

Stage	Strategies
<p><b>Pre-contemplation</b> Not thinking about change</p>	<ul style="list-style-type: none"> <li>• Discuss or read about benefits of physical activity.</li> <li>• Write or discuss ways their inactivity are affecting people important to them.</li> <li>• Write down or discuss what physical activities they enjoy and where they could do them in their community.</li> <li>• Speak with their doctor about how they might personally benefit from exercise.</li> <li>• Write down or discuss rewards they could use for reaching goals.</li> <li>• Re-assess their stage periodically.</li> </ul>
<p><b>Contemplation</b> Thinking about change</p>	<ul style="list-style-type: none"> <li>• Discuss risks for not changing and benefits of changing (balance sheet/pros and cons).</li> <li>• Research where they can participate in physical activities around their home and in their community.</li> <li>• Discuss or read about barriers to physical activity and solutions.</li> <li>• Make small incremental changes in normal daily routines.</li> <li>• Keep a log of activity and inactivity for a week.</li> <li>• Re-assess their stage periodically.</li> </ul>
<p><b>Preparation</b> Doing some physical activity</p>	<ul style="list-style-type: none"> <li>• Look at your activity log and plan to replace 15 minutes of inactive time each day with a physical activity.</li> <li>• Write down activities you enjoy and find classmates/friends with similarities.</li> <li>• Discuss with parents/guardians how they can reward you for meeting your goals.</li> <li>• Re-assess their stage periodically.</li> </ul>
<p><b>Action</b> Doing enough physical activity</p>	<ul style="list-style-type: none"> <li>• Write down ways to be physically active each day.</li> <li>• Commit yourself to doing at least 30 minutes of activity each day.</li> <li>• Try a new activity that you think you might enjoy.</li> <li>• Plan to participate in a activity in your community (ie. 5k, league, competition, etc).</li> <li>• Write down or discuss ways to remind yourself to be more active during the week.</li> <li>• Reflect on the benefits you have already received from being physically active and what other benefits you want to receive from being physically active.</li> </ul>
<p><b>Maintenance</b> Making physical activity a habit</p>	<ul style="list-style-type: none"> <li>• Discuss or write down the strategies that have helped you so far and think about ways to make these strategies part of your daily routine.</li> <li>• Create a physical activity contract and continue setting short and long-term goals for physical activity.</li> <li>• Discuss what to do if you are not meeting your goals.</li> <li>• Talk with people important to you about how they can help you.</li> <li>• Find ways to make physical activity fun and fresh.</li> <li>• Re-assess their stage periodically.</li> </ul>