I DO NOT FEEL LIKE WALKING TODAY

We all have days when we plan to be active, but we do not feel like leaving the couch. It is normal to feel this way. If you feel tired and can use a break, then take the break. Try not to skip 2 days in a row of walking. The more you walk, the quicker it becomes part of your daily routine. Walking most days of the week helped women of an unhealthy weight lose weight and keep the weight off.1 Here are a few tips to give you a boost in motivation:2

- **DO IT ANYWAY** – Getting started is the hardest part. Next time you do not feel like walking, try doing something you love, like dancing.3
- **ASK A FRIEND** to walk with you.4-6
- **MAKE IT FUN** – If you get bored, mix it up and watch a walking video on YouTube or take a Zumba class.5,6 Don’t forget to wear your pedometer!

- **SET REWARDS** – Buy a fitness magazine or watch your favorite TV show after walking 7,000 steps!
- **SNEAK IT IN** – Here are creative ways to fit more steps into your day.

<table>
<thead>
<tr>
<th>Activity</th>
<th>Steps</th>
<th>Calories Burned*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Zumba</td>
<td>197 steps/min</td>
<td>10 cal/min</td>
</tr>
<tr>
<td>Dancing</td>
<td>109 steps/min</td>
<td>5 cal/min</td>
</tr>
<tr>
<td>Vacuum</td>
<td>101 steps/min</td>
<td>5 cal/min</td>
</tr>
<tr>
<td>Pick up toys</td>
<td>100 steps/min</td>
<td>5 cal/min</td>
</tr>
<tr>
<td>Grocery shopping</td>
<td>67 steps/min</td>
<td>3 cal/min</td>
</tr>
<tr>
<td>Sweep or mop the floor</td>
<td>60 steps/min</td>
<td>3 cal/min</td>
</tr>
<tr>
<td>Make the bed</td>
<td>45 steps/min</td>
<td>3 cal/min</td>
</tr>
</tbody>
</table>

*Calories are approximations & are based on a 250 lb. person11-14

Choose Health LA Moms - a program to help new moms get to a healthier weight.
RESOURCES:

40 THINGS TO TRY WHEN YOU DON’T WANT TO WORK OUT
sparkpeople.com/blog/blog.asp?post=40_things_to_try_when_you_dont_want_to_work_out

POSTPARTUM FITNESS... AND BEYOND
lalecheleague.org/nb/nbiss1-10p4.html

9 HABITS OF PEOPLE WITH A HEALTHY RELATIONSHIP TO EXERCISE
huffingtonpost.com/2014/05/12/healthy-relationship-exercise-habits_n_5290153.html

USE IT OR LOSE IT HEALTH VIDEO

POSTPARTUM FITNESS
sheknows.com/health-and-wellness/articles/813666/postpartum-fitness-tips-to-bounce-back-after-baby-1

FIT MAMAS: REAL MOMS REVEAL THEIR FITNESS SECRETS
babycenter.com/0_fit-mamas-real-moms-reveal-their-fitness-secrets_1460686.bc

WEBMD – WHY IS IT SO HARD TO EXERCISE?
webmd.com/parenting/raising-fit-kids/move/motivated-to-exercise

APPS:

SPARKCOACH
itunes.apple.com/us/app/sparkcoach/id648377670

MOTIVATE ME TO EXERCISE
play.google.com/store/apps/details?id=MotivateMe.MotivateMe

MY FITNESS PAL
myfitnesspal.com/apps

FIT RADIO
fitradio.com

GYM PACT
itunes.apple.com/us/app/gympact-cash-reward-to-motivate/id456068701

FITOCRACY
itunes.apple.com/us/app/fitocracy-daily-workout-tracker/id509253726?mt=8

HOT5
itunes.apple.com/us/app/hot5-fitness-high-intensity/id611775542?mt=8

RUNTASTIC Pedometer
itunes.apple.com/us/app/runtastic-pedometer-step-counter/id442894329?mt=8
BLOGS:

MS. DIAPER D IS A STAY-AT-HOME MOM WHO IS TRAINING FOR HER FIRST RUNNING EVENT
youtube.com/user/MsDiaperD?feature=watch

POSTPARTUM MOTIVATION TO EXERCISE
pinterest.com/michellelizaso/postpartum-motivation/

VIDEO

MOTIVATION TO WALK
youtube.com/watch?v=Je-IUBw63EA

REFERENCES: