

My Action Plan Exercise

Action Items	I will do this...	I might do this...	I will think about doing this...
Talk to my doctor to see if an exercise program is a good idea for me.			
Work with my doctor to set my exercise goals.			
Decide what exercises I like that would help me meet my goals.			
Make a weekly schedule with days and times set aside for exercise.			
Decide where I will exercise.			
Make a backup plan for dealing with things like having to go out of town, bad weather, a busy schedule or unexpected appointments.			
Get any items I need to exercise like good walking shoes, a swim suit for swimming, clothing, equipment, or a gym membership.			
Talk to a friend about exercising with me. Use the buddy system for support.			
Set a date to get started and keep it!			

Questions to Ask Myself

Before filling out this action plan, remember to take time to think about and set realistic goals. Start by asking yourself these questions:







Questions to Ask My Doctor

What kinds of exercises can I easily do?	
What exercises could I do daily? Weekly?	
What exercises should I not be doing?	

4 Ways to be Active

To get the most out of physical activity, try all four types of exercise.

	<p>1 Endurance: My doctors says I can do this: _____ How Many and How Long? _____ How Often? _____</p> <p>Endurance builds your energy or staying power. Try to build up to at least 30 minutes of activity that makes you breathe hard. You might try: walking, jogging, running, riding your bike, climbing stairs, swimming, tennis or other sports. Be sure to ask your doctor what's right for you.</p>
	<p>2 Strength: My doctors says I can do this: _____ How Many and How Long? _____ How Often? _____</p> <p>Strength exercises keep you strong and help build new muscle. Keeping your muscles in shape helps prevent falls that cause problems like broken hips. Try sitting with your feet flat on the floor and lift your leg up and out until your leg is straight, hold a few seconds then switch legs.</p>
	<p>3 Balance: My doctors says I can do this: _____ How Many and How Long? _____ How Often? _____</p> <p>Do things to help your balance. Try standing on one foot, then the other, while holding on to something stable, like the back of a chair. Or walk by placing the heel of one foot just in front of the toes of the other foot.</p>
	<p>4 Stretch: My doctors says I can do this: _____ How Many and How Long? _____ How Often? _____</p> <p>Stretching can help you keep your muscles and joints flexible. Stretch when your muscles are warmed up from doing your endurance, strength or balance exercises. Don't stretch so far that it hurts.</p>

U.S. National Institutes of Health, National Institute of Aging, <http://www.nia.nih.gov/HealthInformation/Publications/exercise.htm>
 American Heart Association, http://www.heart.org/HEARTORG/Conditions/More/CardiacRehab/Strength-and-Balance-Exercises_UCM_307384_Article.jsp

Exercise Safety Tips

Keep the following tips in mind. Follow them each time you exercise for your comfort and safety.



Start your exercise routine with warm-up movement that you do for 5–10 minutes. Some common examples are slow walking, making circles with your arms, or lifting your knees one at a time—in a sitting or standing position.



End your exercise routine with cool-down movement and stretching that you do for at least 5–10 minutes. Some things to help you cool down might be slow walking or deep, slow stretching.



Stop exercise and Call 9–1–1 right away if you have any of the following symptoms of a heart problem during or just after exercise:

- Chest pain or discomfort. Pressure, squeezing, fullness or pain may last more than a few minutes or it may go away and come back.
- Discomfort in other parts of the upper body. This can include one or both arms, the back, neck, jaw or stomach.
- Shortness of breath. This may happen with or without chest discomfort.
- Feeling sick to your stomach (nausea), feeling lightheaded or breaking out in a cold sweat.



Be sure to drink plenty of water when you are moving more. Many people don't feel thirsty even if their body needs fluid. Be sure to talk with your doctor about how much fluid is right for you when exercising, especially if your doctor has told you only to drink a certain amount of water or other fluids each day.

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