

'Be Active - Find your Why'

Follow these steps to help you find **your WHY** to move more and to be more active.

Look for additional information on the 'Be Active – Find Your Why' webpage.

www.salisbury.sa.gov.au/why

Step 1 : How to 'Find Your Why' – start by thinking about these points...

- a. **What movement do you enjoy?** Eg walking outdoors or with others, dancing, cycling, swimming?
Internal motivation often comes from a sense of enjoyment or pleasure in the activity itself. If you find yourself looking forward to an activity or feeling a sense of satisfaction, accomplishment or pride after completing it, that may be a sign of internal motivation.
- b. **Listen to your instincts:** Internal motivation often comes from an inner desire to achieve a goal or improve oneself. Pay attention to your instincts and inner voice to help identify what drives you.

Step 2: Get inspired by our community champions

Get hold of one of our 'Be Active – Find Your Why' postcards.

See how other local community members are finding their WHY...and use it as inspiration for you.



Step 3: Think about your WHY and make your own postcard.

Most of us are aware of the reasons for being more physically active, including living a healthier life and being able to maintain function (amongst so many other benefits). The tons of research and evidence is there. Sometimes however we need to dig a bit further to find a more powerful WHY of being more active that resonates and helps to motivate us.

Use the blank half of the postcard to make your own 'Be Active – Find Your Why' and then put it somewhere that we remind you regularly of why you should be moving and what activity (or activities) you will do. Remember it is beneficial to move in as many different ways as possible.

Step 4: Take action

Check to see if the activity you are interested in is being offered at one of our Seniors Centres, Community Centre or Recreation Centre. If not give Jim a call on 8406 8251 or email him jbinder@salisbury.sa.gov.au for assistance.

There are a number of 'Have a Go' sessions that are being run during Spring as well as a Big EXPO in October.

Invite a friend to come with you! Nothing helps motivation more than being active it with a friend.