



## Simple, Small Steps to Getting Active



**1. Get motivated.** Make a list of the reasons why you want to be active and fit.

**2. Rev up your routine.** Make a list of ways you can make the things you already do more active. See “Revving Up Your Daily Routine” on pages 9 & 10.

**3. Make a plan.** People are more likely to succeed in becoming active if they first make a plan of how to make it happen. Discuss possibilities together and put activities on one family calendar. Check out *Super Tracker* at [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov).

**4. Make it fun.** Do activities you and your family enjoy. Look for ideas in this book and have each person highlight ones they are interested in.

**5. Make it convenient.** Choose times and places that work best for your whole family to take part in enjoyable physical activities.

**6. Make it realistic.** Adults need to be active for at least 30 minutes a day. If you don't feel you can be active for a full 30 minutes, plan a 10-minute activity three times a day.

<p><b>7. Children need at least 60 minutes</b> of active play every day. Help your children find activities they enjoy.</p>	
<p><b>8. Put it in writing.</b> Put your personal or family activity goals in writing. Post it on your refrigerator or anywhere you can see them daily. Add a list of activities for your children to choose from.</p>	
<p><b>9. See your doctor.</b> Make an appointment for a physical check-up. Discuss your physical activity plan.</p>	
<p><b>10. Get Support.</b> Talk to friends and family about your plan to get more active. Ask them for encouragement. Find a “Get Active” buddy who will do activities with you.</p>	
<p><b>11. Eat right.</b> It’s hard to be active when your body doesn’t have the right fuel. See pages 13-14 for ways to get sound information on eating right.</p>	
<p><b>12. Track your progress.</b> Keeping a log or diary of your activities can be motivating! See page 17 for websites where you can track your progress online.</p>	
<p><b>13. Reward yourself!</b> Remind yourself every week of the benefits of physical activity. Plan to give yourself or your family members non-food rewards for meeting specific activity goals such as a family night out bowling.</p>	