



## The Value of Physical Activity

What's really important to you? Write down your values – the things you really believe in – for each of the areas listed in the left column. Think of ways to include physical activity into each value. Be creative! Then pick one of your ideas and commit to trying it for a week. Come back to this list often to add more values. And try new ways to activate your values!

My Values	How I Can Make the Value Physically Active
<b>Personal Values:</b> <i>Example: Save money</i>	<i>Go for walks with my spouse instead of going out to dinner.</i>
<b>Social Values:</b> <i>Example: Help children</i>	<i>Get involved with a youth group and take them on hikes.</i>
<b>Family Values:</b> <i>Example: Be a good role model</i>	<i>Take the kids on vacations where we can hike, bike, swim, and do other active things.</i>
<b>Work Values:</b>	
<b>Spiritual Values:</b>	
<b>Health Values:</b>	

By \_\_\_\_\_, I will have put physical activity into one or more of my values by:  
*(insert date)*

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