You have choices in life.
You can choose health.
You can choose to exercise.

Thinking some more about exercising

Stage of change | Contemplation
---|---

Am I ready for change?

Ready (sum of the two categories below)
Benefits of exercising: __________
Risks of not exercising: __________
Total: __________

Not ready (sum of the two categories below)
Costs of exercising: __________
Benefits of not exercising: __________
Total: __________

Compare the two totals.
Which is greater? __________

What is my next step?

☑️ I'm ready.
I will __________

☑️ I'm not ready yet.
I will __________

This pamphlet is for you if you have not exercised before and are willing to think about it.
Exercise is any physical activity you like to do that increases your heart rate. Below are some examples of moderate activity.

- Fast walking
- Dancing
- Digging and weeding in the garden
- Swimming

Before starting to exercise, we weigh the benefits and risks of not doing it. What are the benefits (and risks) for you?

Benefits of not exercising:________

________________________________________________________________________

________________________________________________________________________

Risks of not exercising:________

________________________________________________________________________

________________________________________________________________________

What are the benefits (and costs) of exercising?

Benefits of exercising:________

________________________________________________________________________

________________________________________________________________________

Costs of exercising:________

________________________________________________________________________

________________________________________________________________________

We also weigh the benefits and costs of exercising. What are the benefits (and costs) for you?

Benefits of exercising:________

________________________________________________________________________

________________________________________________________________________

Costs of exercising:________

________________________________________________________________________

________________________________________________________________________

How many benefits (and costs) are there?

Benefits of not exercising:_____

Benefits of exercising:_____

Risks of not exercising:_____

Costs of exercising:_____

How many benefits (and costs) are there?

Benefits of not exercising:_____

Benefits of exercising:_____

Risks of not exercising:_____

Costs of exercising:_____

How many benefits (and costs) are there?