



Talking to Yourself About Physical Activity

We have all heard family members, friends, or fellow workers talk to themselves. Perhaps they were proud of a personal success or blaming themselves for a mistake. In fact, "self-talk" is rarely heard by others; most times people speak silently to themselves. In either case, research has shown that self-talk is important to how we think, feel, and behave.

Are you sending yourself negative messages about physical activity? Try positive self-talk instead. Read the statements below. They will help you feel more positive about your ability to be physically active. You may to change the statements or write ones of your own. Always begin the statement with "I" and keep the statements positive.

If you are just starting to be active.....

"I will find ways to be more active."

"I know I can increase my physical activity."

"I will feel better when I'm active."

"I will enjoy being active."

"I _____."

"I _____."

"I _____."

After you have increased your activity level.....

"I look forward to being active every day."

"I would miss it if I couldn't be active."

"I am feeling more fit and healthy as a result of being active."

"I am glad I decided to increase my physical activity."

"I _____."

"I _____."

"I _____."