



## Helping a Loved One Become More Active



### Overview

We all know that an active lifestyle is important for good health. But finding the motivation to exercise can be tough. Even if you're active, you may have a loved one who doesn't exercise. Here's how you can help your loved one get up and get on the path to better fitness.

### Be understanding

First, be understanding. Are they overwhelmed? Are they embarrassed to exercise in front of other people? Ask how you can help. There are many ways to be supportive, so find out what they need most from you. A gift like a pedometer or yoga mat can help give some extra encouragement.

### Start small

Now you're ready to get moving. Start small. Invite them for a walk a few days a week. Ride bikes around the neighborhood. Do sit-ups at home. Or, join a fitness class together. Choose an activity you both enjoy. Some physical activity is better than none at all.

### Develop a routine

Next, develop a routine. Choose days when you'll work out together. Make this part of your schedule. On Monday mornings, maybe you wake up early and meet for a walk. On Wednesday evenings, maybe you ride bikes to the coffee shop. And on Tuesdays and Thursdays, maybe you both have an aerobics class at the gym. If you can get your loved one into a regular habit, exercise will get easier for both of you.

### Be patient

And finally, be patient. Change takes time. So be encouraging, and help them recognize their small successes. With patience and effort, you'll both enjoy the benefits of an active lifestyle.