

exercise leaders, or health care practitioners. Then, as with any plan that may need modifying, make changes if necessary. Decide what worked and what made exercising difficult.

If you’ve been making notes, look over your diary for ideas about what helps or gets in the way. You may decide to change the place or time you exercise, your exercise partners, your routes, your pain management strategies, or other things that will make your program more enjoyable and successful.

Reward Yourself for Accomplishing Your Goals

It’s very important to give yourself rewards as you go along – not necessarily with expensive treats or with junk food, but by incorporating things that are pleasant and meaningful to you. Meeting your goals and sticking with the program is worth celebrating! We recommend that you plan a “midway” reward after you’ve been walking for three weeks, and another reward at the end of the program.

There are many ways to mix rewards into your walking program. For example, if you enjoy watching TV in the evening, you might put it off until after you’ve walked. The pleasurable act of watching your favorite program turns into a reward for accomplishing your daily goal. Treats could be anything from a new exercise book to a sunrise walk with a special friend. But also congratulate yourself with that special treat for your completion of your contract – for example, the new pair of walking shoes or the celebratory

What would be a good reward for accomplishing your goals? Write some choices here.

healthy dinner. Think of things that would be pleasurable to you, and plan to give yourself some of these at intervals throughout your contract.

Make a New Contract

At the end of your six-week contract period for the *Walk With Ease* program, assess your progress and make a new contract based on your new (or continuing) goals. In your week 6 diary, we've added questions to help you review all six weeks of your program.

To make a new contract, simply follow the basics for planning outlined in this chapter. Do remember to set a specific time period – six weeks or maybe a little longer – during which you keep an eye on your progress and give yourself small rewards. And at the end of that time, make a new contract. Remember, your aim is to continue with a lifetime of walking!