



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Revitalize with Activities

As the days get longer, use the extra time to revitalize with activity.

You already know that the benefits from exercise are numerous and diverse: regular exercise keeps your bones strong (and don't forget your high calcium supplement), muscle strength intact, aides sleep and mood, and improves your ability to handle stress overall.

"If you have an hour, will you not improve that hour instead of idling it away?"

-Lord Chesterfield

"If we wait for the moment when everything, absolutely everything is ready, we shall never being."

-Ivan Turgenev

If visits to a gym are impractical for whatever reason, try an alternate method for getting exercise: During your lunch hour, go for a power walk with a work colleague; grab a friend to play badminton at a local community centre; take yourself and your children to an outdoor swimming pool; visit a park, while your children play, walk around the play (Again and again and again!), hold soup cans that are the same size, and walk up and down the stairs in your home. Do whatever you can, but do something to get yourself moving, ideally every day.

Record your goals for daily activity, on a weekly basis:

Week 1 / 2/ 3/ 4

Aerobic Goals *Flexibility* Goals *Strength* Goals

Walk around Stretch stair
The park climbing
2/week everyday 2/week



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Tip.

At the risk of causing trauma to your teenage son, try getting rid of your T.V. for a month or two (if you have small children, simply un-plug the T.V. when they're not looking). You will be forced to find new, interactive activities.