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Foreword You've Come to the Right Place!



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### **Week One: Getting Started**

Thinking about successful habit changes and

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assessing the need to see a doctor before increasing activity



## Week Two: Ready, Set, Go

Identifying your readiness for change, conducting your Personal Time Study, weighing the weight-loss benefits of activity, and finding time to get up and move



#### **Week Three: Making Plans**

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Taking a two-minute walk, turning downtime into opportunities for activity, turning light activity into moderate-intensity activity, checking out the benefits of walking, and coming up with an activity plan



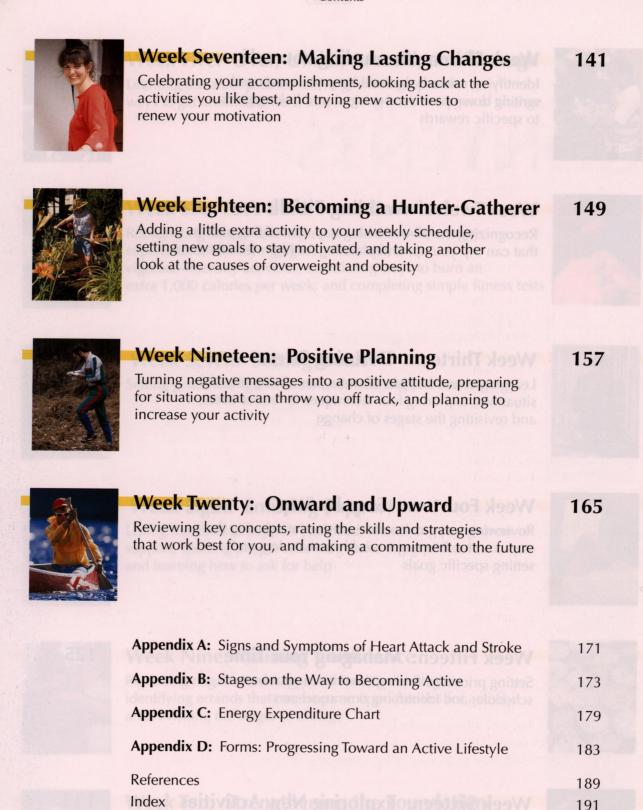
#### **Week Four: Barriers and Benefits**

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Looking beyond the usual excuses, identifying the barriers you face, and reviewing the benefits of an active life







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About the Authors