

S.M.A.R.T.steps To Better Health



STEP 9:

DEVELOPING AN ACTIVE LIFESTYLE

WEEK 9



“I am grateful for a more active lifestyle”

Change The Blueprint

Now its time to be creative and change your “design”. If you want to change your behavior and sustain this change you must change your beliefs and how you see yourself. The last step was very important because you can’t change a belief that you don’t recognize as operational. Awareness gives you a better ability to change the belief and the image. As these images and paradigms (beliefs) change so will the behavior, and it won’t be a struggle (this is the good news). As an example a person who truly sees themselves as a “non-smoker” is not tempted by cigarettes. Sustained change will be an internal battle. As always, there are three things to accomplish this week:

1) Ask, What can I do to make my life more active: Revisit the activity table that you filled out in the last step noting how much time you spend sitting,

standing, and walking. The first question is how can you increase the METs during this time. For the time that is sitting, try to do an activity once per hour for 2 minutes. This could be doing curls with barbells, or working with exercise bands. When walking, walk fast and try to incorporate stairs. Finally, with standing you could squat slightly. Eight two minute episodes adds up to 16 minutes of moderate physical activity. To this you could add a more formal effort. As an example, the fitness assessment in step 7 can take 5-10 minutes to complete. Consider doing this twice a day, that could be another 20 minutes of moderate activity. Your are at 36 minutes and have not even been to the gym. There are some activities that are favorites, such as lunges, push-ups, jumping rope, and yoga. These activities require very little space or equipment and yet benefit you greatly.

2) Develop your plan: Map out a plan that will get you to 30 to 60 minutes of moderate physical activity per day and then write this in your journal. How much walking do you do to get to work? to lunch? Can I take a break to exercise while sitting (TV, Computer, etc)? Can I do a quick 10 minute work-out twice a day?

- ask the “how” question
- develop plan
- add images to vision board

3) Add these images to your vision board: Find images consistent with your plan. The best would be actual pictures of yourself (you will need to update these as your image changes). Remember to regularly see yourself as prompted by your images. This will help you change your “blueprint”.

This program relies heavily on changing your beliefs and images, with the thinking that these are major determinants of behavior. If you want the results, it is really import that you don't sidestep these mental exercises (focusing on gratefulness, thankfulness, identifying and changing our paradigms, imagery etc.) If you fail to do this, it is highly likely that your changes will not be sustained, and further it will really feel like work. If done correctly, it will seem effortless, and pleasurable.

If I change my thoughts, I change my choices, if I change my choices, I change my life!