



Temple University  
**Collaborative**

On Community Inclusion of Individuals with Psychiatric Disabilities



# Physical Activity Calendar



Physical activity in mental health services contributes to improvements in psychological and social outcomes.



People with mental illness have reported they value mental health benefits of physical activity more than anything else.



Participants reported that physical activity resulted in feeling more energetic, less stressed, and sleeping better.

Source: McDevitt, J., Snyder, M., Miller, A., & Wilbur, J. (2006). Perceptions of barriers and benefits to physical activity among outpatients in psychiatric rehabilitation. *Journal of Nursing Scholarship*, 38(1), 50-55.

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Monthly Goal: Assess your current level of physical activity. Use a pedometer, phone app, or just a paper and pencil journal. Pay attention to how much you walk, when you exercise, and how much time you spend sitting. This will help you to set realistic physical activity goals

## January 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
New Year's Day						
8	9	10	11	12	13	14
15	16	17	18	19	20	21
	Martin Luther King Jr.'s Birthday					
22	23	24	25	26	27	28
29	30	31				

Feeling stressed? Anxious about an upcoming change? Stress and anxiety negatively impact cardiovascular health.

**Exercise can:**

**reduce stress,  
decrease anxiety,  
and improve  
cardiovascular  
health!**



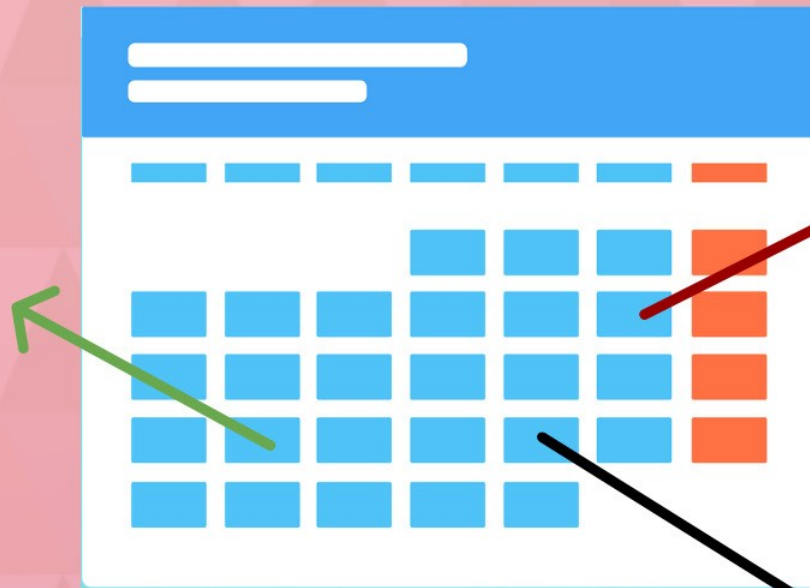
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Monthly Goal: Make your fitness routine enjoyable. List fun activities that increase movement such as walking to a friend's house, playing catch with a pet and dancing around your bedroom! After you make this list, pick one to do this week.

## February 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
				Groundhog Day		
5	6	7	8	9	10	11
12	13	14	15	16	17	18
Lincoln's Birthday		Valentine's Day				
19	20	21	22	23	24	25
	President's Day		Washington's Birthday			
26	27	28				
		Mardi Gras				

**Don't know who to exercise with? Can't afford it? Pop-up groups often occur in parks. Look online to see what's near you!**



