

By Eric Appiah

KEYS TO EXERCISE SUCCESS

CHRISTMAS GIFT STORY



EXERCISE

- × Great for us
- × We all want to get in shape
- × We all want to be healthy and live healthier lives
- × It's hard to start
- × It's easy to lose focus
- × Barriers seem overwhelming

GET STARTED

- ✘ Get started with an activity that will work for you
- ✘ Make sure you are healthy enough to start
- ✘ Get through barriers that prevent us from exercising
- ✘ Find time
- ✘ Assess yourself
- ✘ Plan our exercise

PRE-EXERCISE HEALTH ASSESSMENT

- ✘ Will let you know if you are healthy enough to work out
- ✘ Will put you in a risk category so that you know which exercises to stay away from
- ✘ Will inform you if you need a physicians ok
- ✘ www.myexerciseplan.com/assessment/questionnaire.php

'BARRIERS TO EXERCISE' ASSESSMENT TOOL

- ✘ Tool used to figure out what is keeping you from starting your workout routine.
- ✘ Studies show that there are 7 main barriers that prevent people from exercise



LACK OF TIME

- ✘ The # 1 reason people don't exercise
- ✘ We all have 24 hours in the day
- ✘ Don't lie to yourselves about how busy you are, you just choose not to exercise.
- ✘ "I chose not to workout today"
- ✘ "absolutely, everything that I did today was a greater priority for me than getting some exercise"

LACK OF TIME

- ✘ To take power over your life you have to realize that life is all about making choices
- ✘ If you are so busy during the week, pick one day to get in exercise and make the other two days during the weekend
- ✘ Get your plan out of your head and into the physical world. SCHEDULE IT
- ✘ <http://www.myexerciseplan.com/assessment/ExerciseTimeFinder.pdf>

EXERCISE TIME FINDER



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Exercise Time Finder

Use this table to find places in your schedule you can fit in exercise. Fill in your typical week and take a look at blocks of time where exercise is an option.

	5-6am	6-7am	7-8am	8-9am	9-10am	10-11am	11-12pm	12-1pm	1-2pm	2-3pm	3-4pm	4-5pm	5-6pm	6-7pm	7-8pm	8-9pm	9-10pm	10-11pm	11-12am
Sunday																			
Monday																			
Tuesday																			
Wednesday																			
Thursday																			
Friday																			
Saturday																			

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LACK OF ENERGY

- ✘ Difference between lack of energy from physical activity vs. emotional stress
- ✘ You can definitely be fatigued after work, and that is caused by emotional stress
- ✘ Choose exercise regardless of your emotional stress
- ✘ Don't overdo it, keep some energy to enjoy the rest of the day

LACK OF ENERGY

- ✘ Finding the best time of the day to exercise
- ✘ When do you have the most energy (AM, noon, PM)
- ✘ AM- set workout schedule for morning before work
- ✘ Noon- get a lunch time stroll or light workout in
- ✘ PM- Schedule and pack for after work



SOCIAL INFLUENCE

- ✘ Is everyone going to be happy with your choice of a healthy lifestyle?
- ✘ They might have to change
- ✘ Key to family and friend support is to explain why you are making this choice
- ✘ If family members are not interested, find someone else by joining a group with similar interests (swimming, walking, hiking, bike riding, etc...)

SOCIAL INFLUENCE

- ✘ If you do have supportive friends and family make a declaration of your commitment to exercise
- ✘ Tell them exactly what your exercise habits are going to be
- ✘ You get it out of your head and into the physical world



LACK OF WILL POWER

- ✘ We always seem to have great intentions, but they don't always happen
- ✘ Do not give yourself a choice
- ✘ Make an appointment with yourself and keep it
- ✘ After a couple made appointments you will have a sense of accomplishment

LACK OF WILL POWER

- ✘ Use Time finder worksheet
- ✘ Create a ritual
- ✘ Here are the steps to the creation of a ritual:
 - ✘ Define the ritual very specifically, right down to the time it is to take place
 - ✘ Create the space for the ritual in your schedule
 - ✘ Schedule and commit to the activity you intend to make a ritual (use the schedule planner



LACK OF SKILL

- ✘ If you lack skill for sports or other activities, try exercises that require little or no skill like walking or walking up stairs
- ✘ If you take a class, receive adequate instructions
- ✘ Don't feel as if you have to be at the same level as others that have mastered the class



LACK OF RESOURCES

- ✘ You do not need a big gym, great fitness equipments, the latest and the greatest infomercial driven gadgets to exercise successfully
- ✘ There are many activities that you can do that only require comfortable clothes and shoes
- ✘ Body weight exercises are one of the greatest ways to get in shape





FEAR OF INJURY

- × Huge intimidator if you have already had an injury in the past.
- × Warm-up properly
- × Cool Down properly
- × Stretch muscle
- × Train muscles
- × Work with a professional first

ASSESS YOURSELF

- ✘ Do you have a goal? If not get one
- ✘ Do you have a plan? If you fail to plan, you plan to fail
- ✘ Declare to yourself and others of your plan
- ✘ <http://www.myexerciseplan.com/assessment/SelfAssessment.pdf>

KIS

- ✘ Keep it simple
- ✘ Pick exercise that are enjoyable and incorporate bodyweight exercise
- ✘ Make exercise a ritual, like brushing your teeth

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- ✘ Life will give you barriers be prepared
 - ✘ Be aware of when those barriers are preventing you from exercising
 - ✘ Use your wellness coaches to help you stay accountable

REFERENCES

- ✘ ACSM Guidelines for Exercise testing
- ✘ Human Kinetics Assessment of Athletic Injuries
- ✘ American College of Sports Medicine
www.acsm.org

× Questions?