

## FINDING PERSONAL MOTIVATION TO WALK

Staying motivated to walk is hard for many women. Some days will be busy, and you may skip your walk. Or, you may have time to walk, but you will not feel like it. When this happens, try this:

1. Think of 2 reasons why being healthy is important to you.
2. Write the reasons on a piece of paper or in your journal.
3. Put the paper up on the refrigerator or read your journal every day to remind you of what you wrote.

Find a personal reason of why you want to be healthy.<sup>6,7</sup> This is the best way to stay

### TIPS OF THE WEEK

- Walking is the safe activity to do.
- Walk with the baby and clip your pedometer on.
- Walk 30 minutes each day. That equals 3,000 steps each day!

motivated!<sup>6,7</sup> Here are some examples from real moms:

- I want to be healthy to set a good example for my kids.
- I want to be healthy so that I can crawl and run with my baby.
- My family has diabetes and high blood pressure. I have to be healthy for my baby.

### HERE ARE TIPS TO MOTIVATE YOU ON THE DAYS THAT YOU DO NOT OR CANNOT WALK<sup>1-5</sup>:

#### I DON'T FEEL LIKE IT

Try a new activity, or download a walking app on your phone. Try walking with other moms from a local church or recreation center.

#### THE WEATHER IS BAD

Have a back-up plan. March around the house or watch a walking video on YouTube.

#### I AM NOT FEELING WELL

Make an appointment to see your doctor. Remember that walking, breastfeeding, and drinking water help keep you healthy.

#### MY BABY IS SICK

Your baby comes first. Return to your walking routine when the baby is in better health.

#### I HAVE TOO MUCH GOING ON

Try taking 10-minute walking breaks during the day. Visit other lessons for more tips!

## WHAT ELSE WORKS?<sup>1-5</sup>

Do not skip 2 days in a row of walking. Walking is the safest activity you can do after giving birth.

**REMEMBER, SMALL CHANGES MAKE A BIG DIFFERENCE!**

### USE POWER PHRASES

Make up your own! Write power phrases to yourself and tape them on the walls.

### REWARD YOURSELF

Walk to your favorite clothing or shoe store and buy yourself something nice!

### GET SOCIAL

Share your progress with friends on Facebook. Your friends can cheer you on!

## RESOURCES:

### GET FIT! 5 TIPS TO GET YOU MOTIVATED TO MOVE

[webmd.com/parenting/raising-fit-kids/move/motivated-to-exercise?page=1](http://webmd.com/parenting/raising-fit-kids/move/motivated-to-exercise?page=1)

### CDC - STRATEGIES TO COMBAT OBESITY

[cdc.gov/obesity/strategies/index.html](http://cdc.gov/obesity/strategies/index.html)

## BLOGS:

### CURVY GIRL HEALTH

<http://curvygirlhealth.com/category/body-2/wellness-body-2/page/2/>

### WEIGHT LOSS BLOGGERS

[diетtogo.com/blog/100-most-inspirational-weight-loss-bloggers-2013](http://diетtogo.com/blog/100-most-inspirational-weight-loss-bloggers-2013)

## VIDEO

### HOW I MOTIVATE MYSELF TO WALK

[youtube.com/watch?v=vbe4Kt6EsD4](http://youtube.com/watch?v=vbe4Kt6EsD4)



### MOTIVATION TO WALK

[youtube.com/watch?v=XjooAbM\\_Ei8](http://youtube.com/watch?v=XjooAbM_Ei8)

## APPS:

### EXERCISE MOTIVATION

[play.google.com/store/apps/details?id=com.surfcityapps.enjoyexercise](http://play.google.com/store/apps/details?id=com.surfcityapps.enjoyexercise)

### WEIGHT TRACKER

[play.google.com/store/apps/details?id=com.cryofy.android.weightmeterfree](http://play.google.com/store/apps/details?id=com.cryofy.android.weightmeterfree)

### ARGUS - PEDOMETER, CALORIE, NUTRITION, ACTIVITY TRACKER

[itunes.apple.com/us/app/argus-pedometer-nutrition/id624329444?mt=8](http://itunes.apple.com/us/app/argus-pedometer-nutrition/id624329444?mt=8)

### FITBIT

[fitbit.com](http://fitbit.com)

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5. Womans Day. Avoid 12 common fitness setbacks. Retrieved from <http://www.womansday.com/health-fitness/fitness-setbacks>
6. Silva MN, et al. Exercise in autonomous motivation predicts 3-year weight loss in women. Med Sci Sports Exerc 2011;43:728-37.
7. Teixeira PJ, et al. Motivation, self-determination, and long-term weight control. International Journal of Behavioral Nutrition and Physical Activity 2012;9:22.