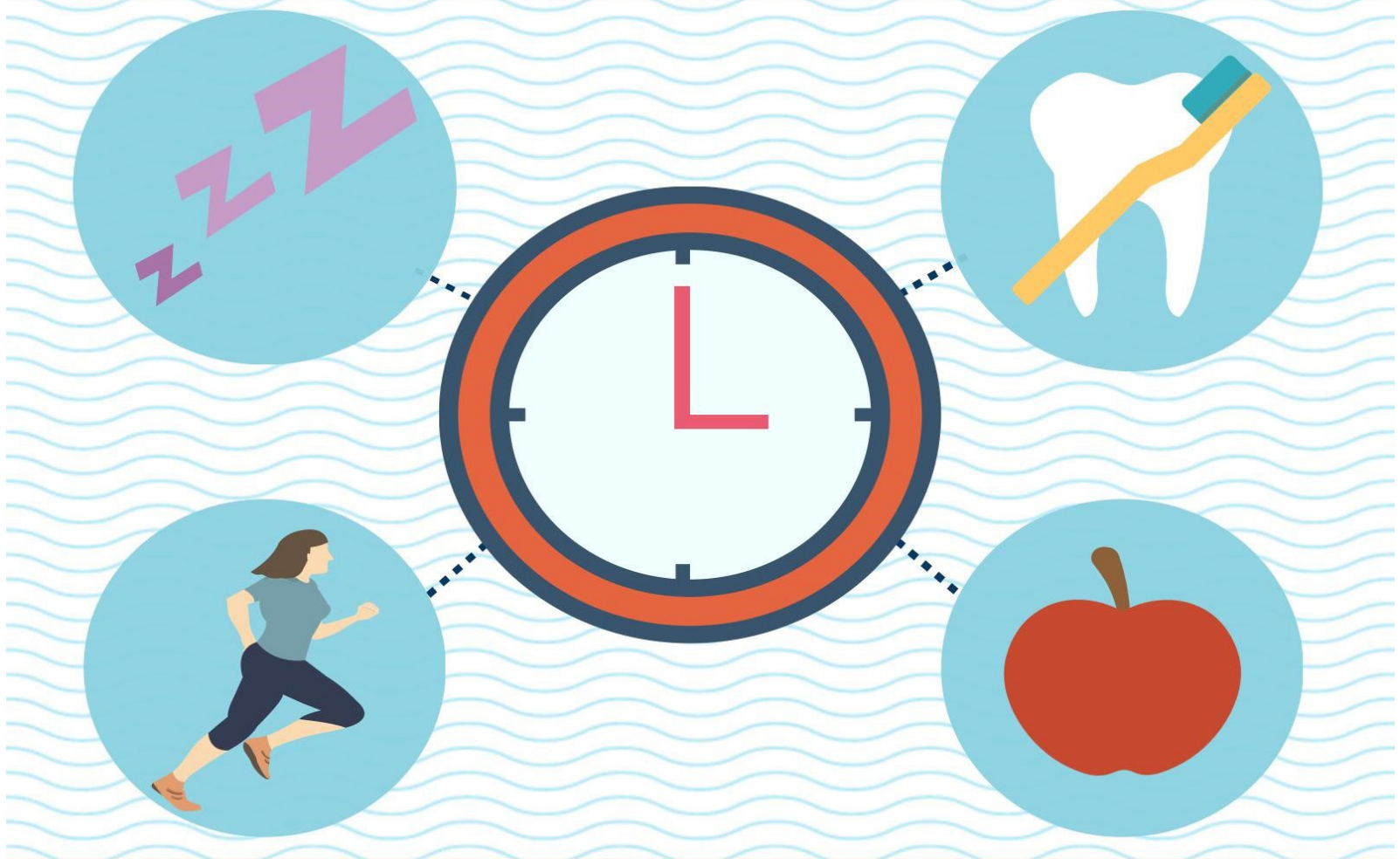
**[tucollaborative.org](http://tucollaborative.org)**

Monthly Goal: Plan your activity. Depending on what you chose to do, there are various amounts of planning necessary. What is required? Consider costs, travel time and preference (walk, bike, train or bus), clothes and equipment, and what time the location opens.

## March 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
Daylight Savings Begins @ 2am						
19	20	21	22	23	24	25
	First Day of Spring					
26	27	28	29	30	31	

A physical activity program can be used to educate individuals on the importance of incorporating healthy activities into their daily routine.



Cotter, L. (2016). Let's move: Using the community to increase physical activity: [TUCollaborative.org](http://TUCollaborative.org)  
 An 8-week protocol. In Snead, B., O'Sullivan, P., & Snethen, G. (Eds.). The Temple University Collaborative on Community Inclusion.

Monthly Goal: Invite people to join you. Friends and family have a big impact on our emotions, so spend time with the people who lift your mood. Invite them to join you for fitness activities. Sharing an activity can make it more enjoyable and help you to stay on track.

## April 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
						April Fool's Day
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						



Monthly Goal: Try something new. Many people get into a routine and rarely think about alternatives to the daily grind. New places and activities can be intimidating but they can also be exciting and interesting. Think of something you'd like to try and plan it!

