



We are already halfway through the Movement Challenge! Hopefully over the past few weeks, you've had the opportunity to integrate more movement into your day and notice that it feels good to move! Did you know that one of the best predictors of whether someone will maintain an active lifestyle over time is their **confidence in their ability to do so**? Every time we successfully meet a goal or overcome a barrier, we feel a little more confident in our ability to succeed again the next time. If you feel like your confidence could use a boost, here are a few tips to consider:

- **Set reasonable goals.** Start with quick, easy exercise tasks and gradually increase the challenge. You'll set yourself up to experience success early and often.
- **Be active with others.** Co-workers, family, and friends can help provide the motivation and emotional support that are critical for success. They add a level of accountability, and their companionship will make being active more enjoyable.
- **Make it fun!** Choose activities you enjoy, and skip the activities you dislike. Try new modes of exercise until you find something that makes you look forward to being active.
- **Pay attention to improvements.** Do you notice you're able to walk farther this week than last week? That you don't get so winded carrying the laundry basket upstairs? Improvements might not always be drastic, but small changes are a sign that your body is becoming stronger and healthier. So take note of them, and use them as encouragement to keep going.