



Feeling Great about Physical Activity

What physical activities really make you feel GREAT? It's good to know what makes you feel good and why. If you do, you can try to do these activities more often.

Write down the physical activities you like below. Then describe how the activity makes you feel good. Here is a list of some possible feelings:

- in control
- calm
- creative
- confident
- flexible
- content with life
- clever
- smart
- attractive
- strong
- relaxed
- likable
- helpful
- at my best
- in shape
- friendly

Activities That Make Me Feel Good

example: swimming

How It Makes Me Feel

relaxed, calm, flexible

Turning Inactivity Into Activity

Now think of activities you enjoy that are not physically active. For example, cooking, going to the movies, or playing cards. What are some ways you can make these activities more active?

Activity

example: going to movies

example: playing cards

1. _____
2. _____
3. _____
4. _____

How It Can Be More Active

Park 5 -10 minutes away from the theater and walk the rest of the way.

Play at a neighbor's house, so I have to walk there and back.

-
-
-
-