

WHAT MAKES PEOPLE ACTIVE?



What makes people active?

Action strategies

Self-confidence

- Avoid negatives.
- Use positive self-talk.
- Set realistic goals.

Knowledge

- Keep up to date on fitness facts.

Beliefs

- Check out the facts and claims of others.
- Make your own decisions based on facts.

Enjoyment

- Set realistic goals.
- Allow time to learn to enjoy an activity.
- Do activities with others.

Skill

- Choose activities that match your skill level.

Physical fitness

- Begin slowly.
- Set activity goals.
- Work gradually to more difficult activities.
- Plan a program.

Self-motivation

- Avoid competition at first.
- Set realistic goals.
- Promise yourself to meet them.

Support

- Find an active friend and support each other.
- Start or join an exercise club.

Convenience

- Choose activities that can be done at or near home, without special equipment.

Success

- Again—set realistic goals.
- Set your own standard for success.
- Avoid competition, especially when learning new activities or skills.

Self-management skills

- Take control of yourself and use these action strategies.

