



Exercising for Life

Getting started and staying with it

Congratulations! You have taken the first step in improving your health by starting an exercise program. Sometimes, staying motivated to keep exercising is a challenge! There are several factors that affect starting and maintaining your exercise program. These include making sure you understand:

- **What exercises to do. This is also called your exercise program.**
- **How exercise benefits you.**
- **What your barriers are to exercise.**
- **How to make an exercise plan.**
- **How to restart your exercise plan after a lapse.**

What exercises are right for me?

Your Strong and Steady therapist will work with you to develop an exercise program that is right for you. Your therapist will teach you how to do your exercises safely, and help you figure out a plan for doing your exercises on a regular basis.

What are the benefits and barriers to exercise?

Knowing why you should exercise can help you stay motivated to keep exercising. Knowing your personal barriers to exercising can also help.

Here are some common benefits and barriers to exercise:

Benefits
Increase your energy
Feel stronger
Feel more confident
Improve your walking
Improve your flexibility
Decrease your risk of falling
Maintain a healthy weight
Improve your self image
Sleep better
Make new friends – have fun!

Barriers
Too busy
Don't know where to go
Can't afford to pay
No transportation
Injury
Acute illness
Chronic condition(s)
Overweight
Frightened of exercise
No one to exercise with

My top 3 reasons for exercising:

1.
2.
3.

Questions?

Your questions are important. Call your doctor or health care provider if you have questions or concerns. UWMC clinic staff are also available to help at any time.

For appointments, call between 8 a.m. and 4:30 p.m. Monday through Friday:

8-East Physical Therapy:
206-598-4830

Roosevelt Exercise Training Center:
206-598-2888

Appointments are scheduled daily between 8:15 a.m. and 3 p.m.

UNIVERSITY OF WASHINGTON
MEDICAL CENTER
UW Medicine

8-East Physical Therapy/
Roosevelt Exercise Training Center

Box 356490/Box 345745
1959 N.E. Pacific St. Seattle, WA 98195
206-598-4830/206-598-2888

My top 3 reasons for not exercising:

1.
2.
3.

What is my exercise plan?

Sticking to an exercise program takes planning! A plan includes knowing when and where you will exercise and finding people to exercise with. Setting goals can also keep you exercising. Complete your plan for exercise below:

The best time for me to exercise is: _____

The best place for me to exercise is: _____

Two people I could exercise with: _____

I plan to do these activities:

Activity	How Much Time	How Often

My exercise goals:

Daily: _____

Weekly: _____

Monthly: _____

How do I restart my exercise program if I have to stop?

Sometimes, no matter how motivated we are to exercise, we have to stop. It could be due to a change in your own health or the health of someone you care for. A vacation or move can also interfere with your exercise plan. Understand that lapses happen. The important thing is to restart your exercise program as soon as you are able. You need to start slowly, and build up to your former level of exercise.

If you have had a long break from exercise, or your health has changed, you need to contact your health care provider to make sure you are ready to begin again. You can also contact your physical therapist for help in getting started again.