

Enjoying More Physical Activity

You're probably more physically active than you used to be. GREEN activity has helped you lose weight and manage your diabetes. You have made your muscles stronger. You have strengthened your heart, lungs, and legs. You probably feel better. You have more energy. You have more fun, too. Now you may be ready to do more.

Keep in mind that the more physically active you are, the more calories you burn up. And the more calories you burn, the more weight you lose. The more weight you lose, the healthier you will be.

KEY GOALS

Enjoying more physical activity will help you meet your 4 key goals:

- ⊙ Limit RED foods
- ⊙ Increase GREEN activity
- ⊙ Hold Family Meetings
- ⊙ Keep Track of Weight

What activities am I doing? You may have fallen into a routine. You may be doing the same activities over and over. That could be a good thing if it means that you are continuing to be active. If so, keep it up.

But you may be missing out on some other physical activities you would enjoy. List the GREEN activities you have done over the past 2 weeks. List some other activities you might like to do. What does this tell you? Are you using a pedometer? Would you like to?



A Fitness Booster is a more intense GREEN activity. It helps you get fit faster.

KEY QUESTION

How can I tell how good my physical activity habits are? What should I look for?

Ask yourself some questions. Use your Lifestyle Log to help you.

How active am I? Have you reached your silver medal goal? That's 200 minutes of GREEN activity each week. Or about 30 minutes a day. If not, then that should be your goal for now. Maybe you're ready for the gold medal level. That's 300 minutes a week. About 45 minutes a day.

Down the line you could aim for 400 minutes a week. That's about 60 minutes a day. That could be your own special platinum level. Are you ready for that?

How intense are my activities? What GREEN activities are you doing? Have you begun doing Fitness Boosters? What Fitness Boosters would you consider

Here's what you'll learn about in this module:

- ▶ Figuring out how good your physical activity habits are
- ▶ Setting new physical activity goals
- ▶ Using community events and resources for physical activity

trying? How about jogging or playing basketball? More intense activities like these can be a lot of fun. They will also improve your fitness.

Who does physical activity with me? It's great to do physical activity alone. You can always count on yourself. But it can be more fun doing it with others. How often do you do physical activity with friends? How often do you do activities with your family? Do they know that you would like to do more? Have you asked them recently to do activities with you? Are you using community events and team sports?

What can I do to move ahead?

It's no secret. You probably already know.

- ▶ You can *spend more time* being active.
- ▶ You can *increase the intensity level* of some of your activities.

The trick is to plan your time and your resources so you can succeed. This means planning **what** you will do, **when** you will do it, **how** you will do it, how you will get to **where** you need to be to do it, and **who** can do it with you.

What about planning physical activities with friends? Tell them in advance that you want to have fun doing a specific physical activity. Invite them

over to shoot hoops or dance. Meet them in the park to play soccer.

When a friend does something well, say: *Great shot!* or, *Wow, you really hustled to get that rebound!* Hearing praise always makes it more fun for your friend. Don't tell your friend how to do something. It may sound like criticism.

Do I like my routines? Or is it time for a change?

When was the last time you added some variety to the GREEN activities you do? Do you always walk or bike the same route? Don't change a thing if it's going well.

But if you're getting bored, it may be time for a change. So get creative. Fill plastic bottles with sand. You can use them as an obstacle course when you rollerblade. Try being physically active while listening to music. Do a pedometer challenge. How else can you add some variety to your physical activities?

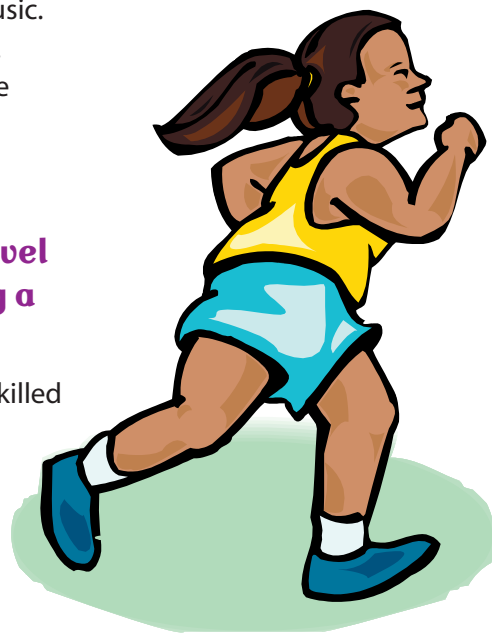
Don't let your skill level keep you from trying a new activity.

So what if you're not very skilled at something? You can enjoy it anyway. Don't let worries about how well you do it keep you from

Scheduling in advance helps you get the physical activity you need.

doing it. Don't let worrying keep you from having the fun that comes from doing it. You have just as much right to have fun as anyone else.

