

85% of people believe physical activity is important for their health but.....

- The Canadian Health Measures Survey found only 15% of Canadian adults achieve this minimal level of PA per week!
- And this drops off after 65 years of age!

"Do I really have to exercise?"

Jochen Bocksnick, Ph.D.

NO!

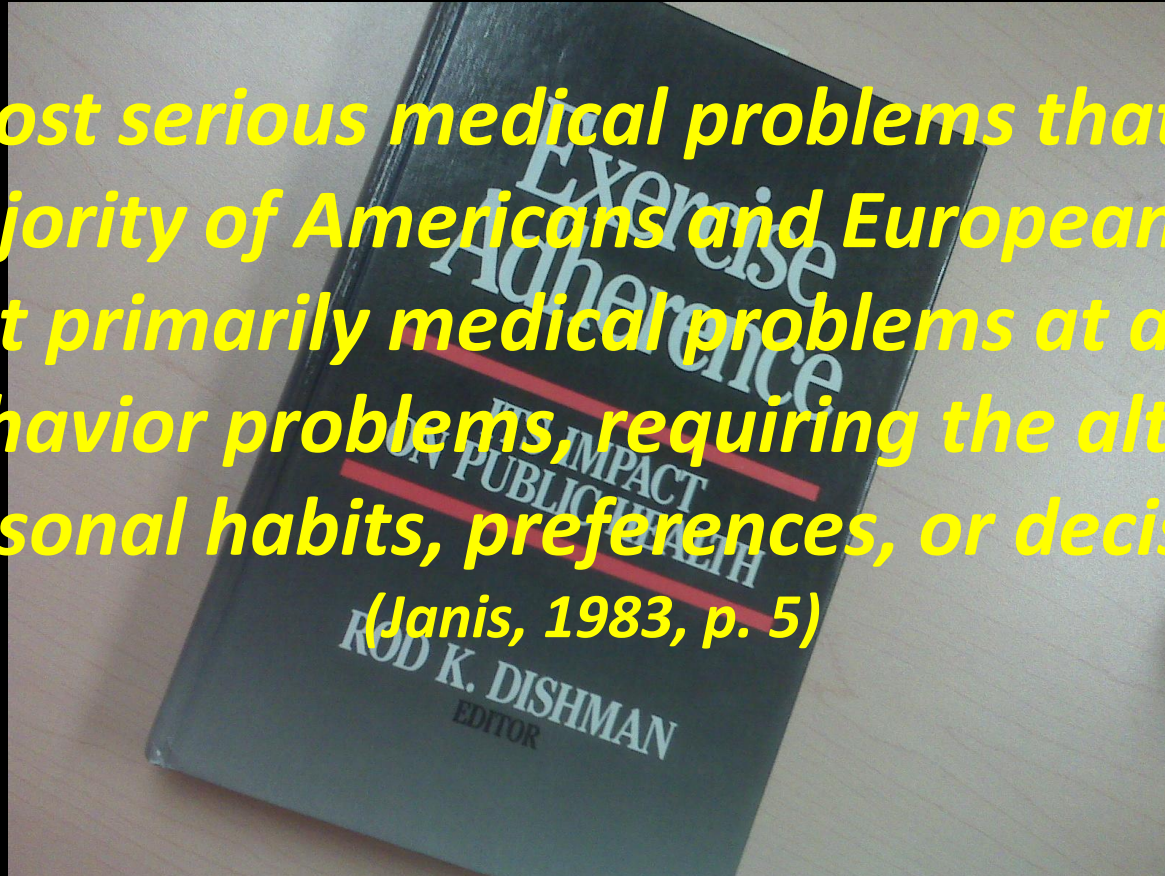
but

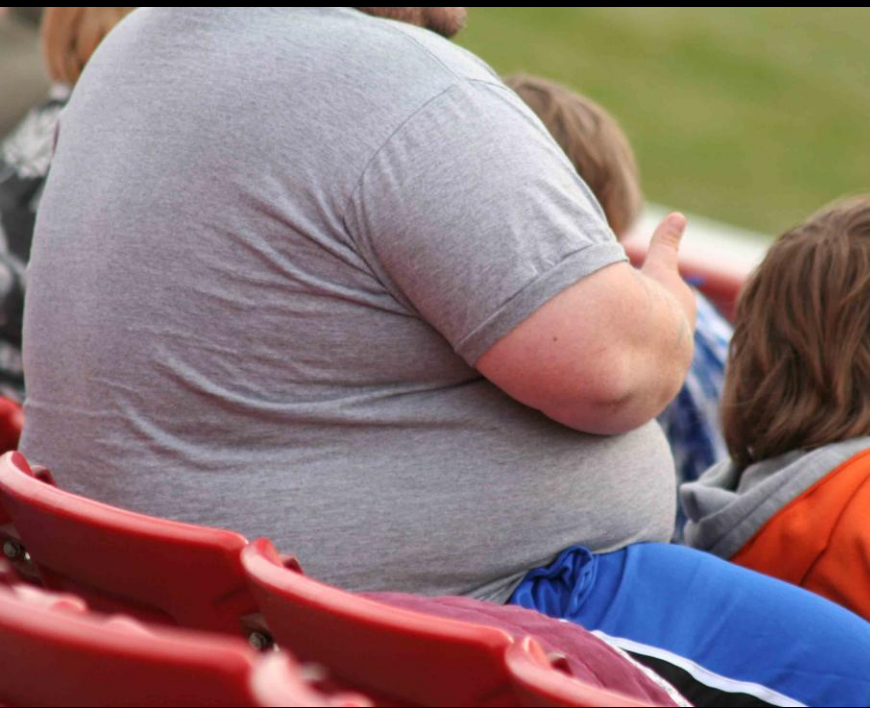
Physical inactivity is hazardous to your life!



