

Physical Activity: Tips for Caregivers

**Make physical activity
a regular part of the day!**



Make it fun!

- ▶ Use individual's preferred music and have a dance party!
- ▶ Go for a walk in the mall (or other stores)
- ▶ Buy or borrow exercise videos (check library or thrift stores) and do them together



In the community!

- ▶ **Walk the many trails in Kalamazoo**
 - Kal-Haven Trail
 - Kalamazoo River Valley Trail
 - Milham Park
- ▶ **Explore options with the Special Olympics.**
Possible sports include:
 - Basketball, Bocce Ball, Golf,
 - Bowling, Aquatics, Athletics,
 - Gymnastics, Soccer, Cross Country Skiing, and more!
- ▶ **Join the YMCA**
 - Swimming classes, exercise machines, track, basketball, and more.
 - Financial assistance is available.



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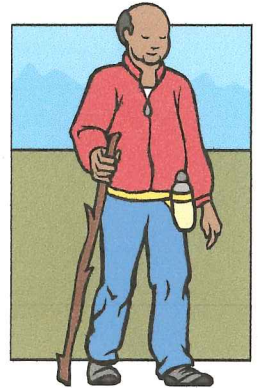
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We all need a little motivation!

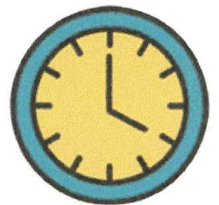
▶ Set realistic goals for activities and possible incentives for achieving those goals. For example:

- Use a pedometer to measure miles/steps. 1 mile = a diet soda or 10,000 steps = a new water bottle.
- Walk two laps around the mall before browsing at a favorite store.
- Use a journal or poster to track progress made toward goals.



Don't give up!

- ▶ Making new, healthy habits takes time. Be consistent and encouraging.
- ▶ Start where they're at. If 5 minutes of activity is what an individual is capable of, start there.
- ▶ Be creative! Don't be afraid to think outside the box.



Above all else, choose activities that the individual enjoys and do it with them. As a caregiver, you are a role model for healthy living. It is important to show that physical activity can be enjoyable on a daily basis!