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!

GOAL SETTING

A Way to Measure Your Exercise Progress

If you’re moving, you’re doing physical activity.

RESTORING BALANCE

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WHAT IS A S. M. A. R. T. GOAL?

**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.”

**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.

**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.

**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.

**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!