



Post-Surgery Program



**Make
Movement
Work For You**



Exercise - Make It Work *For* You

Enjoyable Movement vs. Punishment

The best exercise program in the world is the one that you actually want to do.

People who exercise regularly and who sustain it, do it because they enjoy it. If you don't enjoy jogging or going to the gym or you're trying to punish yourself for eating poor food choices, then you're never going to sustain it.

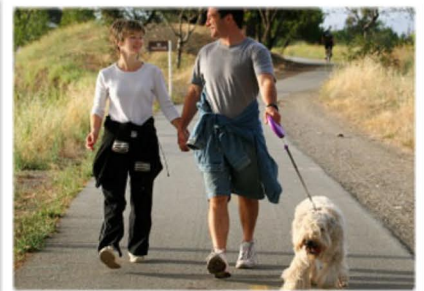


So what movement do you enjoy doing that's appropriate for you?

Answering this simple question will dramatically increase your chances of exercising regularly.

List at least 5 enjoyable movement options or activities for you below:

1.
2.
3.
4.
5.
6.
7.
8.
9.
10.



Accountability

Even if you enjoy your exercise, squeezing it into a busy life on a regular basis **takes commitment and discipline**. One of the best ways to make sure that you stick to your chosen enjoyable movement activity is to make yourself accountable and possibly to exercise with a partner or a group.

Who is on your team?

Who can you exercise with?

Who can you be accountable to?



1.

2.

3.

4.

5.

Start at an Appropriate Level

So many people dislike exercise because they find it painful and hard work. They may also struggle with aches and pains and injuries. **It's important to start out at the right level for you and to take small and achievable steps.**

“A journey of a thousand miles begins with a single step”

- Lao-Tzu



What movement will you commit to doing in the next 7 days that is appropriate for where you are right now?

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e.g. I will walk outside for 15 minutes on Monday and Friday this week.

Make sure that your commitment is realistic and achievable because success breeds success!