"The most serious medical problems that plague the majority of Americans and Europeans today are not primarily medical problems at all; they are behavior problems, requiring the alteration of personal habits, preferences, or decisions."

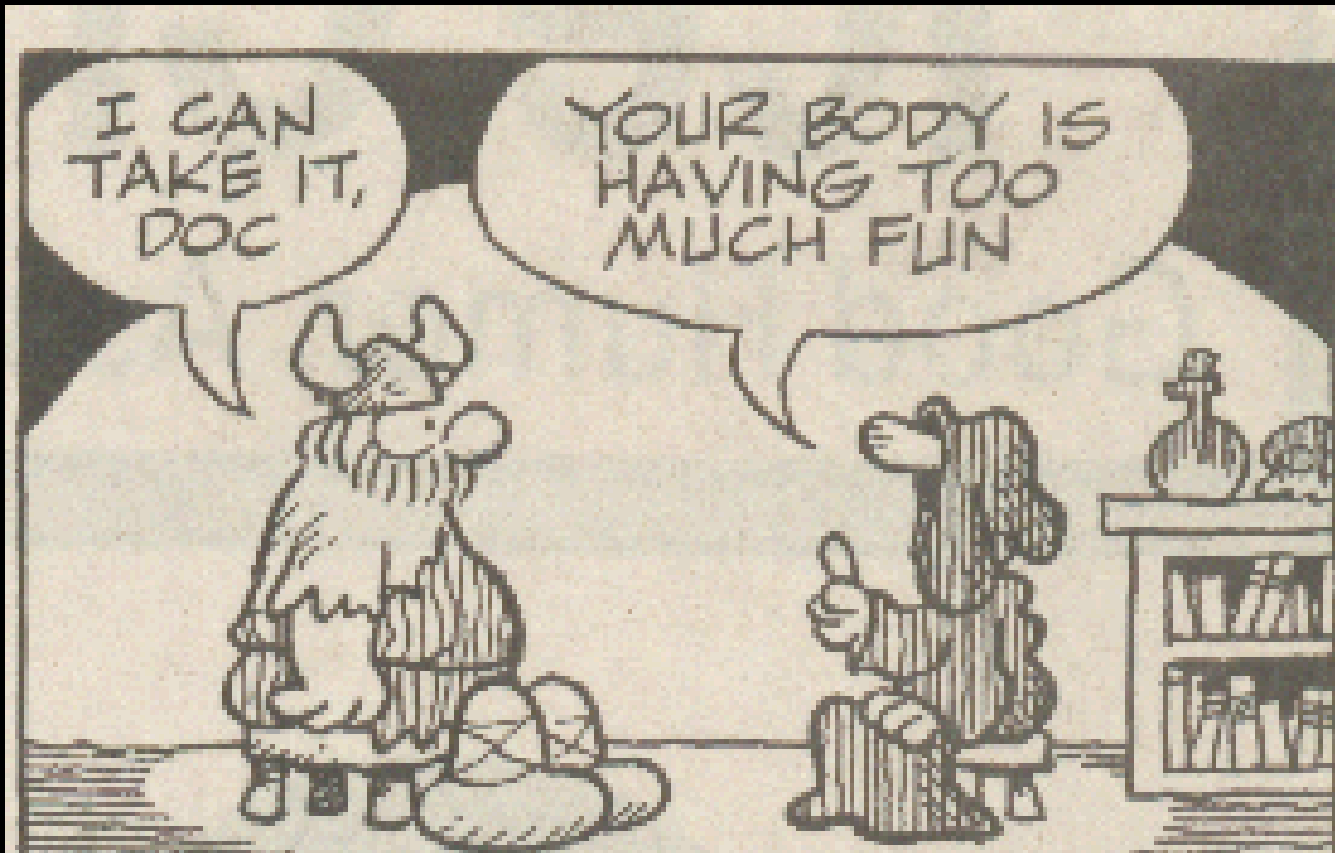
(Janis, 1983, p. 5)







**Exercise adherence
is NOT a trivial matter!**



Issues affecting exercise adherence

Issues affecting exercise adherence

*Personal
Factors*

*Physiological
Factors*

*Situational
Factors*

*Behavioral
Factors*

*Programmatic
Factors*

Issues affecting exercise adherence

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Age
Education
History
Motivation

Issues affecting exercise adherence

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Factors*

Age
Education
History
Motivation

Body Weight
Medical
Injuries

Issues affecting exercise adherence

*Personal
Factors*



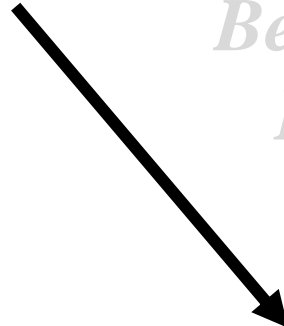
Age
Education
History
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*Physiological
Factors*



Body Weight
Medical
Injuries

*Situational
Factors*



Climate
Disruptions
Social Support
Convenience

*Behavioral
Factors*

*Programmatic
Factors*

Issues affecting exercise adherence

*Personal
Factors*



Age
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Factors*



Leadership
Exercise Intensity
Choice

Issues affecting exercise adherence

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Factors*

*Situational
Factors*

***Behavioral
Factors***

*Programmatic
Factors*

Strategies to Enhance Exercise Adherence

Goal-setting & Cognitive Approach

Reinforcement Approach

What will work for you?

It may not work for me!

