

The Oaks Wellness Model Exercise Worksheet



Welcome! As you explore this course, we hope that you will come to understand how exercise is an important part of wellness and can benefit your mind and body when you integrate it into your life.

As you begin, take a moment to reflect on what kinds of exercise you enjoyed as a child. Maybe it was riding your bike, or maybe jumping on a trampoline. Whatever it was, try and remember what it felt like to get exercise as a kid, the fun you had and the joy you felt. As you travel through this course, hold those memories in the back of your mind and think about how you can find fun in exercise again as an adult.

It's okay if this topic is difficult to talk about, and stirs up negative thoughts for you. We are here to equip you with some strategies for changing the way you think and feel about exercise. Simply start now by paying attention to the thoughts and feelings you might be experiencing. Take a moment here to reflect on how you **feel** when you think about exercising.

Write some of the **thoughts** you have about exercising.

Being honest with yourself is the first step in reaching your wellness goals and will help you make changes that will move you in the direction you want to go.

" _____ thoughts and feelings are the number one _____ factor to mess up
great exercise _____ and _____."

Take a moment to reflect on the quote above. What are some thoughts and feelings that might be getting in the way of your exercise goals?

Now that you are more aware of your negative thoughts and the feelings that often follow them, you can begin to replace them with new truths. Go ahead and practice the "truth card" exercise in the box below.

Write Down Your Negative Thought Here:	Write Down Your New Thought Here:

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Now that you have your new thought, practice thinking it 5 times in a row a few times each day. Overtime, you will come to see that you think your new, healthy thought more often than your old, negative one. Remember, this is a process that will take time, so be patient with yourself as you continually practice this “truth card” exercise. You can also practice this with any thought you have. Think of another spoke on your wellness wheel where you can use this skill?

After listening to Alicia share about her teammate, think about who in your life could be a teammate to help encourage you in your wellness journey. Go ahead and write down the name(s) of who comes to mind here.

Like Will said, we need to exercise in order to THRIVE, not just survive. Reflect on this statement as you fill out the quote below.

“Our _____ designed our bodies to _____ and we should follow
that _____ by _____ as often as we can.”

Benefits of Exercise: Review the list of exercise benefits below and check the ones you are most interested in.

- | | | |
|--------------------------------|------------------|--------------------------|
| Increased mental clarity | Improved mood | Reduced anxiety |
| Stronger brain & mental health | Increased energy | Improved physical health |

As you heard in the video, the mental, physical, and emotional aspects of exercise are the most important parts of it. Maybe you’ve never thought about the mental and emotional aspects of exercise before, and that’s okay. Take some time here to reflect on how exercise is more than just physical movement.

Now that you are aware of how exercise can benefit your mind and body, review the suggestions below and think about which activities you will implement into your daily life. Remember, any movement that increases your heart rate is exercise! Review the activities below and check the activities that you might like to implement.

- | | | | |
|-------------------------|----------------------|-------------------|---------------|
| Go for a walk | Go swimming | Do water aerobics | Ride a bike |
| Join a gym | Dancing | Sketching | Go for a hike |
| Skateboard | Play/run with my pet | Play a sport | |
| Find a personal trainer | Yoga | Lift weights | |

We hope that this course has helped you learn how to conquer the mental roadblocks that prevent you from exercising, and provided you with some new perspective on how exercise can truly enhance your life.

Remember friend, your decision to add exercise to your routine is an intentional choice that will create wellness in your life. **You are worth the effort to exercise!**