



The goal of Get Movin' Randolph County is to help people live healthier lives through increased physical activity.

Adult Fitness Diary

Activity can help older adults:

- Control weight
- Decrease chances of diabetes or gain control of blood sugar
- Get control of blood pressure
- Manage stress, sleep better
- improve your mood
- Lower chance of developing dementia
- Lower risk of falls

How much activity do older adults need?

Older adults are a varied group.

If you are already active and have few, or well controlled conditions, the guidelines are essentially the same as for those 19-64.

Older adults need 3 types of activity: aerobic, muscle-strengthening exercises and exercises for balance.

Safety Notes:

- >> If you have not been active, you may want to check with your health provider before starting an exercise program.
- >>If you have chest tightness, chest pain, irregular heartbeat, or a heart condition discuss plans for exercise with your health provider before starting to exercise.
- >>The same is true for dizziness, or lightheadedness, check with your provider before getting started.
- >>If you haven't had your blood pressure checked in 6 months get it checked. If your blood pressure is poorly controlled you're your provider's advice.
- >>If you have diabetes and your blood sugar goes very high or drops too low, ask your provider for advice about safety and exercise.

Safety Notes:

>>If you have pain, swelling, or stiffness of your joints, your provider may have tips for how you can exercise with more comfort. Also discuss your exercise plan if you use an assistive device like a walker. If you have osteoporosis, get advice about which exercise moves to avoid to reduce risks of fractures.

Be SAFE & SMART

Exercise is often very helpful for these conditions. Your provider will be happy to work with you on a exercise plan, give them a call.

Why Do I Want to Be More Active?



Everyone has their own reasons for wanting to start or increase the amount of exercise you are getting. Why not start by listing two or three of YOUR OWN reasons for starting or increasing your exercise. Here are a few reasons others have listed.

REASONS for EXERCISE

1. Sleep better
2. Feel better
3. Improve my health
4. Lose or maintain weight
5. Look better
6. Socialize or visit with others
7. Maintain my strength
8. Maintain my independence
9. Avoid health problems

MY REASONS for EXERCISE

1. _____
2. _____
3. _____

SMART goals are Specific, Measurable, Attainable, Relevant, and Time-bound.

Specific goals expand on the goals you just checked. Selecting a type of vigorous or moderate exercise you wish to add.

Measurable goals are expressed in the number of minutes or days you want to reach for by the end of the month. However, you want to consider being incremental. If you aren't exercising AT ALL, your first step shouldn't be to reach for 30 minutes of vigorous exercise every day.

Attainable goals take into consideration your level of fitness, your health, and other factors that impinge on your day, like a job, caring for a loved one, doing volunteer work. Be realistic.

Relevant goals pertain to moving more. This campaign gives you many options, after all it's all about moving your way. Whether it's dancing, gardening, or walking, it all counts and will lead you to better health.

Time bound for the campaign's purpose is for the month of _____ 2024. However, we hope you keep setting more goals for yourself with time parameters.

EXAMPLE GOALS

For the last week of _____, I will shorten my TV viewing and couch-time in the evening by 30 minutes (doing chores inside or outside of the house).

During the month of _____, I will find a friend who is willing to walk with me at least twice a week.

Now list at least one SMART goal for the month of _____:

MY GOAL(S) FOR _____

1. _____

2. _____

3. _____

Progress Towards Goals Week One

INSERT DATE

Notes:

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Progress Towards Goals Week Two

INSERT DATE

Notes:

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Progress Towards Goals Week Three



INSERT DATE

Notes:

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Progress Towards Goals Week Four

INSERT DATE

Notes:

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

It's been 4 weeks how's it going??

Have you met the goals you set?
If not, do you need to modify your goals?

What goal(s) do you have for the next four weeks?

We hope you've continued your fitness program and have met your goals for the campaign. If you've stuck with it for a month, you are on your way to having a new healthy habit.

We challenge you to continue your new healthy habit and become an advocate for physical activity. Your example is a powerful prompt for your friends and neighbors. If you have children or grandchildren, you are sending an important message and example for them to follow.

Keep up the good work!
If you have any questions, contact:
Randolph County Health Department