Environmental Approach

Social support Approach

Decision-making Approach

Strategies to Enhance Exercise Adherence

Goal-setting

Assumptions regarding the Setting of Goals



Selecting/Choosing Goals

Proximal - Distal



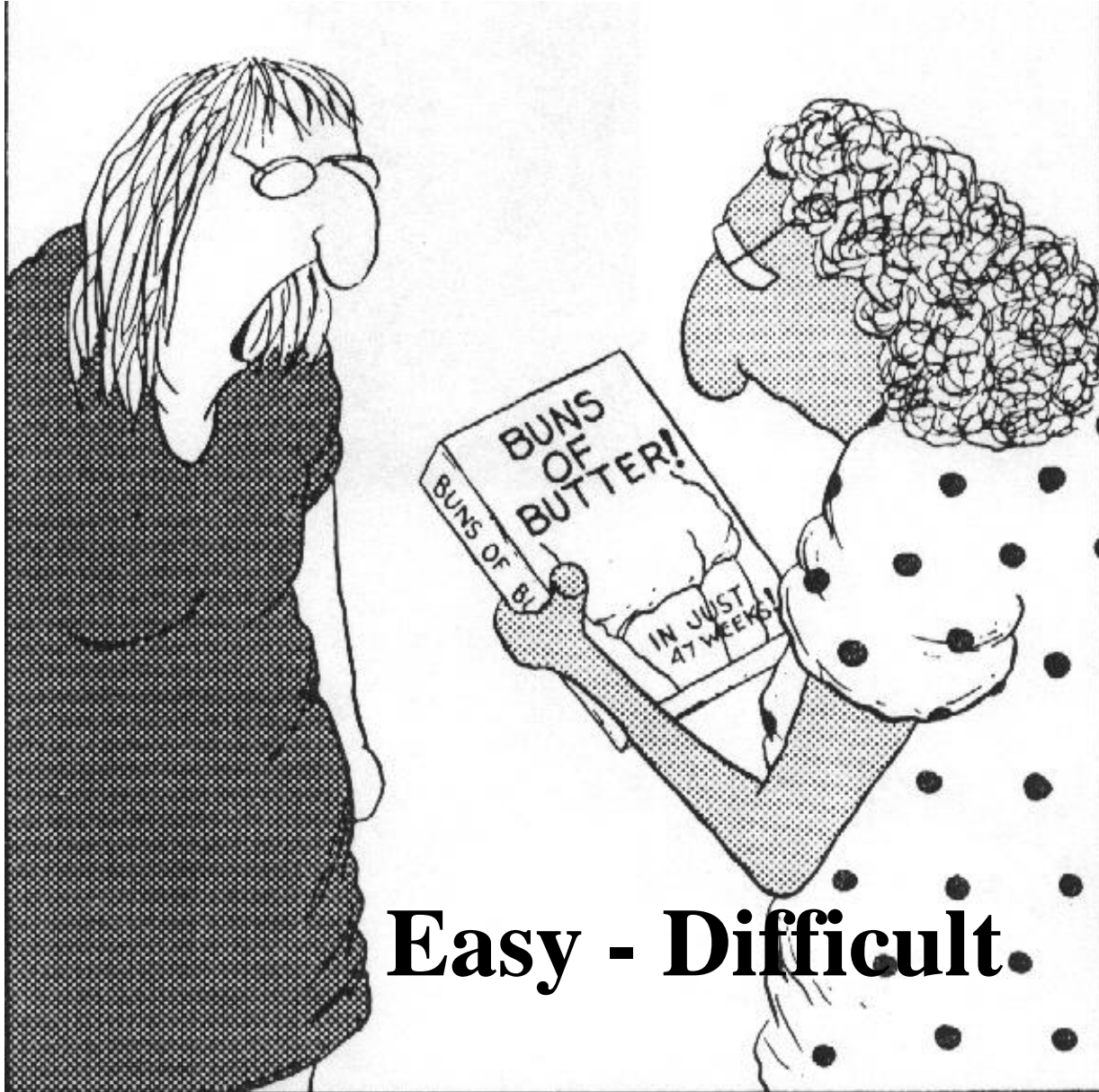


Public - Private





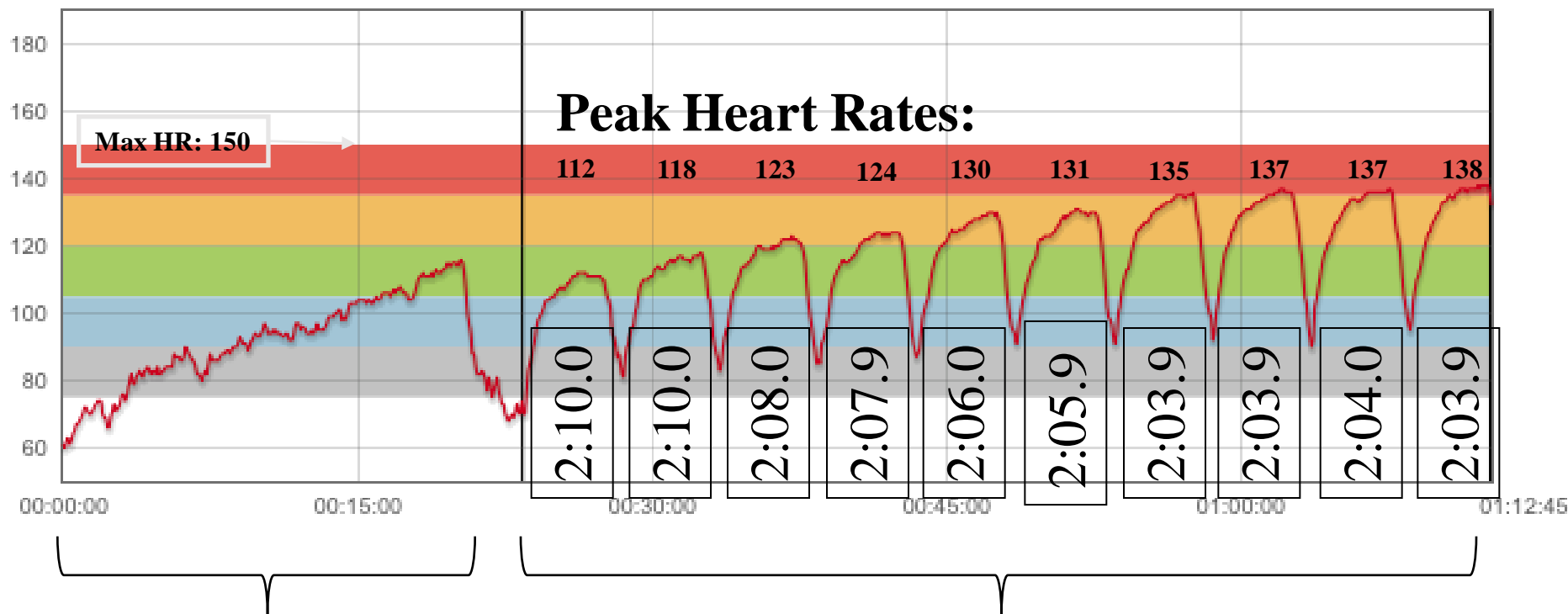
Easy – Moderate – Difficult



