

EATON CHIROPRACTIC

SUGGESTIONS FOR DESIGNING AN EXERCISE CALENDAR

- a fitness plan for life

Below is a sample exercise calendar. Use this model to design one that works for you.

Day of the Week Activity

Sunday	window shop at the mall
Monday	take a 60-minute walk with a friend
Tuesday	go swimming at the gym
Wednesday	play tennis or walk the mall
Thursday	use my exercise bike for 30 minutes
Friday	do my work-out video tape for 30 minutes
Saturday	catch up on gardening and housework

Using principles to build on

- Make an Investment in yourself and your health.
- Understand the benefits of progression of exercise.
- Begin at a level appropriate for your fitness level.
- Enjoy the training/exercise benefits.
- Set realistic short-term and long-term goals.
- Build a success-oriented perspective.
- Talk yourself into success.
- Emphasize commitment by signing a contract.
- Discuss with family, friends and those who have made exercise a lifestyle.
- Team up with a partner.
- Keep records of you success through an exercise log.
- Establish a regular schedule that fits into your life.
- Make exercise fun and varied.
- Adopt a healthy lifestyle balance.
- Anticipate obstacles and prepare for potential lapses in your program

No matter which of these principles you use to build your exercise program's staying power, apply each one with sensitivity to your needs and to the uniqueness of your personality. Just as the kind of exercise you choose should fit your lifestyle, so also should the techniques you use to make it a lifelong habit.