

Blog 13

Living on WELL Street Blog: **"Change Your Life - Write It Down!"**

By Michael White, Worksite Wellness Technical Assistant, We Choose Health

"The most common objection that I hear to walking as exercise is that it's too easy, that only sweaty, strenuous activity offers real benefits. But there is abundant evidence that regular, brisk walking is associated with better health, including lower blood pressure, better moods and improved cholesterol ratios." - Andrew Weil

Up until 18 years ago, I would approach each New Year's Day with a long list of resolutions to motivate myself to get in physical shape. January 1, 1996 changed my resolutions forever. On that date, I created a physical activity chart where I could record how many miles walked or ran (aerobic) and how much time I spent doing resistance training (weight lifting or anaerobic exercise - which I consider to be "The Fountain of Youth"!)

The daily act of writing my activity down has motivated me for 18 years! I cannot bear to record more than a couple days of "0's" on my chart, before I am compelled to get moving.

My activity chart is displayed prominently on my refrigerator where I cannot avoid it. It has columns for two people, or one person for two months. If possible, include a partner, family member, or friend in your effort. It does not have to be competitive. However, the benefit of sharing the experience will be a huge increase in motivation for both of you.

I promise you that the activity chart will be the simplest and most effective way that you have ever experienced to keep you engaged in exercise. And, it costs you nothing! Make your own chart, or use the charts that are available at the We Choose Health 365 website at: <http://wechoosehealth365.com/asp/public/Page.aspx?pid=15548>.

18 years from now, let me know how it's working for you!

Live WELL!

Michael