Easy - Difficult.

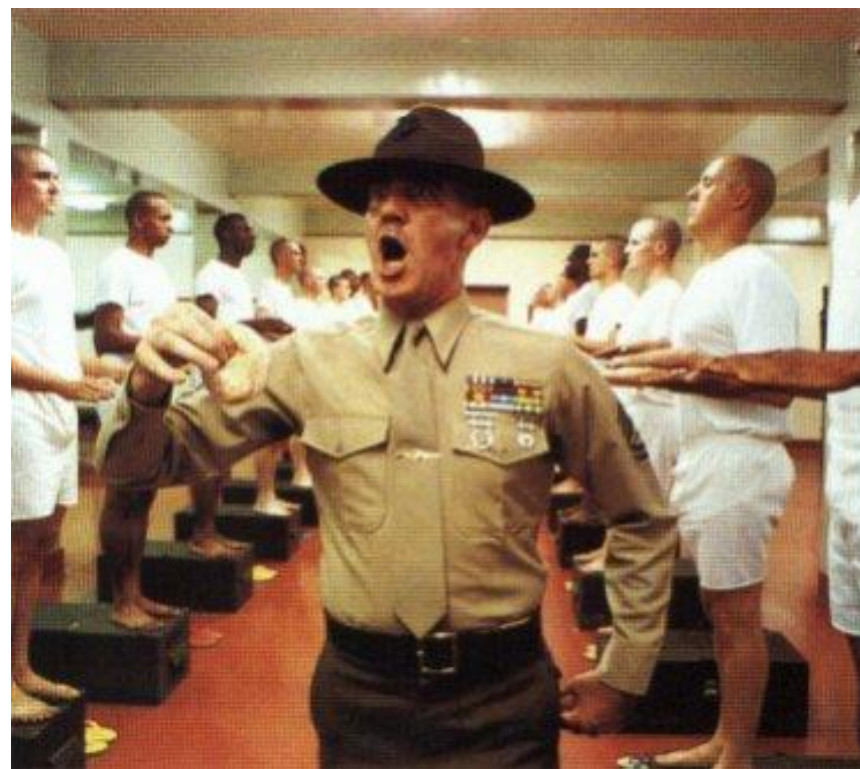
“This workout tape’s a little more laid-back than some of the others.”

“Progressive Interval, #2”



“Bike”

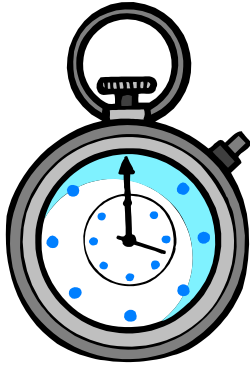
“Rower”
10 x 4-min sections with 1-minute rest periods
Progressive interval goals of:
2 x 2:10, 2 x 2:08, 2 x 2:06, 4 x 2:04



