|
| Fatigue/symptoms | Change workout from Saturday to Sunday |
| Bad weather | Use treadmill instead of walking outdoors |
| Working late | Do 10 min. instead of 20 min. |

How to make your plan "sticky"

Need help actually sticking to your action plan? Here are three ways to make sure you keep going:

- 1) Use action cues. Cues are triggers for a planned behaviour. For instance, if you are planning to do strength training later while watching TV, place the resistance band beside the TV, so it's right there.
- 2) Focus on the first stage of getting ready. If you've set your alarm clock and planned a morning activity, but you're losing motivation because of all that's involved, just focus on dressing appropriately and getting out the door ... the rest will fall into place!
- 3) Make physical activity plans with others. They will help keep you on track.