

▶ **Workshop: Walking for Fitness** **Chapter 6, Lesson 1: Staying Motivated**



Congratulations—you've made it to the final week of the workshop. This week, we will talk about how to make walking and fitness a part of your daily routine – for good! Once you have read the lesson, please take the quiz. Successful completion of the quiz will allow you to advance to the next week in the workshop.

Keep Up The Great Work!

Over the past 6 weeks, you have challenged your body and prioritized your health by making walking part of your weekly routine. Don't let that good work go to waste! Keep motivated by reminding yourself of the benefits and continue to solidify your habit by consistently working toward your goals. You can do it!

Review Your Goals Regularly

- Make them realistic
- Make them specific (appropriate time of day, duration, frequency)
- Set both long- and short-term goals
- When you reach a goal, spend some time contemplating what you want to accomplish next

Make it a Daily Routine

- Once you establish a daily habit, it will be easier to maintain
- Find a time of day that works for you on a consistent basis
- Set out workout clothes and water ahead of time
- Set up a reminder on your calendar for exercise time

Track It

- Keep a daily log of your time, steps and distance
- Look back at your old logs and see how far you have come!

Keep it Fun

- Listen to music or books while you walk
- Find a nature trail to walk on a weekend
- Walk with a friend or family member

Be Patient!

Creating new habits can take time. Anticipate obstacles and create a plan for getting back on track. For example, if your routine gets disrupted by illness, holidays, travel, etc., instead of feeling guilty, be proactive and get back into your regular routine.

Next Steps

- 1. Write down** your long- and short-term goals
- 2. Increase** your step goal this week
- 3. Track your steps online** in the Health Trackers section of the Wellness website or use the Walking Log provided in this workshop.
- 4. Take the Chapter 6 quiz**
- 5. Reward yourself!**

Remember

Making realistic, fun goals can help you succeed.