Assigned – Self-Set

- **Goals CAN relate to ...**

Duration



15 – 60 minutes

Frequency



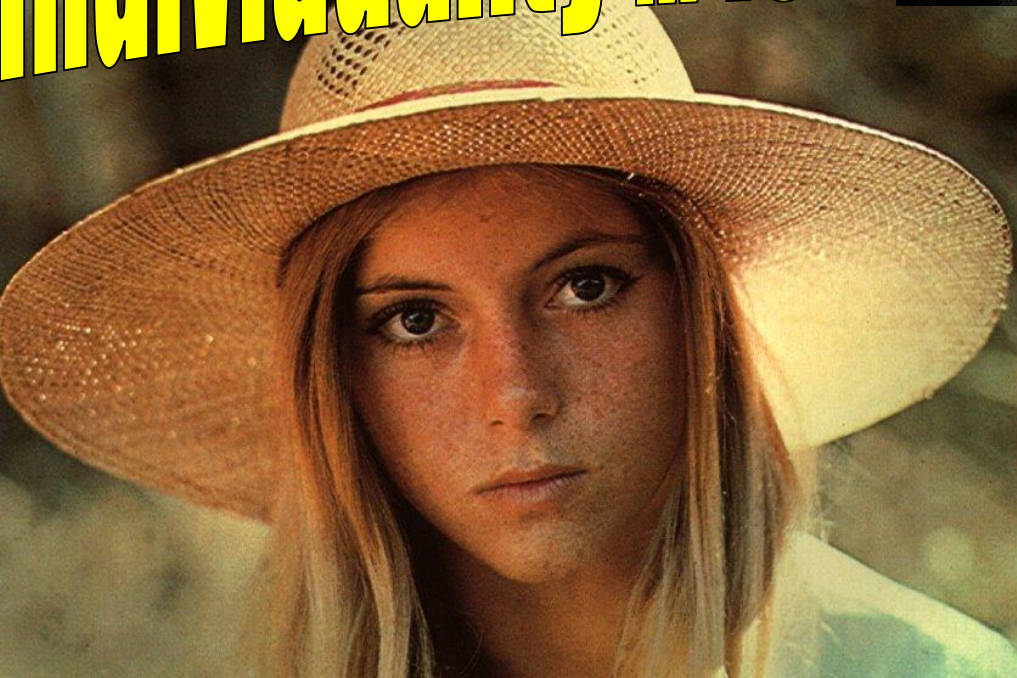
3 – 7 days per week