You don't have to be skilled at an activity to enjoy it. Just do it for fun. Besides, if you practice, you'll get better. Practice with a friend at your skill level. Encourage each other and improve together. Take lessons. Go to an activities camp. Try a skill-building program at the Y. There are a lot of ways to get better if you just look around and are willing to try. But don't wait until you are "good enough" to get started. You're already "good enough" to have fun with an activity.



Tyrone looked at his level of physical activity. He discovered that he had made a lot of progress. But he was doing the same things over and over. He wasn't thinking about what else he could do. He was meeting his silver medal goal of 30 minutes a day. But he hadn't gone further. He decided that the first goal would be to get 45 minutes of activity some days. He set this as a personal challenge to himself.

But he was only doing a Fitness Booster during the soccer season. He wanted to do Fitness Boosters other times of the year.

Tyrone also thought about his social support for physical activity. He was doing physical activity 1-2 times a week with other people. He thought that was OK. But he decided to try to make it 3-4 times a week. When he told his parents, they encouraged him to talk to his friends. "Be sure to plan in advance. That's the key to getting it done," they said.

Tyrone talked to Sam about playing some 1-on-1 basketball. They could do it instead of just shooting hoops. "I'd really like to do that," Sam said. "That's more fun than just shooting around. And it will help me stay in shape for the soccer season."

Tyrone also wanted to do more things in the community. He asked around. He learned that there would be a run/walk for a local diabetes charity. Tyrone decided to get involved. He believed in the cause. And he thought it would be fun. He talked to Sam about it. They decided to train for it together. They would also ask people to make pledges to sponsor them.

He also talked to Sam about joining a Y basketball league. This would help him do a team sport. It would also be a Fitness Booster during the winter. Sam was interested. But he wasn't sure that he would have the time. "Ask me in October," he said. "I'll know my schedule by then. It sounds like fun. What about Jose? Have you talked to him? I bet he'd like to."

"That's a great idea," said Tyrone. He talked to Jose at school about joining the Y league. Jose was excited. He said he'd also love to play some 1-on-1 basketball with Tyrone. Tyrone was also excited. This gave him someone else to do Fitness Boosters with. And have more fun.

Tyrone told his parents at a family meeting. They were very proud of him for making the effort to get more physical activity. "I'll be happy to drive you to the gym when the weather is really bad," his father said. "What you are doing for yourself is just great!"

If you have to skip a day, it's okay. Just be sure you make it up the next day.

What do you think about the way Tyrone went about doing more activity?

How can you include a Fitness Booster in your activity routine? Write down your plan.

Team sports and community events are fun ways to be active and meet new friends.



Add variety and fun to your physical activity—and meet new friends. Try using community events and team sports.

It's easy to fall into the trap of thinking that getting GREEN activity is something you do alone. Or with just one other person. It can be. But it's also something that you can have fun doing with others.

- ▶ Have you thought about joining a team? Many communities have leagues with club teams for soccer, basketball, and other sports. Teams are usually set up by age and skill level. They are open to anyone who wants to join. Your skill level is not so important. Your interest is what counts. This makes it is easy to find people who are just learning a sport. It's also a great way to meet other people who want to be more physically active.
- ▶ Have you ever done a run or walk for a charity? Training for one will give you something to focus on.

Training with friends will make it more fun.

The first step is to start asking around. Check with your friends. Ask the coach at school. Call the Y. Drop in at the community center. Check the events calendar in the paper. The more you find out about what's going on, the more likely you will be to find activities you will enjoy. Then talk to your friends about doing these activities with you.



What should I do to get more benefits from my physical activity?

Use the **Key Questions** in this chapter to help you figure out where you stand with your physical activity goal. Then set some smaller, one-step-at-a-time goals for yourself.

- ▶ Fitness Boosters. Try to do at least 1 Fitness Booster a week. Can you do more?
- ▶ Social support. Can you do physical activity with a friend at least 1 more time a week?
- ▶ Community resources.

Skills and Goals for enjoying more physical activity

- ▶ Evaluate physical activity habits and set new goals.
- ▶ Do more physical activity with friends.
- ▶ Find resources in the community that will help me have fun and get more physical activity.

Maybe joining a team isn't for you. But maybe it is. Try to find at least 1 activity in the community that you can do with others. It could be a charity walk. Or a volleyball tournament at the Y. How about dancing? You won't know what you will like until you try.

These small goals are just suggestions. But they are a good starting point for you to think about what you need to do. Talk about them with your PAL.

Notes to myself—some things I want to keep in mind this week:

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What Activities Am I Doing Now?

List some activities you do to meet your goal each week. Who does an activity with you? Write down her name. Check the face that shows how much you like doing the activity. Then write down the reason why you made that choice.

Activity	Who does this activity with me?	How much do I like this activity?	Reason
Walking	alone	☺ ☹ ☹	Too boring
		☺ ☹ ☹	
		☺ ☹ ☹	
		☺ ☹ ☹	
		☺ ☹ ☹	
		☺ ☹ ☹	

Overcoming Barriers When Trying Something New

Write down some new GREEN activities that you would like to try. Check off any barriers. Write down any new barriers. Then make a plan to overcome each barrier. Talk it over with your parents and your PAL.

