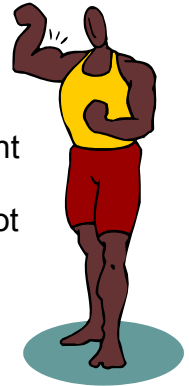


Small Changes for Health



Week 37

Daily exercise can do so many things for you. It can condition your heart and help it work more efficiently. It can strengthen your muscles and your bones. It can make you more flexible. It can maintain your current weight or promote weight loss. It can improve the appearance of your body even if you do not want lose weight by burning body fat and toning muscles. It can also relieve your stress and make you feel good. With all the possible benefits and more, why not exercise? "It does a body good!"



Your Small Change: For this week, exercise at least 30 minutes a day, 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 37

Your Small Change: For this week, exercise at least 30 minutes a day, 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.

