



Active Lifestyle Challenge

WEEK ONE

Set Yourself Up for Success

Welcome to week one of the Active Lifestyle Challenge!

Included in this packet are all the resources you need for your first week.



ACTIVE LIFESTYLE CHALLENGE

Week One Overview

Set Yourself Up for Success

Remember to track each completed activity on your challenge tracking sheet!

Watch 'How to Make Physical Activity a Habit'

3-Minute Video

Watch Now



Read 'Tips for a Successful Fitness Plan'

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Tips for a Successful Fitness Plan

Starting a fitness program does not have to be overwhelming! Keep these tips in mind to ensure your success and to keep you healthy along the way.

⊗ Don'ts

Skip breakfast. You need to fuel your body each morning to jump start your metabolism and provide yourself with the energy that you need to get through the day.

Over-train. To get stronger, your body needs to recover from your workouts. If you are strength training all of your muscles on one day, don't strength train the next day - schedule a day of rest in between your strength workouts to reap the greatest rewards from your training.

Skimp on sleep. Shoot for 7-8 hours each night.

Set unrealistic goals for weight loss. A healthy rate of weight loss is 1-2 pounds per week.

Forget to reward yourself. Celebrate your achievements no matter how big or small!

Lose focus. Keep an open mind and remember Rome was not built in a day. Getting to your desired goal will take time and effort on your part!

✓ Dos

Talk to your personal physician. Determine guidelines if you have heart disease, diabetes, and high blood pressure, are pregnant, or just starting to exercise after a long period of time.

Assess your current fitness level before starting an exercise program. This will help you better establish your fitness goals.

Write down your fitness goals. You will be more likely to stick with your routine if you establish a goal.

Participate in exercises you enjoy. There are a wide range of exercises to choose from so try some out and stick with the ones you like!

Consider an organized fitness event. It can be a local race or an exercise class. Accountability increases when you invest time and effort.

Warm up with a light walk or jog before you begin your pre-workout stretch or strength training routine. This will help to circulate blood to your muscles before stretching them out.

Vary your routine. Don't get stuck doing the same thing day in and day out. Keep your interest by switching things up a bit.

Work out with a friend. Peer support is powerful and will keep both you and your friend motivated when achieving fitness goals.

Stay hydrated. Drink plenty of water before, during, and after each workout.

Make a fitness schedule. Set a weekly workout routine to keep yourself on track.



Starting an Exercise Routine

Create or revamp your exercise routine with these easy steps.



Step 1

Define Your Goal & Motivation

Write Down Your Training / Fitness Goals

Create a specific, measurable goal. Next, identify the motivation for improving your fitness level. Finding motivation beyond body composition or outward appearance tends to improve success. Consider the following ideas if you are stuck.

- › **Training** (i.e. 5 pullups, complete a 5k, half marathon etc.)
- › **Family** (i.e. I want to be able to play with my kids, grandkids. etc.)
- › **Happiness** (i.e. I want to be a happier parent, friend, coworker)
- › **Health** (i.e. I want to have more energy, improve my test results and reduce chronic disease risk)

Create Affirmations

Commit to live and create habits that embody the type of individual you describe with these affirmations.

- › I am an active individual.
- › I enjoy moving my body.
- › I make time to take care of my body.
- › I am an athlete.



Step 2

Access Your Current Fitness Level

Give yourself a starting point so you can track your progress. Consider tracking cardiorespiratory, muscular or flexibility fitness. Don't discredit less tangible measures like how you feel. For example, having more energy, sleeping better, reduced stress or anxiety are all positive results of exercise.

Check in with doctor if you have questions about your current health status regarding exercise. This includes belonging to a special population such as 65+, pregnancy, chronic or acute conditions. It is important to consider these factors in avoid injury.



Step 3

Create a Plan

Assess barriers that have previously kept you from reaching your fitness goals. Create a list and write down ways to remove those barriers.

