

You Can Do It

Pick things YOU like to do. Try one of these suggestions, or write down 1 or 2 things you enjoy that make your body move.

- I will take a short walk every day.
- I will park farther away in a parking lot.
- I will dance for 20 minutes at home.
- I will get up and do small chores during TV commercials.
- I will take the stairs instead of the elevator.
- I will stretch for ten minutes when I wake up each day.
- _____
- _____



“I make myself turn off the TV and go shoot some hoops. I feel so much better and it is fun.”

