



THE BRAIN INJURY ASSOCIATION of NORTH CAROLINA

Offering help, hope, and a voice for people with brain injury and their families

Support Group Activity & Thought for the Month

Monthly Topic

Fitness and Exercise

How is your daily schedule created?

Do you plan your day or have input into what your daily plans are?

Is exercise part of your daily/weekly plan? ___yes ___no ___sometime

What kinds of exercise do the group member(s) include in their day or week?

What other kinds of exercise could be included?

What is aerobic exercise and how can it help? Find Handouts on Aerobic benefits

Relaxation and stress management: What works for me?

What could you do to improve your fitness or get more exercise each day/week?

What could our support group do to help everyone get better fitness or more exercise or reduce stress or help one or more of our members?

Thought for Month

Everyone benefits from getting exercise and being as fit as possible. Set a fitness goal!