

HO #7-1

My Plan for High-Risk Situations

Holiday Madness

It's December, and the entire family is coming to town for the holidays. Ho! Ho! Ho! You usually end up sitting around, eating too much, and getting almost no physical activity. The holidays have been your downfall before. What's the biggest problem you encounter?

What plans can you make now to stay on track and get more physical activity than you have in the past?

On the Mend

You've been sick all week with a rotten cold. The last two days you've spent in bed. At long last your throat is less scratchy and you're beginning to get your energy back. However, now that you've interrupted your regimen of activities, you're having a hard time getting yourself motivated again. What do you think about at a time like this?

How can you overcome your negative thinking to get back to your physical activity?

Crazy at Work

It's been a busy week at work, and there's no relief in sight. The deadlines just keep on coming. You've been working long days, and by the time you get home you're exhausted. Your plans for physical activity are beginning to totter. What are your thoughts and feelings?

Physical activity is a terrific antidote to stress. What plans can you make to fit it in, even during the busiest times?

Stormy Weather

It's too cold (hot, snowy, rainy, or humid) to go out and do anything. What are your thoughts at a time like this?

You can't buy the right weather, but you can buy the right gear or you can come up with alternatives that don't leave you out in the cold. What's your plan for dealing with foul weather?

Business Travel

You're traveling to an unfamiliar city for business. You've got some downtime when you could do something, but you're not sure what to do, or where. What are your thoughts and feelings at a time like this?

Many business travelers find they have more free time on the road than at home. What's your plan to use your free time for activity?

Good Samaritan

You are unexpectedly called out of town to take care of a sick relative who has been hospitalized. The situation is uncertain and you don't know how long you'll be gone. What are your thoughts and feelings about sticking with your plan for physical activity?

Physical activity can help you stay in a positive frame of mind and increase your ability to cope with stress. What positive messages and physical activities can you do to keep yourself going?
