

Beginner Exercise Routine Cues and Prompts

At Home

- Lay out cloths the night before for early morning activity.
- Keep shoes for activity in several places , the car, the garage, the van, at work.
- Always keep an exercise bag packed and ready to go.
- Wear workout clothes around the house.
- Turn the TV off before and after meals
- Do not read paper or email until you have exercised first.
- Freeze containers of drinking water to take with you.
- Post notes to yourself reminding you of your new goals

At Work

- Schedule activity and stretch breaks.
- Write on your personal calendar about activities after work.
- Place pictures of yourself and others exercising.
- Wear comfortable cloths so you are ready for exercise on any free moments.
- Keep exercise bands or barbells handy.

During Leisure Time

- Spend time with active people
- Always carry shoes and cloths for activity in the car.
- Make Reservations at hotels that have fitness facilities.

Filename: Physical Activity Cues and Prompts
Directory: G:
Template: C:\Users\Valued
Customer\AppData\Roaming\Microsoft\Templates\Normal.dot
Title: Physical Activity Cues and Prompts
Subject:
Author: Administrator
Keywords:
Comments:
Creation Date: 10/22/2009 4:13:00 AM
Change Number: 2
Last Saved On: 10/28/2009 7:09:00 PM
Last Saved By: Mike and Sue
Total Editing Time: 78 Minutes
Last Printed On: 10/28/2009 7:09:00 PM
As of Last Complete Printing
Number of Pages: 1
Number of Words: 139 (approx.)
Number of Characters: 796 (approx.)