

# Inspiration to Exercise in 2007

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An interesting thing occurred when I began to write articles for the Healthy Weight Journal this past year. Many folks in the community were kind enough to let me know they had seen my picture in the paper as the writer of several fitness articles. I then would ask if they had read my articles. All of the folks stated that they had read the articles. Then I would ask if they had been inspired to begin exercising. No matter whom the kind folks were—whether or not they were related to me—they were kind enough to honestly answer, “No”.

So, here I am again. Perhaps I can have another chance to inspire, motivate, or guilt you to make some activity changes in this next year. Research has shown that making simple increases in activity level will have a positive effect on your general level of health and fitness. Then, the next time you see me, perhaps you will tell me that you:

- Park further away from the building when you go to work or shopping.
- Use a pedometer to track the number of steps you take in a day and have actually made an increase.
- Take the stairs rather than the elevator most days of the week.
- Walk the dog most days of the week.
- Stop taking coffee breaks and now go on walking breaks or stretching breaks.
- Stand up rather than sit whenever work or home tasks allow.
- Have actually started to use the exercise equipment that has been a clothes rack since it was purchased.
- Make yourself watch at least part of a television show on the treadmill, bike, or gazelle.
- Took the gym ball away from the kids or the dog and now are using the ball for exercise yourself.
- Hired a personal trainer.
- Joined a health club and started weight training.
- Spend time playing ball, skating, snowshoeing, cross country skiing with the kids or grandkids.
- Now meet friends for walks rather than lunch, or at least a walk first then lunch.
- Have actually stood up to participate in those exercise sessions on TV.

I'll be waiting to hear from you! Please remember to consult with your physician before beginning an exercise program.