

## SESSION 3 INCREASE ACTIVITY

There is no question that diet combined with exercise is the most successful way to lose weight and keep it off. But most people do not take the time to do a formal exercise program. Even those who do a formal program often will only do it for the period of time that they are losing weight. When the diet stops, so does the exercise program.

It is far more effective to find ways to simply increase your daily physical activity in order to facilitate the diet. Moreover, these increased activities are easy to build into your life, as they require almost no time or extra effort on your part, unlike formal exercise programs, so they become a permanent part of your life.

There are many ways to sneak more activity into your life without formal exercise programs.

For example, instead of cruising the parking lot of the grocery store or mall until you find an empty space close to the door, make it a point to park at the far end of the lot and stroll to the store or mall. Another is to take the stairs rather than the elevator.

List some more ways to increase activity.

Examples: park at the opposite end from the stores you plan to shop. This gives you the chance to slide a good three to five minute walk into your shopping routine.

Use the walk up, not the drive ins. (Restaurants, banks, cleaners, etc.)

Find someone who likes to do the same types of things you do, at the same time of day.

If you work outside the home, think about organizing a lunch-walk.