

Get Moving Vermont!



Welcome to "**Get Moving**", a statewide incentive program for individuals and families to become more physically active. You don't have to be an athlete and there are no age or fitness level requirements.



The "**Stages of Change Questionnaire**" helps you determine which stage of readiness you are currently in. The "**stage based**" *handouts* define your level of readiness and provide useful information on how to increase the amount of physical activity in your life. Please note that people do not typically move through these stages in an orderly fashion. Instead, people move in and out. You may find yourself recycling through the various stages as you progress in your journey toward sustained lifestyle change. We encourage you to use the "**Personal Health Behavior Contract**" to help you set goals and keep motivated. Our "**Exercise Log**" will help you keep track and provide additional incentives to stay active.



Good luck! Remember, if you aren't currently physically active, you can use this opportunity to start slowly and increase your overall fitness. Or, you can set new goals to achieve a new level of physical activity.





PHYSICAL ACTIVITY QUESTIONNAIRE

Stages of Change

Moderate physical activity includes such activities as walking, gardening and heavy housecleaning. For moderate activity to be regular, it must add up to a total of **30 or more minutes per day** and be done **at least 5 days per week**. For example, you could take a 30 minute walk or take a 10 minute walk, rake leaves for 10 minutes and climb stairs for 10 minutes adding up to a total of 30 minutes. Physical activity can add up to give you **Get Moving** health rewards!

Find Your Personal Starting Point.

For each question below, please mark Yes or No.

- | | <u>YES</u> | <u>NO</u> |
|--|--------------------------|--------------------------|
| 1. I currently participate in moderate physical activity. | A. <input type="radio"/> | B. <input type="radio"/> |
| 2. I intend to increase my participation in moderate physical activity in the next 6 months. | C. <input type="radio"/> | D. <input type="radio"/> |
| 3. I currently engage in regular moderate physical activity. | E. <input type="radio"/> | F. <input type="radio"/> |
| 4. I have been participating in moderate physical activity regularly for the past 6 months. | G. <input type="radio"/> | H. <input type="radio"/> |
| 5. In the past, I have been regularly physically active in moderate activities for a period of at least 3 months. | I. <input type="radio"/> | J. <input type="radio"/> |

SCORING INSTRUCTIONS TO DETERMINE YOUR STAGE OF CHANGE:

Determine your stage of readiness and refer to the enclosed stage-based handouts.

- If line **B** and **D** are checked: **STAGE 1 – Precontemplation:** currently has no intention of being active
- If line **B** and **C** are checked: **STAGE 2 – Contemplation:** not active, but intends to be soon
- If line **A** and **F** are checked: **STAGE 3 – Preparation:** trying, but not yet regularly active
- If lines **A,E,** and **H** are checked: **STAGE 4 – Action:** regularly active, but for less than 6 months
- If lines **A,E,** and **G** are checked: **STAGE 5 – Maintenance:** regularly active for 6 months or more
- If line **I** is checked, you may be in **Relapse**

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STAGE 1—PRECONTEMPLATION

Thinking about becoming more physically active?

You may not be ready to begin a fitness program today. But you can start thinking about what being physically active could mean for you. Physical activity does not have to be strenuous, time consuming or costly. Its never too late in life to get off the couch and become more active.

Reasons to Move

In Vermont, our level of physical activity declines as we age. Only 25 percent of Vermont adults get the recommended 30 minutes of physical activity, at least five times a week.

An active lifestyle can also help you sleep better and feel good about yourself.

Other reasons to add regular physical activity to your life include:

- **Weight Control** – regular physical activity increases your metabolism and helps burn calories more efficiently.
- **Better physique** - regular physical activity builds muscle and tones your body.
- **Blood sugar balance** - regular physical activity reduces risk of diabetes and it can help those with diabetes control their blood sugar.
- **Cancer check** - regular physical activity helps prevent some cancers.
- **More energy and less stress** - regular physical activity reduces anxiety and depression
- **Heart health** - regular physical activity increases HDLs (good cholesterol) and helps your heart pump more effectively and efficiently.
- **Blood pressure** - regular physical activity can help control high blood pressure.

Think About It...

Getting started is difficult but it helps to begin thinking about it. Suppose a close friend or family member was told by their doctor to begin a physical activity program.

- What suggestions would you make to get them started?
- What advantages of physical activity would you highlight to motivate them?
- What might get in the way of their exercise plan?
- What ideas do you have to help them overcome those obstacles?

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STAGE 2 - CONTEMPLATION

The benefits of becoming physically active...

Perhaps you've considered starting a physical activity program—you're just not sure when or how. You may want to think more about what it means to get fit, or try some small steps first.

Fitness Feels Good and Is good for You!

Regular physical activity enables your body to run smoothly. Active people have more energy than inactive people do. And there are lots of other benefits too:

- Helps control your weight - builds muscle and tones your body
- Increases your HDL count – the “good cholesterol”
- Helps prevent bone loss, reduces risk of heart disease
- Helps prevent or manage high blood pressure and diabetes
- Improves alertness and reduces stress
- Improves sense of well-being
- Helps you sleep better
- Helps you to look better and boosts energy level

With any behavior change, there are adjustments to make in your normal routine. To help prepare, make a list all of the reasons that you expect to benefit from physical activity and keep this list in a place you can see it on a daily basis.

If You Can Imagine It, You Can Be It!

