

Taking Charge: Choosing a Good Activity

You can help yourself to be active by choosing activities you are likely to do both now and throughout your life. One way to evaluate an activity is to find out the number of people who participate and how long they stay involved.

At a recent high school reunion, the alumni enjoyed seeing the former classmate again. Everyone remembered Norma as an active participant in sports. She played soccer, basketball, and softball. What a surprise when her classmates discover 10 years later that Norma did very little physical activity! The closest she got to participating in any sport was to watch her son's T-ball games. According to Norma, "It was hard to find people who wanted to play the team sports I once enjoyed."

Kim Lea was the opposite of Norma. In high school she always go to the games and cheer for the team, but she never dreamed of taking part in the sport. Kim Lea would be the first to admit that she was the original couch potato. Now Kim Lea goes biking with her two children. She also organizes the neighborhood aerobics class. "Every Tuesday and Thursday morning we all get together and talk while we work out. No one cares how we dress or how good we are at doing the exercise, and we all seem to be energized as we go on to our next activities."

Be prepared to discuss what you've just read. Here are some questions to think about.

1. Why was it no longer feasible for Norma to continue participating in high school?
2. What might help her get involved in a physical activity again?
3. Why do you think Kim Lea started to participate in activities?