

Walk **NEBRASKA**

Build Indulgences into Your Physical Activity Plan

A way to increase your enthusiasm for physical activity is to change how you think about it. Think of it as an indulgence for your body. Give yourself permission to indulge in a new and exciting activity; then reward yourself with something special like a hot stone massage.

Make physical activity an adventure by trying something new. Here are some fun cardiovascular activities to try:

- Rent a Latin dance video and try some new steps
- Join a Square Dance Club
- Try swimming aerobics
- Take a belly dancing class

Set short-term goals that you can measure as well as long-term goals. Review your progress regularly, and focus on what you have achieved – even if it does fall short of your goal. And when you do reach that goal, reward yourself. This will keep you excited about your physical activity plan.

- Make your reward something you might never do for yourself, such as getting a back massage, a manicure or a pedicure.
- Go out and splurge – buy a pair of shoes, a different fishing pole, a new purse, or go to a special movie with a friend or your spouse.
- Take time to read or finish a good book, take a long bubble bath, or plant a flower or vegetable garden.

**Remember, you will face obstacles along the way and you'll need to deal with them and move on. Reward yourself when you reach milestones or goals.
But make sure the rewards match your healthy lifestyle.**

Know how. Know **now.**



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