Develop 2-Minute Habits

Nearly any habit can be scaled down into a two-minute action. For example, exercise each day becomes put on my exercise clothes. The hope is to make a new behavior as simple as possible by

creating a “gateway habit” that naturally leads you down a more productive path. These two-minute habits should be the easiest part of your routine, hopefully motivating you to continue a new behavior by following the simplest action.

Two-minute habits you may find helpful:

- › Putting on your exercise clothes
- › Planning the next day’s workout
- › Eating your pre-workout snack
- › Getting in the car to drive to the gym
- › Packing your gym bag

Review Recommendations to Guide Your Exercise Plan

The American College of Sports Medicine currently recommends 150 minutes of moderate-intensity aerobic activity or 75 minutes of vigorous activity every week and muscle strengthening activities that work all major muscle groups 2 times per week.

Step 4

Track Your Progress

Revisit Your Goals

Remeasure your cardiorespiratory, muscular, flexibility levels. Note changes in mood, sleep or energy levels. Consider how you will progress your routine. Will you adjust frequency, intensity, length of workouts? Revisit barriers you may be experiencing and brainstorm possible solutions.

Step 5

Keep It Going

Find activities you enjoy and make you feel confident.

Utilize Triggers

Humans are driven by sensory cues. Shift your environment by creating obvious visual cues that draw your attention toward a desired habit. Try laying out your workout clothes the night before. Place your running shoes by the door or on your passenger seat. Put your water bottle next to your keys as a visual reminder of your goal.

Helpful Tips & Tools

Be Flexible

Things come up, but don’t let one bad day get you off track for the rest of the week.

Be Prepared

Ensure that you have the proper gear to get started, ex: athletic shoes, yoga mat, fitness app.

Be Creative

Try new activities to figure out what you enjoy. For example, if you’re short on time, split up your exercise session into three 10-minute bouts.

Make It Social

Get your family and friends involved or join a group exercise class.

Visit DAREBEE.com for common exercise modifications.

Apps & Resources

RunKeeper

Free

Workout GPS tracking, performance reporting, race training plans, device syncing

Sweat

Free 1-Week Trial

Women's fitness app with a variety of workout plans

Peleton

Free Trial

Variety of workout plans including treadmill, bike, and strength programs

Strava

Free

Workout GPS tracking, performance reporting, new routes & maps, device syncing

JEFIT Workout

Free

Over 1,300 exercise tutorials, customized fitness plans, tracking

SworKit Workouts & Plans

Free with Buy-Up Options

Free 30-Day Tracking Trial

#1 fitness app for beginners, customizable workouts & programs

Nike Training Club

Free

Personal trainer, personal workouts, goal/activity tracking

Just 6 Weeks

Free with Buy-Up Options

Helps you reach one of seven resistance training goals over a 6-week period, fitness testing, guided workouts

Yoga Studio

Free 7-Day Trial

Video yoga classes of all levels, mind-body focus, meditation, tracking

Tabata Stopwatch Pro

Free

Custom interval training timer, HIIT, voice guide, tracking



SMART Goals

When developing your goals, remember to be SMART. The acronym SMART stands for specific, measurable, attainable, relevant, and timely.



Specific

Answer the 6 “W’s”. Who is involved? What do I want to accomplish? Where will this occur? When will I achieve this by? Which limitations might I face? Why do I want to accomplish this goal?



Measurable

How will I measure this? How will I know when I have accomplished it?



Attainable

How will I achieve my goal? What resources will I use?



Relevant

Am I willing and able to work towards this goal? Am I motivated and what motivates me?



Timely

Set a timeframe to achieve your goal.

Examples

I want to lose 5lbs of fat-mass in 4 weeks to reach my goal weight.

I want to be able to choose a healthy snack every day for the next 4 weeks to feel more energized throughout the day.

What Is Your Smart Goal?

Along with setting goals, sharing our goals with a family member or friend, and sending updates on our progress, can boost our chances of reaching that goal. By enlisting others, we are making sure we stay accountable. This week strive to share your SMART goal with one person each day. Choose positive people who will help you along the way!



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