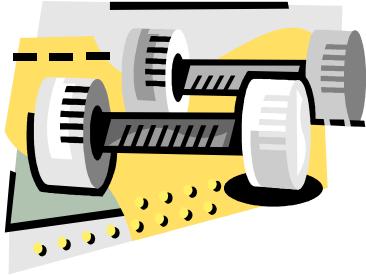


Small Changes for Health



Week 19



The term weight bearing is used to describe exercises that work against the force of gravity. Weight-bearing exercise is important for building strong bones. Having strong bones helps prevent osteoporosis and bone fractures later in life. Examples of weight-bearing exercises include walking, jogging, hiking, climbing stairs, dancing and weight training. This week's change is based on this concept.

Your Small Change: Do a weight bearing exercise at least 3 times this week.

Check off the days you complete this activity below:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

If you need more information about this program, this subject or some assistance or suggestions on how to make this change, please visit Health Promotion in room 910 or call us at 314/612-5400, 5419 or 5163. You can also retrieve the supporting Small Changes for Health handouts online by visiting the City of St. Louis Department of Health web page.

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Follow-Up: Week 19

Your Small Change: Do a weight bearing exercise at least 3 times this week.

1. How many days did you do this activity? (Circle number of days below)

1 2 3 4 5 6 7

2. How hard was it to accomplish? (Check your answer below)

Very Easy Somewhat Easy Neutral Somewhat Hard Very Hard

3. Is this a change you think you can continue? (Check your answer below)

Yes No

4. Other Comments:

Please return the bottom half of this form to Health Promotion in Room 910, at the end of this week.

