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**In the living room or bedroom:**

- Keep exercise shoes, bag, and equipment in sight, not in the closet.
- Hang an activity calendar and graph of your activity in a visible place.
- Keep a stationary bicycle or exercise mat in front of the TV. (Why not make TV a positive cue?)
- Hang a photo or poster of people being active or of outdoor scenes in a visible place.
- Subscribe to a health or exercise magazine. Keep it in a visible place.
- Buy a home exercise video and leave it on the coffee table or on the TV.
- Put a note on the TV reminding you that a half hour of TV time could be used for a walk instead.

**In the kitchen:**

- Post motivational photos, outdoor scenes, or reminders to be active on the refrigerator.

**In the bathroom:**

- Post a reminder on the mirror before breakfast.

**In the garage:**

- Keep the car in the garage. Maybe you'll choose to walk to the neighbor's house, rather than get the car out to drive short distances.
- Keep exercise shoes, bag, and equipment on the front seat of your car.
- Keep a bicycle in working condition. Store it in a visible place and ready to ride.

**Identify positive cues for activity that the participants could add to their work places.**

**What are some positive activity cues that you could add to your work place?** Let's pick up our imaginary video again. *[Mention a few examples from the handout and add some that are particularly relevant to the participants.]*

- Put your walking shoes in a visible place in your office.
- Put a note on your office door reminding yourself to take a walk during your lunch break before eating.
- Set an alarm on your watch to remind you to take a walk.