

# Inova TobaccoNET

## Session 7: Personal Activity

### Your Activities for the Week:

#### 1. Self-Affirmations

Continue to visualize yourself as healthy and tobacco-free. Repeat your affirmations throughout the day.

#### 2. Make Physical Activity a Part of Your Week.

Physical activity is an important component in your recovery plan. If you are already exercising, increase the amount of time or intensity of your sessions this week. If you don't currently exercise, start with this 6-week walking program.

Week	Weekly Activity	Check Off the Day You Met Your Goal							I Met My Weekly Goal!
		Su	M	T	W	Th	F	Sa	
1	10 minutes, 3 days this week	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
2	10 minutes, 3 days this week	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
3	15 minutes, 3 days this week	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
4	20 minutes, 3 days this week	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
5	25 minutes, 3 days this week	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
6	30 minutes, 3 days this week	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

**For health benefits, physical activity should be moderate or vigorous and add up to at least 30 minutes a day (3-10 minute sessions count).**

Moderate Physical Activity	Vigorous Physical Activity
Walking briskly (can't sing, but can talk) Hiking Gardening/yard work Dancing Golfing (walking and carrying clubs) Bicycling (less than 10 miles per hour) Weight Training (general light workout)	Running/jogging (5 miles per hour) Bicycling (more than 10 miles per hour) Swimming (freestyle laps) Aerobics Walking very fast (4 ½ miles per hour) Heavy yard work (chopping wood) Weight lifting (vigorous effort)