

# Session 1B: Getting Started Being Active.

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To do next week:

**I will:**

**Do SOMETHING ACTIVE on 3 to 4 days next week.**

- ❖ Start being active as part of your daily routine.
- ❖ Do something you LIKE to do.  
We suggest **brisk walking**.  
It's easy to do and good for you.

What other activities might you like to do?

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**Come to the Lifestyle Balance activity sessions!**

- ❖ Have company and support while you're being active.
- ❖ Walk or do other physical activity together.  
This will help you reach your weekly activity goals.
- ❖ Have FUN.
- ❖ The staff will be there to help you.

So, get on your walking shoes. **And join us!**

The Lifestyle Balance activity sessions will be held:

Where	Day of the Week	Time

**Write down my physical activity in the Keeping Track books.**

Include the Lifestyle Balance activity sessions.  
Ignore the sections for writing down what you eat.



**Keeping Track (Example)**

Time	Amount	Food: Name/Description	Grams of Fat	Calories
<del>_____</del>				
<del>_____</del>				
<del>_____</del>				
<del>_____</del>				

**Total:** \_\_\_\_\_

Kind of Physical Activity	Minutes
<i>Walked to the grocery store.</i>	<i>15</i>
<i>practice page</i>	

**Total:**   15  

**Bring my Keeping Track books and notebook to the next session.**

**Bring in (or wear) the shoes I might wear when I'm active.**