

Zero Weight Gain

HOLIDAY CHALLENGE



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More on Managing Your Cues

You can also cue yourself to be more active

In the last message, we discussed managing food cues. Now we will discuss managing your activity cues. Just like you control your eating cues, you can control your physical activity cues so you will be more likely to move more.

First, let's examine how to remove cues that lead to inactivity:

- **Limit TV watching to less than two hours per day.** This will free up time for more healthy pursuits like taking a walk, playing outside with your children, going to a gym or taking up a sport.
- **Every time the phone rings, stand up and pace while you talk.** Sitting for extended periods of time is bad for your health and you will burn more calories just by standing up.
- **Put workout-equipment in plain sight in a convenient place.** Having a tread mill or elliptical machine where you watch the news or your favorite TV show may make you more likely to use it.
- **Don't plop into your easy chair right when you get home in the evening.** Exercise FIRST! Most people find that it is hard to get back up and start moving once they sit down. It may be even better



Schedule your physical activity in your calendar like you schedule other important events.

if you work out right after you wake up each day. Then nothing will get in the way of doing it later!

- **Keep your workout clothes clean and visible.** Hang your workout clothes on a closet door or lay them at the foot of your bed where you will be sure to see them. Always put them in the wash once you finish your workout so they'll be fresh the next time.
- **Replace uncomfortable or worn out walking or sports shoes.** Also put your shoes right next to your bed or desk to prompt you to make exercise a priority.

Change your environment to promote physical activity.

More On Cues ...

Now let's talk about adding positive cues:



Write down a specific activity goal for each week and month. Post it on your mirror or refrigerator so you'll see it every day. Be very concrete

about what you will do. For example, say "I will walk for 10 minutes after my meals on Monday, Wednesday and Friday," not just "I will walk more."

Write down a reward that you will give yourself when you meet that goal.

Good options: a movie night; a visit to a favorite park; a new workout outfit; going to hear your favorite band; getting a massage; giving yourself time to work on a favorite hobby; or buying a new book or favorite magazine. Just make sure it is not food related.

Set up "activity dates" with a friend or family member. This will help you to stay accountable and may produce some friendly competition.

Set a timer or alarm to remind you to be active. Have a back-up alarm five minutes later to make sure you do it.



Have visible positive reinforcements.

Schedule a specific time on your daily calendar for working out. Post reminder notes where you will see them so you cannot forget your commitment. Put up photos of yourself before and after you became active to see improvements in your appearance. Hang up motivational posters and inspirational pictures from magazines. Keep a log of your physical activity so you see progress over the week and the month.



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