

Physical activity tips (9) - reward yourself

You've stayed on track. Congratulations! Okay, there were some interruptions to your plans, but that's fine – that's life. Perhaps you need to make some changes? But you're doing well and it's time to celebrate and reward your achievements.

First review the obstacles

Some obstacles to becoming more active, like illness, are hard to avoid, while others may be easy to overcome with a few adjustments. Ask yourself these questions (and check out the solutions):

- **Are your goals just too high?** Goals should be realistic and achievable. Set the bar so you can eventually reach it; don't make it so hard that it becomes discouraging.
- **Is it harder to get away from home at the moment?** Include exercises you can do at home: get an exercise video or DVD, work more in the garden, vacuum with gusto. Make all activity purposeful.
- **Are you bored?** Keep the activities you enjoy, ditch the duds and add some new ones. Mix it up: change venues, routes and activities. Ask a friend to join you.
- **Is the timing right?** Adjust the time you exercise to better suit your schedule.

Now treat yourself

It's time for a personal reward to acknowledge your efforts and achievements and give you some impetus to keep on going. But make sure your rewards match your healthy lifestyle.

Why not treat yourself to a night out, a new book or magazine, a sleep in or a massage? Rewards don't have to be expensive or indulgent. Think about activities or things that you enjoy.

Build rewards into your activity plan

Make rewarding yourself part of your activity plan. Set short-term goals that you can measure as well as longer term goals. Review your progress regularly and focus on what you have achieved – even if it does fall short of your goal. And when you do reach that goal, reward yourself.

Where to get help

- 'Go for your life' Infoline service Tel. 1300 73 98 99
- Check out the tips on www.activeforlife.com.au and www.beactive.com.au

Things to remember

- You will face obstacles along the way and you'll need to deal with them and move on.
- Set, monitor and review your goals regularly.
- Reward yourself when you reach milestones or goals. But make sure the rewards match your healthy lifestyle.

This page has been produced in consultation with, and approved by:

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