

# Staying Active

Presented by  
CIGNA Employee Assistance Program



- Identify benefits and barriers of staying active
- Understand the importance of staying active
- Learn how to set goals
- Design an action plan

- Gives you more energy
- Positively aids in how you look and feel
- Supports you in achieving higher self-esteem
- Aids you in staying healthy and living longer
- Helps each day become more productive and fulfilling

- Burns calories that otherwise would be stored in your body as fat
- Burns fat that your body has already stored
- Builds muscle, which burns more calories than fat
- Can reduce your risk for Type 2 Diabetes, Heart Disease and Stroke

- It's inconvenient; you don't have time
- I work hard and I'm tired when I get home
- You've tried and failed before
- It's boring; you don't enjoy exercise
- You may have little to no motivation

- Brainstorm ways to better manage your time
- Try getting more rest
- Set small, reachable goals
- Vary your physical activities
- Find words of wisdom that inspire you

- Find a friend to join you
- Incentive to keep your “appointment”
- Provides motivation
- Opportunity to socialize

### Preparing for your trip:

- Try to stay in a hotel with an exercise facility or pool
- Pack appropriate clothing for exercising such as a swimsuit and some type of running or walking shoes. Exercise clothes that are made out of synthetic fabric generally dry quickly, which is convenient when you are living out of a suitcase
- Pack an exercise DVD (in case the hotel room has a DVD player), a jump rope, or even some form of a resistance exercise band

While on your trip:

- If there is not an exercise facility or pool, use the stairs and the hallways as a makeshift “track” and see how many “laps” you can do
- Call the concierge or hotel front desk staff as they are a great resource for information about parks nearby or walking/hiking trails
- Research different walking trails and state parks that you could possibly utilize in your down time. Always keep your personal safety in mind

Your body likes attention and will do whatever it takes to get it:

- May whine with illness
- Shriek in pain
- Sulk and get “mushy”

***\*\*\*Remember to visit your doctor before starting any moderate to intense exercise program\*\*\****

- Designate a specific time for physical activity everyday
- Keep your goals realistic
- ALWAYS reward yourself
- Visualize your desired outcome

- Take “baby” steps
- Recognize that small changes can make a big difference
- Choose one activity that you will try today

- Leave your guilt behind
- Focus on what you **CAN** do **NOW** and in the future
- Seek out encouragement

***Remember...*** Although increasing your physical activity will require hard work and dedication, the benefits you gain will far outweigh the amount of effort you put in. If you find the right activity, you just may end up enjoying yourself!

1. Centers for Disease Control and Prevention. (2008). *Physical Activity and Health*. Retrieved May 12, 2009, from:  
<http://www.cdc.gov/physicalactivity/everyone/health/index.html>
2. Healthwise. (2008). *Quick Tips: Staying Active When you Travel – Get Started*. Retrieved May 1, 2009, from:  
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