You can be proud of yourself. Now you are ready to commit to exercise as a way of life.

Reviewing my commitment (Maintenance)

Do you remember when you began exercising? You did it for a reason. Check any that apply and/or add your own.

☐ I wanted to lower blood sugar (or blood pressure, or cholesterol).
☐ I wanted to lose weight.
☐ I wanted to feel better.
☐ I wanted to handle stress better.

Is there anything else that motivates you now?

Renewing my commitment (Action)

It is easy to lose interest if you do the same exercise day after day. How could you change it to keep it fun? Add your own response.

☐ I will walk a different route.

This pamphlet is for you if you have been exercising for at least one month (action), or exercising for six months or more (maintenance).
Exercise is any physical activity you like to do that increases your heart rate. Below are some examples of moderate activity.

Does it increase your heart rate? ☐ Yes ☐ No

Does it increase your breathing rate? ☐ Yes ☐ No

Do you exercise for a total of 30 minutes a day? ☐ Yes ☐ No

Do you exercise at least five days a week? ☐ Yes ☐ No

If you answered "yes" to all four questions, your exercise is adequate.

If you answered "no" to one of the questions, maybe it is time to set a new goal.

Did you exercise five days in the last week? If not, what got in the way for you? It is helpful to look at this as a learning experience. Here are some questions to ask yourself.

How did I do? ________________

How had my routine changed? ________________

What made it difficult for me? ________________

What can I do differently next time? ________________

To keep on track, you need people who can support you.

Who can help you keep on track?

How can that person help you?

A good way to stay motivated is to become a role model for someone else.

Who can you help to keep on track?

What could you do to help them?