

Physical activity

Staying motivated for the long term

- Take a break (no more than two weeks)
- Try to be positive
- Create / find a support group (Friends, family members, co-workers, strangers with a common purpose, etc.)
- Watch and read motivational stories
- Do activities for the current season
- Develop a realistic action plan
- Set short-and long-term goals
- Evaluate your progress and reward yourself
- Do fun activities
- Do not forget the importance of your goal
- Encourage change
 - Environment
 - Music
 - Schedule
 - Challenges / Objectives
 - Equipment
 - Clothing
 - Exercises

Remember that it is you who is in charge of your health! When you have a relapse, instead of blaming yourself, try to learn a lesson from your experience. Gently repeat your steps toward your long-term goal by accomplishing short-term goals.

One step at a time...

