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How you can set goals for increasing physical activity

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1 Objectives

Goals are motivating. Think about things you may have given up because of pain and how you could make them part of your life again.

1.1 How to set goals and achieve them

How to set goals:

1. Choose a realistic goal that will improve your life.
2. Set a deadline to achieve the goal.
3. Break the goals down into smaller parts.
4. Write the goals down.
5. Reward yourself for success.
6. Don't worry if you don't achieve the goals. You can break the goals down into smaller parts and try again.

Once you have set goals for yourself, you need to think about how to achieve them. For example, if your goal was to mow the lawn once a week, you have to plan how to do this in practice:

- how to get the lawn mower out of storage
- check if the lawn mower is in working order
- plan how to start the lawn mower
- plan how long you can mow the lawn at a time
- plan how to clean the lawn mower after you've finishing mowing
- plan how to put the lawn mower away

Use this type of goal-setting as an example when planning your own goals. Your goals may be related to work, leisure time or hobbies.

1.2 Personal goals

Plan and write down 1-3 goals that you want to start working on.

Goal 1:

Goal 2:

Goal 3:

1.2.1 Activity-related goal (exercise)

Goal:

Specify the basic activity level:

Start by specifying an activity level for day 1, day 2 and day 3, and then set a realistic basic level based on these.

Activity levels or methods of increasing activity:

Table for recording your physical activity on a weekly basis.

Week	How often you have been active and what you have done
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
11	
12	

2 Specify the basic level

To begin with, it's important to consider how to start being active. This helps you understand what you can do and use this as the basis for planning your physical activity.

2.1 How to set the basic level

Day 1: Think about how much time you have to exercise during the day. Try the length of time that you specified. Then write down how long the physical activity lasted and how many repetitions you did.

Day 2: Start by going back to day 1 and think about how the physical activity went. Based on this, you can increase or decrease the amount of activity or maintain it at the same level. Write down the length of time and number of repetitions again.

Day 3: Start by going back to day 2 and think about how the physical activity went. Make changes if necessary and write down the length of time and number of repetitions.

Write down what you did on days 1-3 (time or repetitions) and divide the result by three. In other words, day 1 + day 2 + day 3 = the sum, divided by three = your basic level. Please note that your basic level will be slightly less than the sum. For example, if your basic level is 10 minutes of walking, you can start with a walk of 7-8 minutes.

My basic level is:

How to continue after specifying the basic level: Progress slowly.

If you are able to do the physical activity you specified at the basic level for 1-2 weeks according to plan, you can consider a slight increase in the amount of activity. For example, if you walk at the basic level for 7 minutes, you can try lengthening the walk by 1 min/time.

Gradually increasing the amount of walking allows your body to adapt to the exercise.

If you experience more pain after increasing the amount of physical activity, you can try the following:

- return to the previous level and stay there for a while **or**
- continue at the same level despite the pain, and wait for the pain to gradually ease.