## May 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
				National Day of Prayer	Cinco De Mayo	
7	8	9	10	11	12	13
14	15	16	17	18	19	20
Mother's Day						
21	22	23	24	25	26	27
28	29	30	31			
	Memorial Day					



Physical activities that increase social interaction can bring together isolated individuals through shared interests and help them to develop meaningful relationships.



Heasman, D. (2004). The active advice pilot project: leisure enhancement and social inclusion for people with severe mental health problems. *The British Journal of Occupational Therapy*, 67(11), 511-514.

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Monthly Goal: Think about the times when you are still for long periods and make a plan for how you will add some movement. TV watchers don't have to miss favorite shows! During commercials stand and stretch, do seated exercises or jumping jacks

## June 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
Father's Day			First Day of Summer			
25	26	27	28	29	30	

Physical activity programs can be a fun way to introduce people to new activities to try in their community.



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Salzer, M.S. & Burns-Lynch, B. (2016). Peer Facilitated Community Inclusion Toolkit. Philadelphia, PA: Temple University Collaborative on Community Inclusion for Individuals with Psychiatric Disabilities. Available at: [www.tucollaborative.org](http://www.tucollaborative.org).

Monthly Goal: Make a list of things that stop you from being more active and why you do them. They may bring joy, a distraction from problems or stress-coping strategies. How can you achieve similar results while moving?

## July 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
		Independence Day				
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					



Communities often have free activities to help neighbors stay active. Libraries, local parks and recreation facilities, and even churches often offer free fitness classes.

