Exercise and social support are important for all of us, but they’re especially important for people with a medical condition because they:

- Help reduce the risk of depression and keep you involved in the world around you
- Encourage you to take better care of yourself and stick to your medical program
- Help you to live longer and with a better quality of life

1. List things you enjoy doing on a good day

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

2. List all persons willing to be an occasional or regular “activity partner” in your Wellness Program

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

3. Schedule some of these activities in advance with the people you’ve listed above on a calendar. Allow yourself to cancel if needed.