



# Motivation, the Key Ingredient to Success!

*Older adults often face many barriers to becoming and staying physically active. Here are some tips that might help you to either get started or keep going!*

## **1. Consider why you want to improve.**

You don't need to wait for a crisis to happen to you. Think about making a change before that happens. Learn about the benefits of physical activity and how it can improve your life. Be aware of what your own habits are and what you would like to change.

## **2. Plan ahead.**

### ◆ **Set a physical activity goal and make the commitment!**

Goal setting can be a useful tool to help you be successful. It is a way of measuring progress and can be a good motivational tool! Make your goals realistic for you and easily achievable. Start small with a weekly goal, then monthly and then yearly!

### ◆ **Make it routine and schedule it in.**

Pick a time of day that is good for you—morning, afternoon or evening, it really doesn't matter—and establish a routine that works for you.

### ◆ **Write down your goal and keep it in a place where you can see it.**

This helps to remind you of the reasons why you want to be physically active and is a visual reminder for you.

### ◆ **Tell a friend.**

Find an **in motion** buddy and you can help motivate each other. By telling someone out loud what your plans are, you are more likely to follow through and be accountable.

## **3. Make haste slowly—your routine should be regular but simple.**

Keep it simple and focus on regular participation and fun. Start slowly and do gentle activities to avoid injuries. Begin by doing a good warm-up

before the activities, build up gradually and end with a cool-down.

## **4. Look for the lift!**

People who have been physically active often say after that they feel relaxed, refreshed, energetic and happier.

## **5. Don't get down on yourself.**

When you miss a session, don't feel as though you have failed. It is natural to miss once in awhile. When you do miss a session, start planning how to get going again.

## **6. Be positive.**

If you are finding it difficult to be active, try to identify the reasons that are stopping you. Then, figure out a way to stop them from getting in the way. Positive thinking can go a long way!

## **7. Make sure to make it fun!**

Do activities that are fun and interesting for you. Walking, gardening, golfing or going to an exercise class are all great activities. Find an activity that meets your needs and that you will have fun doing.

## **8. Evaluate your plan.**

Is your plan working for you? Is it too simple? Too hard? Too much? Are you making progress to your goal? Once you do this, you can make changes to your plan.

## **9. Reward yourself.**

Buy yourself something new or have a treat.

**10. "Groups" can be fun.** Join a **Forever...in motion** group or another program that meets your needs and interests.

**Make sure to consult a physician before starting any new form of physical activity.**



## Now Let's Get Started!

To help you achieve success, experts suggest that setting a goal can help you add physical activity into your daily life. A goal can help motivate you and is useful to help you see your progress. Make sure that the goal is achievable and realistic for you.



**My physical activity goals are:**

1. \_\_\_\_\_

2. \_\_\_\_\_

**In order to achieve my goals, each day I will:**

\_\_\_\_\_  
\_\_\_\_\_

**In order to achieve my goals, each week I will:**

\_\_\_\_\_  
\_\_\_\_\_

**My incentive is:**

\_\_\_\_\_  
\_\_\_\_\_

**My reward is:**

\_\_\_\_\_

**Congratulations! You are well on your way to a healthy lifestyle!**



For more information and resources for Older Adults, contact **Forever...in motion** at **(306)844-4080**

