



Know your fitness goals

The reason you exercise and move is unique to you. Knowing your fitness goals will help you stay focused on the types of movements that will provide you the most benefits for your physical, mental, and emotional health.



FITNESS GOALS

- Increased energy
- Better sleep
- Weight loss
- Stress reduction
- Improved strength
- Better balance
- Reduced disease risk
- Joint health
- Increased mobility
- Recovery from injury
- Maintain independence as you age

IDENTIFY NEEDS

Reflect on these questions:

- How do I feel when I don't move or exercise?
- How do I feel when I get more movement?
- Are there parts of my body that cause me pain?
- How might exercise reduce any current or future health problems?
- What do I want my health to look like in the next 5 to 10 years?

PRIORITIZE GOALS

- Choose 2-3 goals as your main focus.
- Find activities that match your goals.
- Don't compare yourself to others.
- Connect with other people who have similar goals.
- Reevaluate your goals over time.