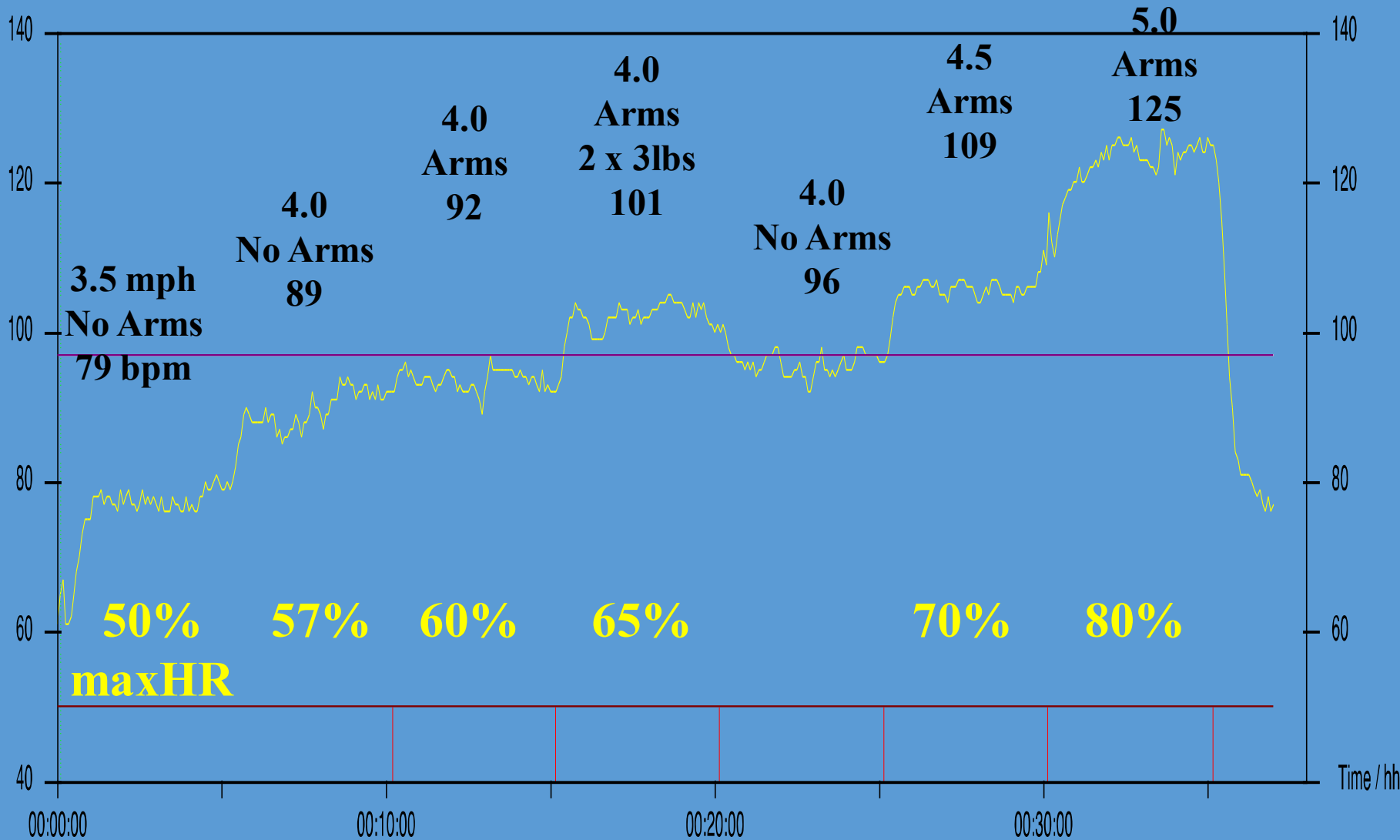
Intensity





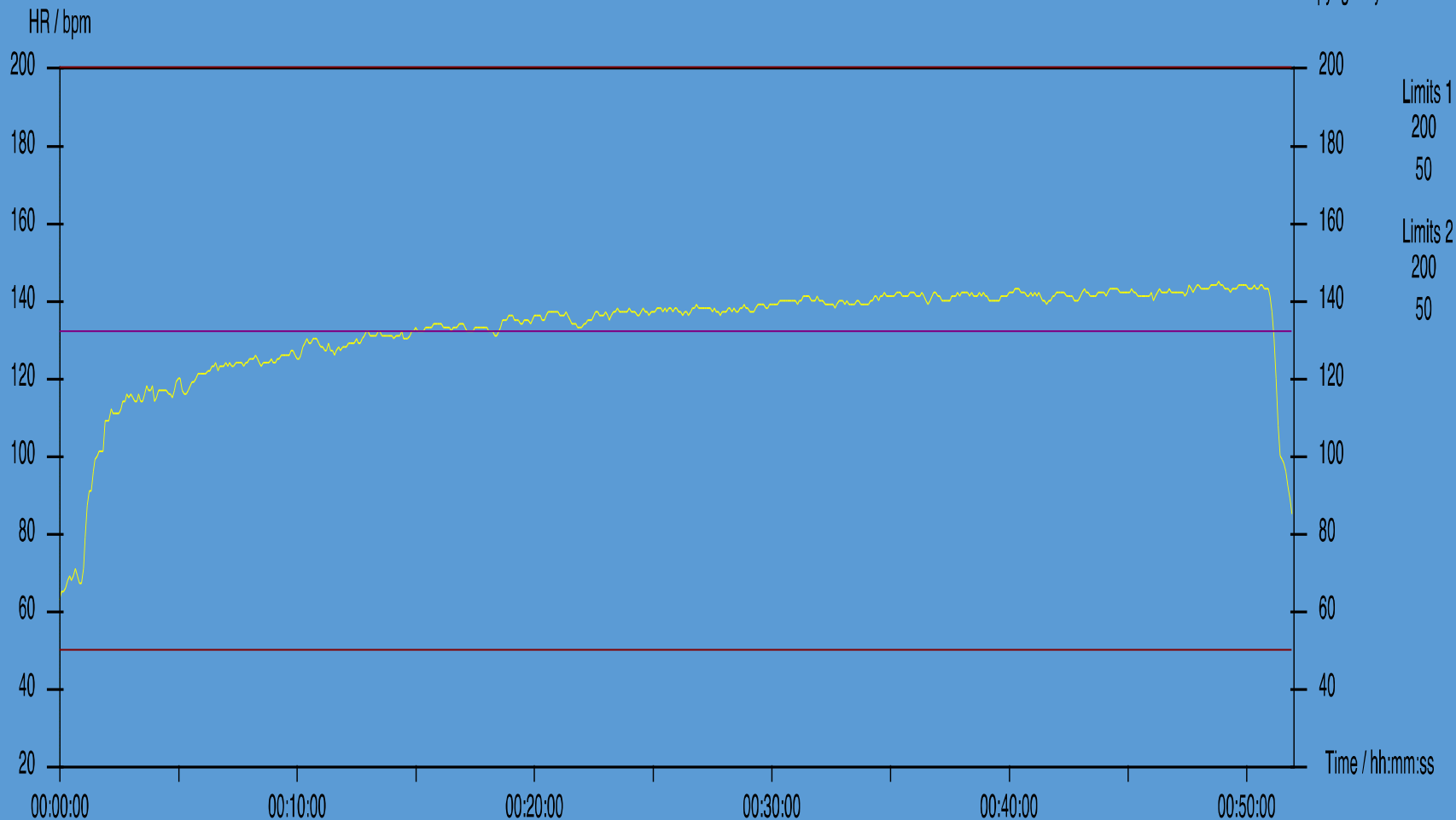
Individuality ... is the name of the game!





An example of exercise intensity when walking!

