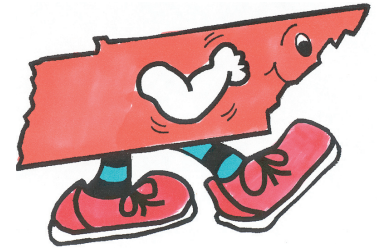


# Moving More - Am I Ready?

Check the stage description that best fits your level of readiness to become more physically active.

## \_\_\_\_\_ Stage 1: Precontemplation

In this stage, physical activity isn't even on my radar screen. My couch is my favorite place to be. I am not active and I don't think about it.



## \_\_\_\_\_ Stage 2: Contemplation

I have started to think being active would be better than staying sedentary. Perhaps the health club commercial finally stuck a chord. I want to feel better, have more energy, and stop gaining weight. I also think about doing something to make this happen - say within the next six months - is within my reach. Maybe I remember the dance class I took years ago and how good it made me feel or my doctor has told me I need to be more active to better control a chronic health problem.

## \_\_\_\_\_ Stage 3: Preparation

I've learned more about the benefits of physical activity. I am making plans to get active next month. I am closer to taking action. Maybe I am making a list of goals or pencil in time on my calendar for physical activity.

## \_\_\_\_\_ Stage 4: Action

No more thinking about it. I actually have begun to make changes. I have started walking for 10 minutes during lunch at work, or I am parking my car a good walking distance from the grocery store, or I am walking the dog as a fun activity with my children or spouse. I have been doing this for fewer than six months.

## \_\_\_\_\_ Stage 5: Maintenance

At this stage, I've stayed physically active for at least six months. I'm riding high. I've learned to reward myself for sticking with the program - such as buying new clothes, treating myself to a massage. I remind myself how good I look and feel, and how I want to stay that way. Feel confident I can keep physical activity as part of my daily lifestyle. It is becoming a habit.

## \_\_\_\_\_ Stage 6: Termination Stage

I have no temptation to return to my old sedentary behavior. I am physically active without thinking about it.

Programs in agriculture and natural resources, 4-H youth development, family and consumer sciences, and resource development. University of Tennessee Institute of Agriculture, U.S. Department of Agriculture and county governments cooperating. UT Extension provides equal opportunities in programs and employment.

