**My Activity/Exercise Worksheet**

Leslie Russek, PT, DPT, PhD, OCS

Clarkson University & St. Lawrence Health System

Physical activity and exercise are very important for the following reasons. Which of these goals do you want to achieve?

* Doing hobbies or sports that I enjoy
* Being able to do things with my friends
* Helping me be happier, less sad
* Having the energy to do things I enjoy
* Decreasing pain
* Keeping muscles strong enough to protect my joints
* Helping me sleep better at night

Exercise and physical activity do not need to be difficult or painful. Try to pick activities that you enjoy and can look forward to. But you might need to sometimes do a few exercises that are ‘good for you’ to help your body function better, decrease pain, improve energy, and be independent.

1. What types of physical activity do you enjoy doing? Examples might include walking the dog, dancing, biking, Wii or augmented reality games (i.e., video games using your body), exercise ball, archery, yoga, team sports, etc. Right now, list things you would enjoy, even if you can’t physically do it at this time.
2. What do you like most about these activities/exercises? It might be because it is something you can do with friends, or it is relaxing, you can listen to music doing it, or it is just fun.
3. Pick one of the physical activities or exercises you listed above to think about for the next few questions:
4. How difficult is this exercise for you, this week? (0=unable, 10=no difficulty)
5. Why is this activity/exercise difficult for you? It might be because your ankles are too weak, or you don’t have the energy, or your shoulders slip out. List all the reasons you can think of.
6. How might you solve the problems that make this activity/exercise difficult? This might mean getting stronger so that your ankles or shoulder, or neck can do the movements safety. You might need less pain, more energy, or a brace for your knee. Maybe listening to music or doing it with friends would make it more fun.
7. Who can help you solve these problems? It might be just you, your parents, a physical therapist or athletic trainer.
8. There are two FREE phone apps for pain management for teens. Check them out – maybe join with a friend and explore the app together.
   * WebMAP Mobileapp lets you virtually travel to different places to learn skills that can help you manage your pain.
   * iBeatPain for Teens lets you set and track goals that will help you manage pain and enjoy life more; you can also connect with other teens who deal with pain.
9. What can you do to start becoming more active?
   * Control my pain using heat, ice, ointments (like Icy-Hot or Biofreeze), TENS
   * Control my pain through relaxation: breathing, biofeedback, meditation, imagery
   * Start doing some easy exercises or activities that I can do now, to get stronger
   * Find a friend who will exercise with me
   * Increase my energy and endurance by singing or breathing exercises
   * Other:
   * Other:

Other ideas for becoming more physically active: