



The Center for Young Women's Health

Children's Hospital Boston

www.youngwomenshealth.org

My Fitness Plan – Getting Started!

Exercise is good for you in many different ways. It can help you maintain a healthy weight, and boost your overall energy level. Also, if you're stressed or anxious, regular exercise can help improve your mood.

Making exercise fun is the key to keeping it an ongoing part of your life. This guide includes three worksheets to help you figure out which types of exercise you'll enjoy most, and how to get started with them.

So here we go! Start by printing and filling out the worksheets on the following pages —

First, you'll figure out what feelings and goals can motivate you, what activities you actually like to do, and how you can free up time for fitness. Then, you'll learn how to choose fun fitness activities for a balanced exercise routine. Third, you'll plan your fitness schedule so exercising becomes part of your weekly routine.

My Fitness Plan – Worksheet 1

My Fitness Motivators and Health Benefits

Think of some positive motivators that make you want to improve your fitness. What are some ways your life will get better? **Check off and write in** your top motivators and benefits.

- Have more energy
- Release Stress from my body
- Develop a healthier and stronger heart
- Manage my weight
- Improve my overall health
- _____
- _____
- _____

My Everyday Activities

You can move your body more by increasing your everyday activities, like walking instead of getting a ride. **Check off and list** some of your favorite everyday activities .

- Walk instead of taking the bus
- Take the stairs instead of the elevator
- Clean my room with extra zing
- _____
- _____
- _____

My Other Physical Activities

Other ways of exercising are physical activities like riding your bike or playing a sport. These activities require more of your energy. **Check off or list** some other physical activities you enjoy.

- Ride my bike instead of getting a ride
- Dance to my favorite tunes
- _____
- _____
- _____

My Time to Get Fit

To exercise more than you already are, you need to make room in your busy schedule. Think about where you can fit in a few extra workouts. **Check off or list** some strategies that will help you make time for fitness.

- Mark work-out dates on my calendar
- Mix social & fitness — exercise with a friend
- Add one more workout per week
- Cut TV and internet time in half
- _____
- _____
- _____

My Fitness Goals

Having clear goals can be a great motivator, and help you keep you focused. **Check off or write in** your top three fitness goals for the next month.

- Have more energy
- Learn a new sport
- Try a new dance or aerobics class
- Use the Fun Fitness program in this guide
- Try an exercise video tape or DVD
- Join a sports team
- Start a walking club with friends
- Be outdoors and get fresh air
- Improve my self esteem
- Take good care of my health
- Have fun with fitness
- _____
- _____
- _____

Good job! You've finished your worksheet! Now you're on your way to getting started with your new fitness program. Keep this sheet where you can see it every day, to help you stay focused on your goals.

My Fitness Plan – Worksheet 2

Our **Fun Fitness** program includes three sections to get you going with different areas of fitness.

Stretch It exercises keep you flexible, relax you, and can help prevent injuries, like pulling a muscle from reaching too far. **Move It** has aerobic activities to help keep your heart strong, and manage your insulin levels and your weight. **Tone It** has strength exercises to build strong and active muscles and increase your metabolism, so your body does a better job burning food for energy.

This worksheet shows exercises from each of the **Fun Fitness** sections. Check off the ones you want to try, and use the extra lines to fill in related exercises you'd like to do. Remember to pick activities that are safe and within your fitness level. You can include exercises you learned on a sports team, in gym class, or from a certified personal trainer. Be sure to choose items from each column, for a balanced workout.

Stretch It	Move It	Tone It
<p>Upper Body</p> <p><input type="checkbox"/> Bicep</p> <p><input type="checkbox"/> Tricep</p> <p><input type="checkbox"/> Chest</p> <p><input type="checkbox"/> Upper Back</p> <p><input type="checkbox"/> Cross Shoulder</p> <p>Middle Body</p> <p><input type="checkbox"/> Back</p> <p><input type="checkbox"/> Abdominal</p> <p><input type="checkbox"/> Waist Reach</p> <p>Lower Body</p> <p><input type="checkbox"/> Hamstring</p> <p><input type="checkbox"/> Inner Thigh</p> <p><input type="checkbox"/> Outer Thigh</p> <p><input type="checkbox"/> Quadricep</p> <p><input type="checkbox"/> Lunge</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p>	<p><input type="checkbox"/> Hiking</p> <p><input type="checkbox"/> Biking</p> <p><input type="checkbox"/> Power Walking (walking at a faster than normal pace, but not quite a running speed)</p> <p><input type="checkbox"/> Jumping Rope</p> <p><input type="checkbox"/> Dancing</p> <p><input type="checkbox"/> Soccer</p> <p><input type="checkbox"/> Aerobics Class*</p> <p><input type="checkbox"/> Tennis</p> <p><input type="checkbox"/> Field Hockey</p> <p><input type="checkbox"/> Kick Boxing</p> <p><input type="checkbox"/> Kick Ball</p> <p><input type="checkbox"/> Running</p> <p><input type="checkbox"/> Track</p> <p><input type="checkbox"/> Volleyball</p> <p><input type="checkbox"/> Basket Ball</p> <p><input type="checkbox"/> Skiing</p> <p><input type="checkbox"/> Ice Hockey</p> <p><input type="checkbox"/> Ice Skating</p> <p><input type="checkbox"/> Step Aerobics *</p> <p><input type="checkbox"/> Yoga *</p> <p><input type="checkbox"/> Pilates *</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p> <p>* Try these in a class, or at home with a tape or DVD.</p>	<p>Upper Body</p> <p><input type="checkbox"/> Overhead Shoulder Press</p> <p><input type="checkbox"/> Chest Press</p> <p><input type="checkbox"/> Bent Knee Push Up</p> <p><input type="checkbox"/> Bicep Curl</p> <p><input type="checkbox"/> Tricep Extension</p> <p>Middle Body</p> <p><input type="checkbox"/> Sit Up</p> <p><input type="checkbox"/> Isometric Sit Up</p> <p><input type="checkbox"/> Side Twist Sit Up</p> <p><input type="checkbox"/> Front Arm Raise</p> <p>Lower Body</p> <p><input type="checkbox"/> Inner Thigh Lift</p> <p><input type="checkbox"/> Outer Thigh Lift</p> <p><input type="checkbox"/> Power Lift Kick</p> <p><input type="checkbox"/> Squat</p> <p><input type="checkbox"/> Calf Lift</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p>

Great! – You've hand-picked the exercises you'd like to try. The last step toward getting your fitness program going is to add these activities into your weekly calendar. The third worksheet will help with planning and scheduling.

My Fitness Plan – Worksheet

In order to really **do** the activities you've chosen, you have to make **time** for them. This worksheet will help you plan your fitness schedule so exercising becomes part of your weekly routine.

Look back at your completed Worksheet 2 – **Fun Fitness**. Go column by column, and copy your fitness items into the calendar below. Think about which activities will work best on which days and what are good times for the different activities. Also, be sure to create a balance between stretching, moving, and toning. You don't have to do all three in one day, but schedule your week so you're not doing only one type of exercise.

After you've created your fitness schedule on this worksheet, it's a good idea to mark the days that you plan to exercise on your own calendar or planner. Put this worksheet someplace where you'll see it everyday, as a reminder of what's coming up.

Day, Date, and Time	Activity
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Congratulations! You thought about what motivates you, you've selected different fun fitness activities, and you've planned your exercise goals. By completing these three worksheets, you've taken a big step towards becoming healthier and fit. Be proud of yourself, and keep up the good work!

Written by the Center for Young Women's Health Staff