

Staying Motivated to Stay Active

Physical activity is a great way for older adults to gain substantial health benefits and maintain independence.

To make physical activity a routine habit, choose activities and exercises that are fun, motivate you, and keep you interested.

Keep it going. If you can stick with an exercise routine or physical activity for at least 6 months, it's a good sign that you're on your way to making physical activity a regular habit. Choose activities:

- You enjoy and believe you'll benefit from
- You can fit into your schedule
- You can do safely and correctly
- That are affordable
- That include friends or family

Keep it positive. Set realistic goals, regularly check your progress, and celebrate your accomplishments. These will help keep you on track.

Keep your eye on the prize. Focus on the benefits of regular exercise and physical activity:

- Greater ease doing daily tasks
- More energy to do the things you enjoy most
- Improved health
- Better outlook on life

Keep track of your progress. The best way to stay motivated is to measure and celebrate your successes. You can find easy-to-use progress forms on the **Go4Life** website. Use these forms to:

- Track your physical activity
- Find new ways to increase your physical activity
- Update your exercise plan as you progress



Quick Tip

You're more likely to keep going if you include activities you enjoy. Try making a contract with a friend to become physically active. It can help you both stick with it.

VISIT

www.nia.nih.gov/Go4Life

- Read more tips.
- Print useful tools.
- Order a free exercise guide or DVD.
- Share your exercise story.

