

Taking the first step:

# Deciding to be physically active

## Your reasons to be more active

People decide to become more physically active for many reasons. Each person's reasons are different.

Read the questions below to help work you think about your reasons to become more active.

*Take time to think about what motivates you to be physically active.*

### Staying the same (not being physically active)

What are the good things about not changing your level of physical activity?

If you aren't active, what effect could this have on your health and well-being in **five** years?

### Being more physically active

If you become more active, what benefits would you get?

If you stay physically active, what benefits might you experience in **five** years?

This handout for adults will help you to think about:

- your reasons for deciding to be more physically active, and
- finding the motivation to stay active.

*Adapted from Miller and Rollnick (2002)*

# Finding your motivation

It's important to think about what motivates you to be physically active. Knowing this can help you become more active and stay active!

Ask yourself:

What is the **worst thing** that might happen if you don't make this change?

What is the **best thing** that might happen if you do make this change?

Take time to think about what motivates you. Are you motivated by:

-  Your health?
-  A wish to be able to do more with your family and friends?
-  Wanting to have more energy and/or to sleep better?
-  A desire to feel more physically strong?

The short list above includes only a few ideas. You may have similar ones, or other ideas of your own. Below, write down all the reasons that could motivate you to be physically active.

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*Find an activity you enjoy and can do easily.*



Sometimes our motivation to be physically active is low. This is normal! Here are a few tips to help keep your motivation high:

-  Read through your answers on this handout often.
-  Find an activity you enjoy and can do easily.
-  Keep a log of when you are physically active and what you did.
-  See yourself as a person who is physically active.
-  Keep telling yourself you can do it!

## Remember, it is important to:

- take time to think of reasons why you want to be more physically active, and
- learn what best motivates you to stay physically active.

- Topics in this toolkit:
- A. Taking the first step: deciding to be physically active
  - B. Making a physical activity plan
  - C. Setting goals for physical activity
  - D. What stops you from being physically active?
  - E. Benefits of physical activity
  - F. Physical activity and your blood pressure
  - G. High blood pressure safety
  - H. Physical activity and Type 2 diabetes
  - I. Diabetes safety
  - J. Healthy weight and physical activity
  - K. Physical activity and anxiety
  - L. Anxiety safety
  - M. Physical activity and chronic heart failure
  - N. Chronic heart failure safety
  - O. Physical activity and stroke
  - P. Stroke safety
  - Q. Physical activity and Parkinson's Disease
  - R. Parkinson's Disease safety
  - S. Physical activity and dementia
  - T. Dementia safety

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