Measured as Heart Rate = beats per minute

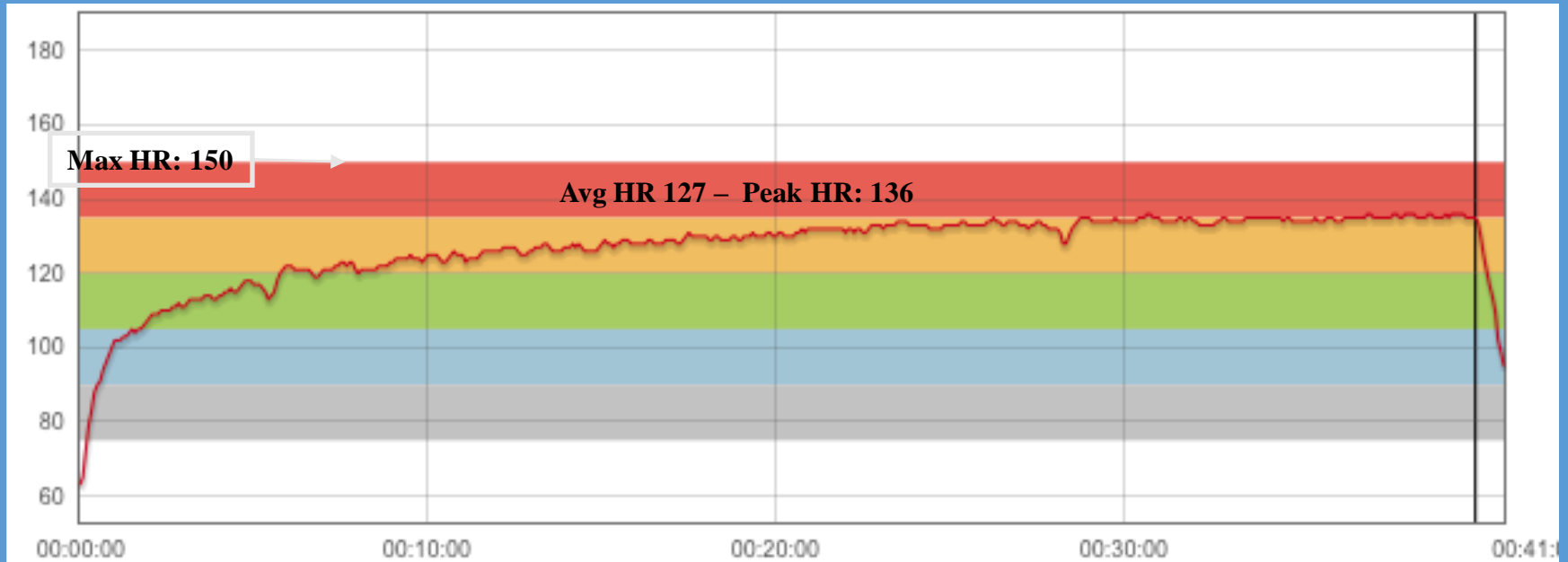


HR: 63

Time: 00:00:00.0

Person	Bocksnick, Jochen	Date	07/10/2003	Average	132 bpm	Recovery	0
Exercise	2003/10/07 07:46:57	Time	7:46:57	Duration of exercise: 00:51:55.8			
Note	50-min row @ 2:03.2 (786 cal)						

Long Distance – “Steady State”



2:07.9
RPE: 7

2:07.1
RPE: 8

2:07.1
RPE: 9

2:07.0
RPE: 9

2:06.6
RPE: 9

“40-min row”
2:07.3

Strategies to Enhance Exercise Adherence

**Goal-setting & Cognitive
Approaches**

**Reinforcement
Approach**

**Environmental
Approach**

**Social support
Approach**

**Decision-making
Approach**

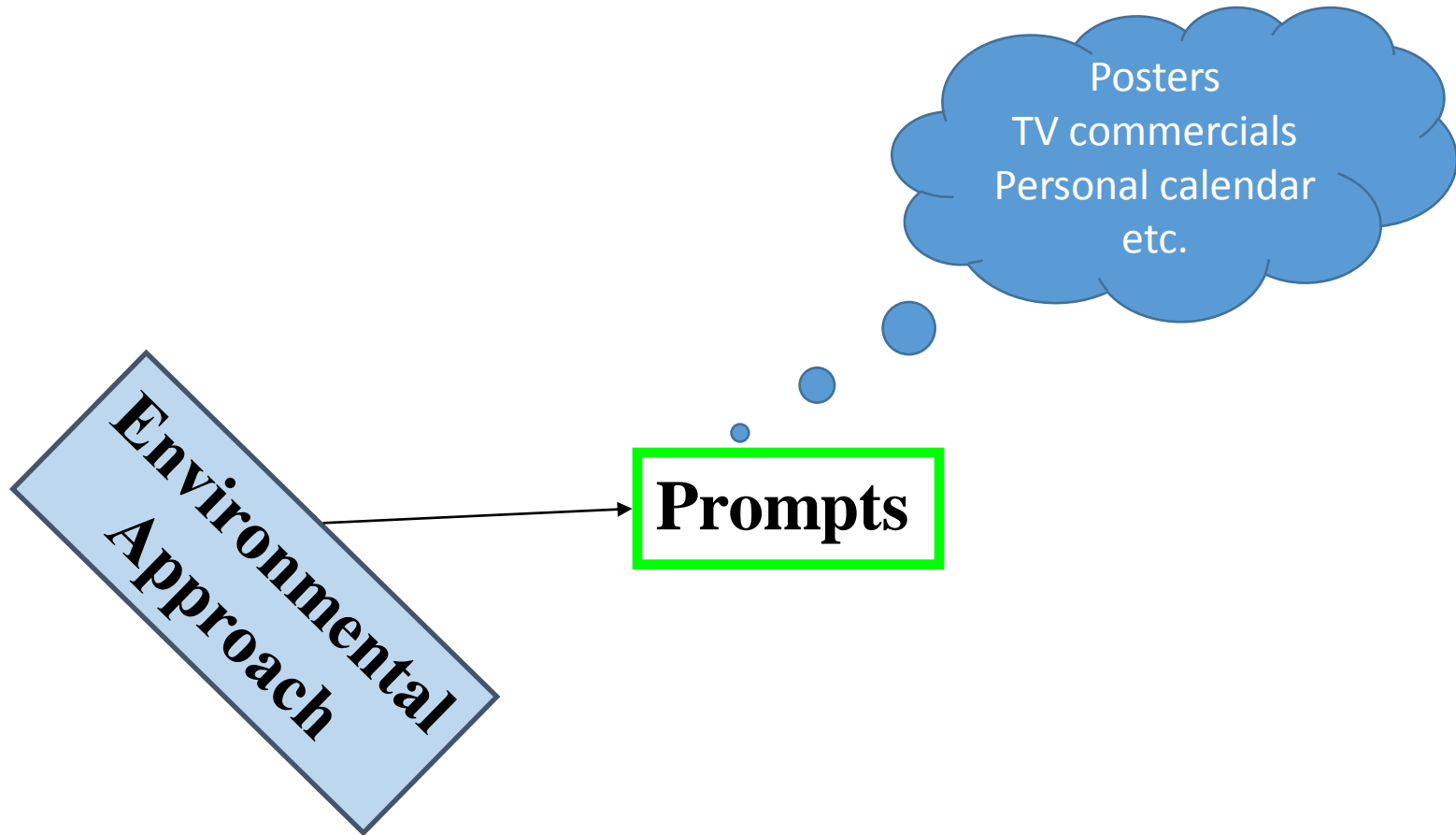
Strategies to Enhance Exercise Adherence

Goal-setting & Cognitive Approaches

**Associative
vs
Dissociative**

Watching TV
Listening to music
Reading
etc.

