



Buddy Quiz

Getting support can help people start or continue exercising. Everybody has their own style when it comes to asking for support. Take this quiz to find out what yours is!

Circle A, B, or C to choose the answer that best matches what you would do in these situations.

1. You have just come from a doctor's appointment where your oncologist discussed how important it is to be physically active - even when undergoing treatment. Your doctor really wants you to try and get some exercise on the days that you feel up to it. You:
 - a. tell a friend or family member what the doctor said, and ask them to try and go on a walk with you a few days a week.
 - b. wait to tell anyone because you worry that if you do, they will feel like they have to help you.
 - c. decide to make a plan to start exercising by yourself.
2. You decide that you want to become more active. You've been thinking about starting to walk several evenings a week. You:
 - a. ask a family member or neighbor if he or she will watch your kids so you can walk.
 - b. put it off because you don't want people to worry that you are doing too much during treatment, even though you'd really like to start.
 - c. start walking tomorrow on your own.
3. As part of your goal to become more active, you really want to try out some new types of exercise programs. You:
 - a. ask your family members to pick out a exercise DVD that that they like, then do the DVD together.
 - b. don't want to ask for help, so you wait until a friend or relative asks you to go to an exercise class with them.
 - c. go to the library and check out some exercise DVDs, and try them out by yourself.
4. You've made some healthy changes in your life by getting some exercise most days of the week. Still, you sometimes find it hard to stick with your health goals. You:
 - a. ask a friend, relative, co-worker, or neighbor to help you stick with your plan.
 - b. think it would be helpful to get some help from friends knowing that this has worked for others, but don't want to bother anyone, so you don't ask.
 - c. just keep trying by yourself.



Scoring

Give yourself 3 points for each “A” answer.

Give yourself 2 points for each “B” answer.

Give yourself 1 point for each “C” answer.

Add up all your points, and see how you did.

If you scored 11 to 12 points:

You are good at asking for support and feel good about getting it! You may have even seen first-hand that it’s easier to make health changes, like getting more exercise, when you have help. Since you already have a good start in getting support, think about new ways you and your friends and family can help one another be active. Here are a few ideas:

- Meet a friend a few times a week to go on a walk before or after dinner.
- Get a group together and sign up for a local walkathon.
- Ask a friend to check in with you once a week to see how your exercise plan is going.
- And, while its great that you are ready to get or stay active, let your friends and family members know that there will be days that you have more energy than other days. So some days you might even need extra support.

If you scored 9 to 10 points:

Sometimes you like to get support, but other times it can be hard to ask for help. Maybe you only like to reach out to others in some specific situations. If you haven’t thought about asking for help to become or stay active, research shows that it is easier to become physically active if you include family and friends. When you’re feeling unsure about asking for help, try taking a few small steps. You can:

- Explain to your friends and family how important your physical activity goals are to your health.
- Ask someone to walk with you one day after dinner – it’s a great way to unwind. You may even find out that you want to do it more than one day!
- Find a friend who also wants to start to exercise. The two of you can create your plans together. Or, you may know someone who already exercises and is looking for a work out partner.
- And, while its great that you are ready to get or stay active, let your friends and family members know that there will be days that you have more energy than other days. So some days you might even need extra support.

If you scored 7 to 8 points:

Asking for help is a challenge. It seems like you are used to doing things by yourself most of the time. Although working through things on our own is a strength, when trying to get more



exercise, research shows that it is best to get support. Maybe you're worried about what people will think, or you don't want to feel like you are a burden. But, most people really enjoy lending a hand to a loved one. Here are a few ways to get others involved:

- Explain to your friends and family how important your physical activity goals are to your health.
- It is OK to take time for yourself. Ask someone to watch your kids or clean up the dishes after dinner so you can take a walk.
- Ask someone to walk with you for a week and see how you like it. If you don't like it you can always make a change! Switch up the activity or frequency to suit you.
- And, while its great that you are ready to get or stay active, let your friends and family members know that there will be days that you have more energy than other days. So some days you might even need extra support.

If you scored 4 to 6 points:

When you want to make a change, you do it alone. While this may really work for you, when trying to change health habits, like becoming or staying physically active, research shows that it is easier to change and maintain if you include your family and friends. Think about taking a few small steps to get support from others. Do what feels right for you. Some suggestions include:

- Share your exercise plan with a friend. Just having someone know that you have a goal may help you reach it.
- Meet a friend at a local park, go for a walk and then go out for coffee
- If you belong to a gym, ask one of the trainers for titles of good exercise videos.
- Ask your doctor what exercise is best for you, and if she has any suggestions about good work out places.
- Think about your friends and family and what they do to exercise. Ask for their best tip that has helped them stay on track.
- And, while its great that you are ready to get or stay active, let your friends and family members know that there will be days that you have more energy than other days. So some days you might even need extra support.