An important step in changing any behavior is the ability to visualize success. Take a moment to consider each of the following images. Pause on each before moving on to the next. Give yourself time and let the thoughts sink in and become a part of how you think of yourself. It is possible to visualize yourself being physically active! If doubt creeps into your mind, return to this exercise to imagine success again and again.

Picture yourself being physically active – healthier and more energetic than you've ever been – looking forward to the day with enthusiasm for what lies ahead.



Now Take the Next Step

Asking the right questions to get you started is important. Use these questions as a guide:

- Which activities do I enjoy the most and can start doing right away?
- Do I want to choose an activity I can do alone or with my family?
- How do I fit physical activity into my lifestyle?

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STAGE 3 - PREPARATION

Setting personal goals for physical activity...

You're ready to switch from considering a physical activity program to doing something about it. You've thought about the benefits and pictured yourself being successful. Now it's time to learn and practice the skills that make physical activity a habit.

3 Keys to Success

Some behavior changes are easy, while others may be a bit more challenging. To help prepare for these adjustments, complete the following statements:

- I expect to benefit from regular physical activity in these ways.
- I expect to make the following changes to become physically active.

Putting Your Plan in Motion

Take these small but very important steps to seal your commitment:

1. Set a start date
2. Tell everyone you know
3. Establish priorities

6 Ways to Enjoy Physical Activity

1. Join a Class
2. Dig in the Garden
3. Go Biking
4. Go dancing
5. Play sports/join a league
6. Go walking

Smart Goals Provide Direction and Motivation

Well written goals are your map to success:

Specific: be precise. Write down exactly what you expect to achieve

Measurable: Include amounts, times, days, and other milestones for gauging success.

Achievable: set your sights on an attainable goal.

Relevant: Your goal should matter to you, first and foremost.

Trackable: Record your progress and see how much you have achieved.

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STAGE 4 –TAKING ACTION

Putting your physical activity plan into action...

Congratulations! You're making excellent strides toward a lifetime of regular physical activity. Applaud your commitment - the longer you continue to be physically active, the more confident you'll be and the less likely you are to slip back.

Navigating Road Blocks

There are plenty of speed bumps on the road to regular physical activity. If you think ahead and plan for dealing with obstacles, they'll be easier to navigate.

- **The weather won't cooperate:** participate in activities that aren't dependent on the weather (join a health club, use home equipment, walk in the mall)
- **I don't have time:** schedule physical activity into your day and make it a priority
- **I want to spend more time with my family:** schedule physical activity while family is watching TV or find activities you can do as a family.
- **My job requires that I travel a lot:** choose hotels with a fitness center, pack walking shoes or an exer-tube (resistance band).

My Solutions for Success

What gets in the way of meeting your physical activity goals? On a sheet of paper, list obstacles and potential solutions.

Personal Wellness Contract

I promise to.....

- Continue to be physically active today, and every day
- Use creative ways to stay on track
- Seek helpful relationships to support my efforts
- Plan ahead to avoid obstacles
- Write goals and refer to them often
- Reward myself for reaching my physical activity milestones
- Celebrate my accomplishments

**Here's how I'll achieve these objectives:
(Put this contract on a separate sheet of paper)**

Signature _____ Date _____

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STAGE 5 - MAINTENANCE

Physical activity for a life time...

It feels good to be in control of your physical activity habits doesn't it? Be proud of yourself - staying with a physical activity program is challenging, and you've done it. Now you're ready to commit to being physically active for life.

A Slip is Just a Slip

Even the most committed individuals have times when they falter. Here are some tips to help you gauge how far off course you are:

Don't Worry

- ✓ You sleep through your walk time
- ✓ You're too tired today
- ✓ You worked late and skipped the gym

Cause for Concern

- ✓ You stop your regular morning workout
- ✓ You're finding excuses every day
- ✓ You don't go to the gym for a week

Staying Focused & Renewing Your Commitment

It's easy to get bored with the same old thing, so freshen up your physical activity routine to avoid getting in a rut. Here are some tips:

- *Try new activities or sports*
- *Vary your bicycling or walking route*
- *Change the music you walk to*
- *Buy new workout clothes*
- *Exercise at different times of the day*
- *Get a fitness buddy*
- *Improve your distance, time, or frequency*
- *Plan a hiking or bicycling trip*

Now, **list three things** you can change in your physical activity routine to keep it fun.

1.

2.

3.

Your New Way of Living

You're no longer trying to become physically active-you've done it! Now try to find other ways to continue reinforcing your healthy lifestyle. Complete the following statements:

- I have not been successful maintaining a physically active lifestyle in the past because....
- Steps I can take now to avoid slipping back into old habits include...
- The people I expect will support me in continuing physical activity include....

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Personal Health Behavior Contract

Based on an awareness of my personal health status, I _____, have decided to set the following health behavior improvement goals. I will strive to achieve this by _____ (date).

My Physical Activity Stage is: *Stage 1* *Stage 2* *Stage 3* *Stage 4* *Stage 5*

- My health behavior improvement goals are:

- The advantages to me achieving these goals are:

- The difficulties and obstacles for me in achieving these goals are:

- My solutions for these obstacles are:

- The people I expect will support me in my efforts include:

- I will reward myself for sticking to my physical activity plan by:

- Every week I will work toward reaching my goals. My goals each week are:

Signature _____ Date _____