Strategies to Enhance Exercise Adherence



Strategies to Enhance Exercise Adherence

Friends/Family
Teams & Groups

The “Group”
- Cohesion -

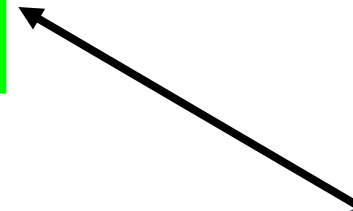
**Social Support
Approach**

Strategies to Enhance Exercise Adherence

Gain vs Loss for You!
Gain vs Loss for someone else!

**Decision
Balance**

**Decision-making
Approach**





Adherence

Reinforcement Approach

Strategies to Enhance Exercise Adherence

Goal-setting & Cognitive Approach

Reinforcement Approach

Environmental Approach

Exercise needs to be enjoyable

Social support Approach

Decision-making Approach

Potential **strategies** to overcome (some) barriers to exercise



<https://www.growingbolder.com/never-leave-the-playground-793777/>

3:40 to 5:57

"Media" enticements

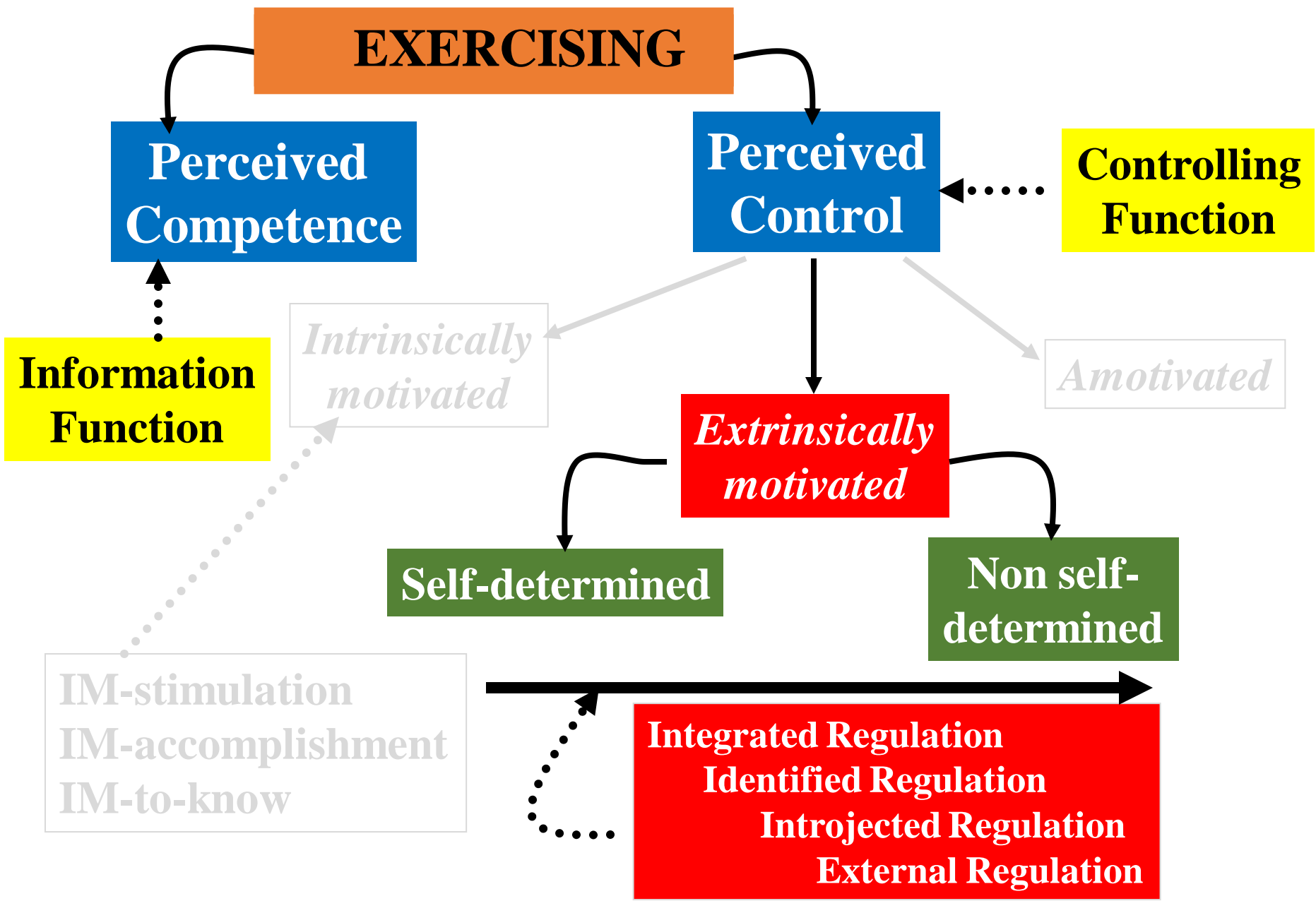


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**Exercise adherence
IS NOT easy!**

***... but what do YOU
think?***

Cognitive Evaluation Theory (Deci & Ryan, 1985)



YES, TECHNICALLY, I AGREE. AT A CELLULAR LEVEL, YOUR BODY IS CONSTANTLY WORKING. BUT YOU CAN'T COUNT THAT AS THE "30 MINUTES OF VIGOROUS EXERCISE 3 TIMES A WEEK" THAT THE DOCTOR PRESCRIBED FOR YOU.



At least the mind of a lazy person is always working out.