



## Small Changes for Health 2006

Week   25  



The summer is a great time to start an exercise program. It is never too cold and there are plenty of sunny days that you can get outside and do something that is fun, enjoyable, and not to mention good for you!! Many things can count as exercises so don't just limit yourself to walking or running. Try something different, who knows you may discover that you really enjoy softball, canoeing, or even gardening. So this summer try something different. Get up an exercise and enjoy the outdoors.

**Your Small Change: For this week, make sure that you exercise for 30 minutes 2 times this week.**

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   25  

**Your Small Change: For this week, make sure that you exercise for 30 minutes 2 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:

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