Activity:

Barrier	My plan to overcome this barrier
Don't know how	
Don't know where I can do it	
Don't like to sweat	
No time to do it	
No transportation	
Feeling self-conscious	
Too tired after school	
Not coordinated enough	
Not fast enough	
Not strong enough	
No one to do it with	

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Set Goals For Physical Activities With Your Friends

Tyrone noticed that he was doing most of his activity alone. He also noticed that he was walking with his parents a lot more than he was doing physical activity with his friends. That was something he wanted to change. He talked to his parents about his goal of doing more activities with his friends. They helped him make plans to reach his goals. He wrote his plans in the chart below. He was excited. He was setting goals.

Day of the Week	Activity	Where	Friend	Time	How Long	Transportation Needed	Back Up Plan
Mon/ Wed	Soccer	School	Sam	3:30-4	30 min.	None	Walk 30 min with Mom and Dad
Tues	Basketball	Park	Jose	3:30-4	30 min.	Walk or bike	Play basketball with another friend
Saturday	Soccer	Park	Sam	10-11	60 min.	Walk or bike	Ride my bike with another friend

Now make a plan to meet your GREEN activity goals. Be specific, just like Tyrone was.

Day of the Week	Activity	Where	Friend	Time	How Long	Transportation Needed	Back Up Plan

Keep Track of Your Progress Towards Your Goals.

Tyrone kept track of his progress. Here's what his chart for the week looked like

Day of the week	Activity	Friend	How Long	Goal	Did I meet my goal?	If no, what was the barrier?
Mon/Wed	Soccer	Sam	60 min.	30 min.	Yes!	
Tuesday	Basketball	Jose	30 min.	30 min.	Yes!	
Saturday	Nothing			60 min.	No	Bad weather- rained all day

Fill out your chart just like Tyrone did. Be specific. Write down what you really did. Name the activity. Name the friend. Write down the number of minutes you did it. Did you meet your goal? If you did—good job! Your plan worked. If you did not meet your goal, identify what barrier got in the way.

Keeping track like this is important. It's the best way to know how much progress you have made. It will help you make an even better plan for the next week if you need to.

Day of the week	Activity	Friend	How Long	Goal	Did I meet my goal?	If no, what was the barrier?

Plan to Overcome Any Barriers.

Sometimes barriers make it hard to do an activity. Did this happen to you? Write down the activity. Write down any barrier that got in your way. Then make a plan to overcome each barrier. Talk to your parents about your plan.

Here's what Tyrone wrote.

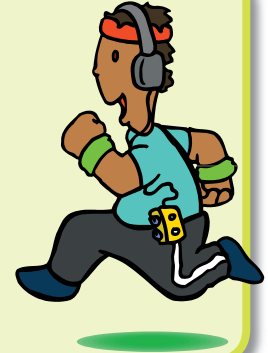
Activity	Barrier	My plan to overcome this barrier next week
Playing soccer	Bad weather	Next time it rains when I am planning to do an activity outside, I can ask my mom to take me swimming at the YMCA instead.

Make a plan to overcome any barriers you meet.

Activity	Barrier	My plan to overcome this barrier next week

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- ▶ How active are you? What's your level of activity? What's your next goal?
 - ▶ Silver: 200 minutes a week (30 minutes a day)
 - ▶ Gold: 300 minutes a week (45 minutes a day)
 - ▶ Platinum: 400 minutes or more a week (60 minutes a day)
 - ▶ What does the pedometer say?
- ▶ What activities do you do now? What other activities might you enjoy?
- ▶ How intense are your activities? Have you begun doing Fitness Boosters?
- ▶ Who does physical activity with you? Your friends? Your family? How often?



TIP

Planning in advance means knowing

- ▶ *What* you will do.
- ▶ *When* you will do it.
- ▶ *How* you will do it.
- ▶ How you will get *where* you need to be to do it.
- ▶ *Who* can do it with you.
- ▶ What your *backup plan* is.

What you can do to move ahead

- ▶ Increase the amount of time you are active.
- ▶ Increase the intensity level of some activities.

SPECIAL FOCUS

Don't let your skill level keep you from trying a new activity.

- ▶ Take lessons.
- ▶ Go to an activities camp.
- ▶ Try a Y skill-building program.
- ▶ Practice with a friend at your skill level.
- ▶ You're already "good enough" to have fun with an activity.
- ▶ Just do it.

Use community events and team sports

- ▶ Find out what's available in your neighborhood.
- ▶ Sign up for a club team in soccer, basketball, or other sports. They are open to anyone who wants to participate. Your skill level is not so important.
- ▶ Do a charity run or a walk-a-thon. Training for it will give you something to work for. Training with friends will make it more fun.