

WHAT IS PHYSICAL ACTIVITY?

Exercise can include:



Walking / Riding a horse / Cleaning



Dancing / Lifting Hay Bales / Yoga

Also: Running, Lifting Weights,
Riding a bike, Gardening,
Climbing, Sheep herding

Any many other activities!

**If you're
moving,
you're doing
physical
activity.**

GOAL SETTING

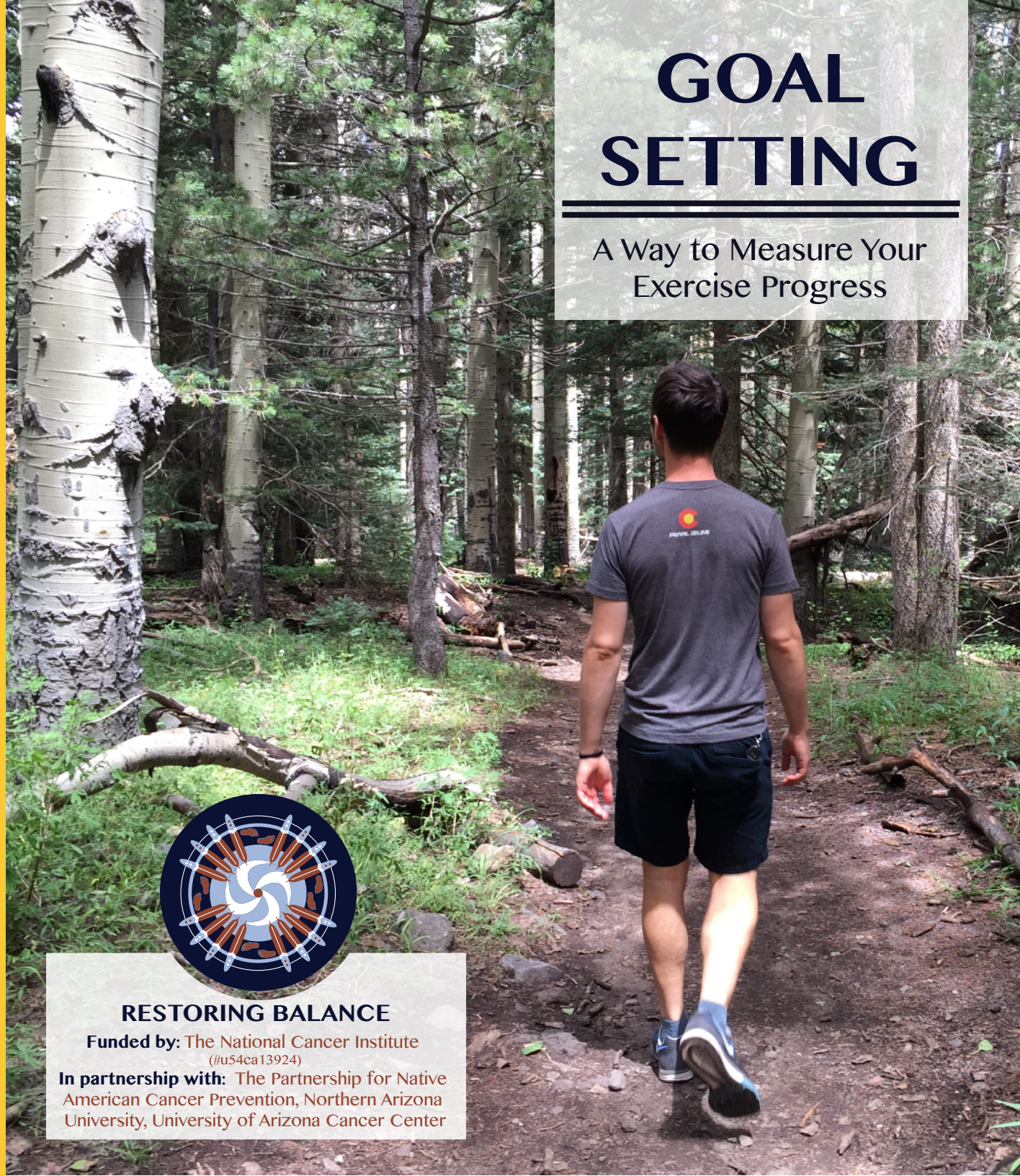
A Way to Measure Your
Exercise Progress



RESTORING BALANCE

Funded by: The National Cancer Institute
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WHAT IS A S. M. A. R. T. GOAL?

WHAT DOES A S.M.A.R.T. GOAL

LOOK LIKE FOR EXERCISE?

The sky's the limit for what you'd like to do.

EXAMPLES:

"In 1 month, I will ride my bike for 10 miles twice a week."



"Next week, I will go on 3 walks with my friend group for 20 min."



"In 6 months, I will be able to herd sheep for a full day with two 30 minute breaks."



SPECIFIC

What exactly do you want to do? Don't make goals such as "get in shape." Make unique goals such as: **"Walk 30 minutes without stopping for a rest."**

M



MEASURABLE

How can you tell you've reached your goal? Try to make goals that you can give numbers to, like **walking 1 mile**. You'll know definitively when you've achieved your goal.

A

- Goal 1
- Goal 1
- Goal 1

ATTAINABLE

Can you be expected to reach your goal? Start small. Instead of running a marathon, at first aim to run a mile or another reasonable goal you think you can achieve.

R



RELEVANT

Is your goal going to get you what you want? If your goal is to lose weight, relevant goals include eating a healthy foods and exercising regularly.

T



TIME-BOUND

When do you think you can accomplish your goal? Having a timeline can help you realize progress, as well as giving you a deadline for reassessment!