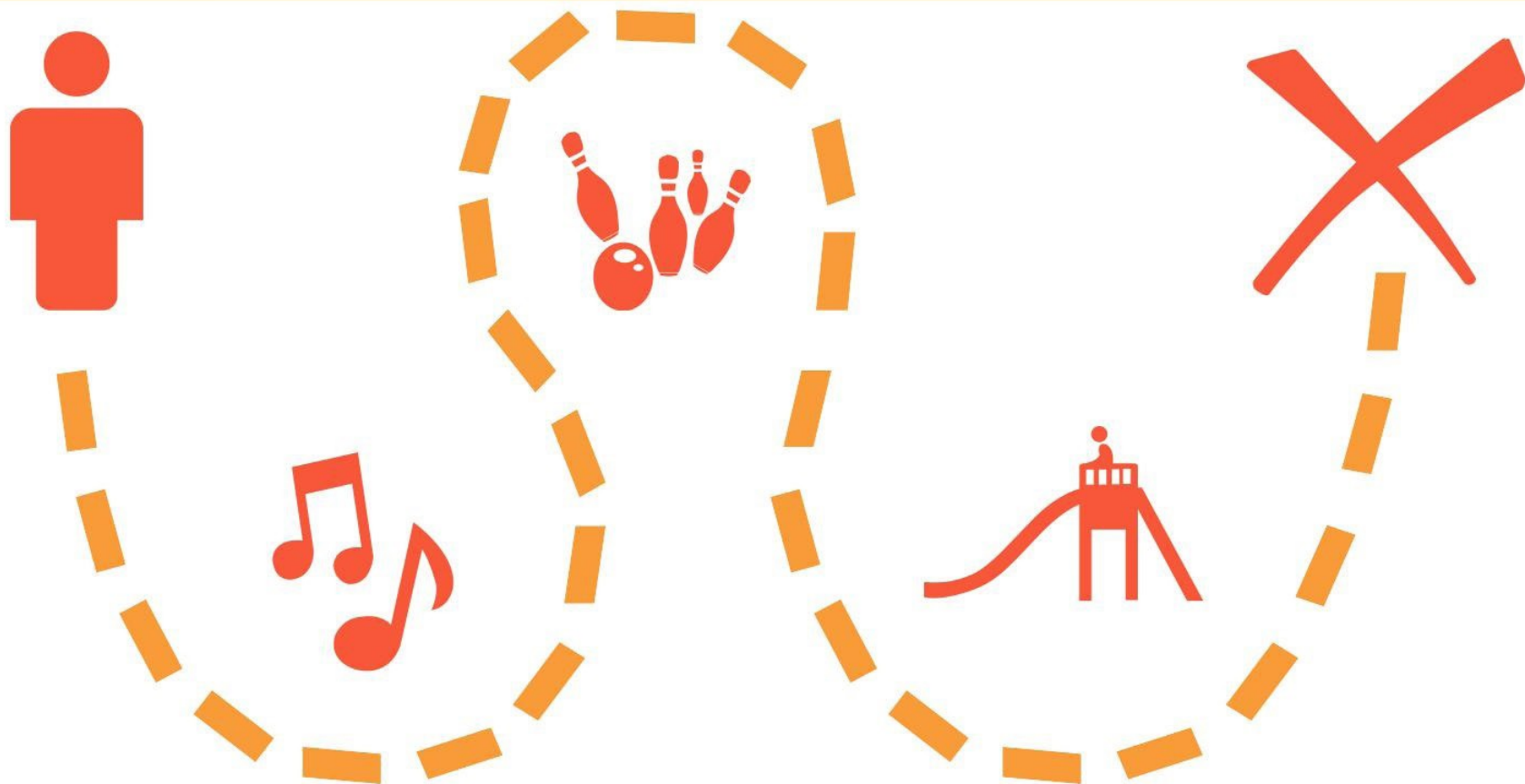


Monthly Goal: List your motivations for being more physically active. What are the potential benefits? There are many other great things that can come from being active, like improved mood and energy, feeling proud of yourself, or opportunities to socialize with new people

## August 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Taking participants' leisure interests into consideration when creating a physical activity program helps to ensure activities are meaningful to the person.



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[tucollaborative.org](http://tucollaborative.org)

Monthly Goal: Chart your progress. Use a journal to record how physically active you are. This might include listing how many steps you've taken or how much time you spent walking. Record what you did and take a moment to celebrate your accomplishments!

## September 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
	Labor Day					
10	11	12	13	14	15	16
	Patriot Day					
17	18	19	20	21	22	23
					First Day of Autumn	
24	25	26	27	28	29	30

Don't make exercise a chore. Choose something fun and that you enjoy! You'll be more likely to stick with your exercise routine!

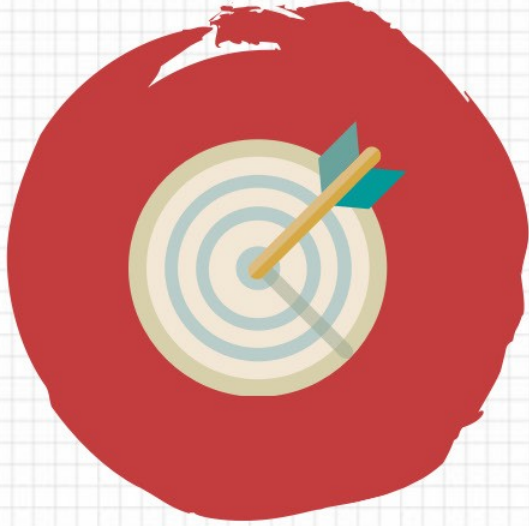


Monthly Goal: Test yourself. How many push-ups, sit-ups and jumping jacks can you do? Pick a time of day when you have a few minutes and no distractions then try these movements and record how many you can do.

## October 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16 Columbus Day	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31 Halloween				

# Going to the gym is a great way to improve your health, but it's not the only way!



By focusing on fun activities, you are more willing to maintain the motivation to participate

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Monthly Goal: When you start a routine of being more physically active, pay attention to how you feel. Are you excited and enjoying your time? Are you self-conscious? Pay attention to how you are feeling and consider strategies to overcome challenging emotions.

## November 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
Daylight Savings Time Ends						Veteran's Day
12	13	14	15	16	17	18
19	20	21	22	23	24	25
				Thanksgiving Day		
26	27	28	29	30		

**Struggling with symptoms of depression?  
 Exercise can help with that! Research indicates  
 exercise reduces symptoms of depression and  
 improves well-being.**



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Monthly Goal: Be mindful. Enjoy as much as you possibly can. When being active, it's easy to forget to enjoy yourself if you're focused on the clock or problems. . Tune-in to the positive things, like the sweet smelling flowers, beautiful buildings, good music, or a nice breeze.

## December 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14 Pearl Harbor Remembrance Day	15	16
17	18	19	20	21	22	23
24	25	26	27	28 First Day of Winter	29	30
31 Christmas Eve	Christmas					
New Year's Eve						