



## Finding Activity Partners

Trying to get and stay physically active on your own can be difficult. Research shows that getting support from others greatly increases your chances of succeeding with your activity goals. Finding an exercise buddy or two is one type of social support that helps a lot of people be physically active.

### Partner Pointers

Use the following chart to help you make a list of potential activity partners.

- Make a list of everybody you know - friends, family, neighbors, coworkers, relatives – who live or work nearby and who might be willing to be your exercise buddy.
- Once you have your list of names complete the rest of the table. When you are done you will have several friends who meet these important criteria:
  - At a similar fitness level as you.
  - Likes to be active at the same time of day and do the same activities as you.
  - is as committed, or more committed, to being active as you.

Name & Phone	Where do they live?	What is their fitness level compared to mine?	When do they prefer to exercise?	What do they like to do?	Are they as motivated as me?
<i>Mary (sister) 555-1234</i>	<i>1 mile away</i>	<i>about the same</i>	<i>morning, after kids go to school</i>	<i>walking, gardening</i>	<i>yes</i>