



EXERCISE IS MEDICINE

DO IT DAILY!!

Targeted Lifestyle Change: Goal Setting

A Targeted Lifestyle Change is a specific behavior change that will have a positive influence on your health. Lifestyle changes don't have to be drastic to be effective. Small, healthy changes to your everyday life can make a huge difference in your health.

My Targeted Lifestyle Change:	
Amount of Days per Week:	
Amount of Minutes per Day:	
Total Minutes per Week:	
Total Available Minutes per Week:	10,080

For Additional Support with Goal Setting Contact:

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Readiness to Change:

Behavior Change	Importance to Change (0-10)	Confidence to Change (0-10)
My Targeted Lifestyle Change		

“**Exercise:** An agent with lipid-lowering, antihypertensive, positive inotropic, negative chronotropic, vasodilating, diuretic, anorexigenic, weight-reducing, cathartic, hypoglycemic, tranquilizing, hypnotic and anti-depressive qualities.”