



5-Day Challenge

Day 1

Motivation for Change

by
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Key Points

In today's task we begin with a simple tick box exercise.

Written out below is a list of benefits that can be gained from living a more active lifestyle, and including physical activity into your routine on a regular basis.

The UK's Department of Health recommends that all adults take part in at least 150 minutes moderate exercise a week to optimise the wellbeing benefits. This recommendation increases to 300 minutes if the goal is weight loss, and reduces to 75 minutes if the activity is "vigorous" or "high intensity".

For most people though 150 minutes of moderate exercise (where you are slightly out of breath) is a brilliant first aim.

Even though we always start small, it can feel challenging in the beginning to make lifestyle change, which is why we need to be 100% clear on the benefits we are trying to achieve.

Motivation is highest when we recognise our personal 'internal' benefits—not the ones that other people think we 'should' be aiming for. It's important to spend the time figuring out what really matters for YOU.

Fill out the checklist by selecting the benefits that really matter to you personally, and at the end think about how this makes you feel.

At the end you will find a summarising section to capture your thoughts for posting in the group. Please aim to do this today by 3pm.

Now — go for it!



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Task 1: Identify The Benefits
of Physical Activity

1.1) In the checklists that follow, please tick all the benefits of physical activity that are important to you personally.

[Note: If you don't have a printer, read from the screen and write down on a sheet of paper the ones that stand out.]

Physical Wellbeing

- Reduce your risk of heart disease
- Reduce your risk of stroke
- Reduce your risk of colon cancer
- Reduce your risk of breast cancer
- Reduce your risk of esophageal cancer
- Reduce your risk of prostate cancer
- Reduce your risk of pancreatic cancer
- Reduce your risk of obesity
- Reduce your risk of arteriosclerosis
- Reduce your risk of kidney cancer
- Reduce your risk of diabetes
- Reduce your risk of endometrial cancer
- Reduce your risk of sleep apnea
- Reduce your body fat
- Reduce tryglycerides
- May lower your blood pressure
- Improve your blood flow
- Decrease your risk of clogged blood vessels

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Task 1: Identify The Benefits
of Physical Activity

List continued

- May improve your breathing
- Improve your sleep
- Reduce pain
- Lower your resting heart rate
- Decrease irregular heart rhythms
- Improve circulation
- Improve immune system function
- Help your body use insulin
- Improve bowel regularity
- Lower the risk of erectile dysfunction
- Reduce and prevent lower back pain
- Reduce muscle tension
- Prevent weight gain
- Decrease your risk for a fatal heart attack
- Lower your risk for hip fracture
- Lower your risk for lung cancer
- Lower your risk for gallstones
- Lower your risk for dementia

Keep going to next page >>>>



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Task 1: Identify The Benefits
of Physical Activity

List continued

Functional Wellbeing

- Have more energy
- Increase your endurance
- Promote effective problem solving
- Promote feelings of control
- Increase confidence
- Be more productive
- Increase stamina
- Be more alert
- Be more flexible
- Be better co-ordinated
- Reduce your risk of falling
- Have fewer illnesses and absences from work
- Improve your balance
- Control your appetite
- Make yourself stronger

Financial Wellbeing

- May save money
- Lower health care costs
- Get a promotion or better paying job

Keep going to next page >>>>



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Task 1: Identify The Benefits
of Physical Activity

List continued

Social Wellbeing

- Improve your relationship with others
- Set an example about making healthy choices
- Be around longer for your family
- Gain pride from your friends
- Cause your loved ones to worry less about your health
- Feel happier around other people
- Improve your sex life

Appealing Wellbeing

- Have better fitting clothes
- Improve your appearance
- Have a healthier image
- Look better
- Improve your posture

Emotional Wellbeing

- Feel better about yourself
- Make your emotional life richer
- Learn new ways to cope with distress
- Manage your stress better
- Feel more relaxed and at ease

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Task 1: Identify The Benefits
of Physical Activity

List continued

- Feel like you're taking the best possible care of yourself
- Enjoy life more
- Be happier
- Improve your mood
- Feel less nervous or anxious
- Manage your anger better
- Improve your quality of life
- Take your mind off other things for a while

Purposeful Wellbeing

- Live longer
- Improve your quality of life
- Improve your self-worth
- Fulfill your passions

1.2) How did identifying these benefits make you feel?
Include both negative and positive emotions.

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What you need to post in the comments in today's task post



DON'T POST SCREENSHOTS OF THE
WORKSHEET - REPLY DIRECTLY IN THE
COMMENTS ON TODAY'S TASK POST

How did identifying the benefits make you feel?

1. Your positive thoughts & feelings



Active
Wellbeing
Challenge



with Diane Brown