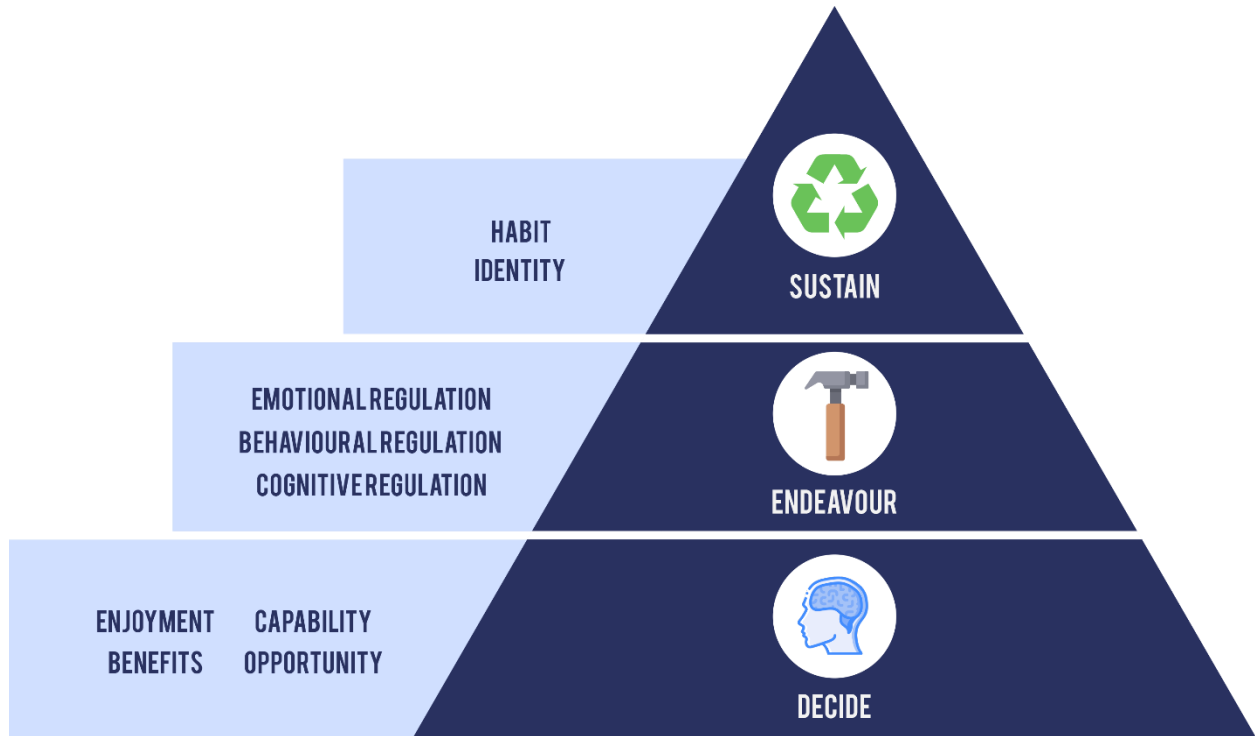




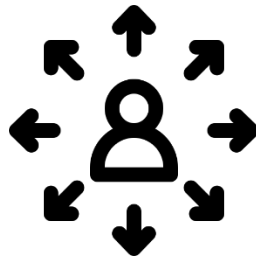
The Multi-Process Action Control Model A Practical Approach to Behaviour Change Supplemental Workbook



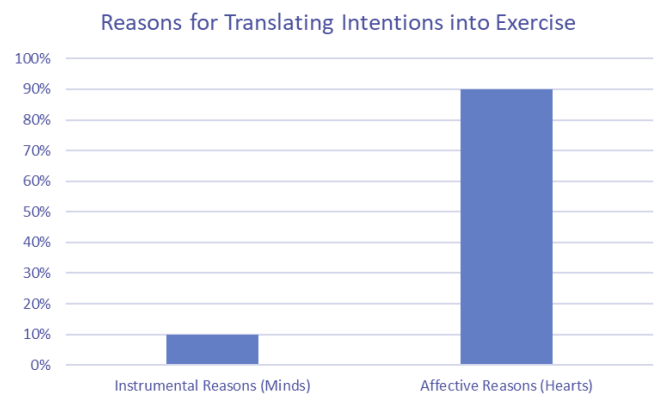
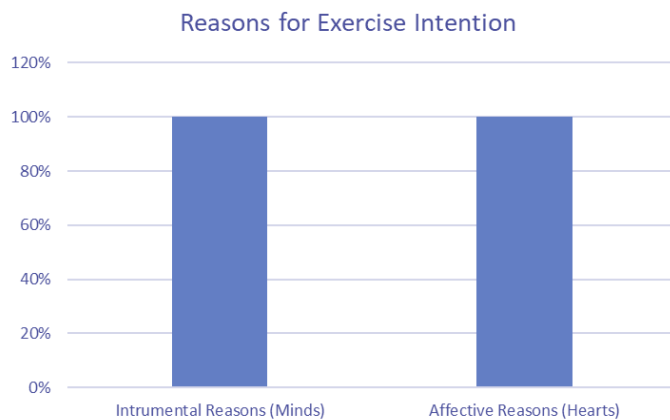


The first phase of the M-PAC model is the “**Decide**” phase. This phase is about our basic thoughts towards the behavior we want to change. They represent the foundations of motivated action.

- Benefits
- Enjoyment
- Opportunity
- Confidence



We know exercise is good for us, but we won't do it unless we find it enjoyable!



Rhodes, R. E., & de Bruijn, G. J. (2013). What predicts intention-behavior discordance? A review of the action control framework. *Exercise and Sports Sciences Reviews*, 41(4), 201-207



BENEFITS OF PHYSICAL ACTIVITY

Long-Term Health Benefits of Physical Activity

- Reduces health risks for heart disease, obesity, diabetes, cancer, depression etc
- Strengthens heart & improves fitness
- Maintains & achieves healthy weight
- Builds strong bones & strengthens muscles
- Aids digestive system and relieves constipation
- Improves posture and balanced
- Prolongs independence as ageing occurs

List at least three other important benefits to YOU

-
-
-
-



ENJOYMENT

This self-reflection and planning tool aims to assist you in recognizing the pleasure that physical activity provides you with, and encourages you to brainstorm ways to make physical activity more enjoyable for yourself.

Step 1: Reflect and write down the reasons why physical activity is enjoyable

Step 2: In the “Locations” box, list some fun or nice places where you would like to be physically active, and where you would derive added enjoyment from.

Step 3: In the “Social Experiences” box, list some events or activities where you can be physically active, and where you can benefit from social opportunities involved.

Step 4: In the “Others” box, list other considerations/features you would incorporate or are important to you, and which you think would make physical activity more enjoyable for you.

Step 5: Incorporate these ideas and strategies into your plans for physical activity over the next week.

Reasons

Locations

Social Experiences

Others



SKILL BUILDING TO INCREASE CONFIDENCE

Examine whether physical activity is a challenge. This can be from physical aspects such as fitness conditioning, injuries, physical disabilities or many other reasons.

Here are some suggestions for building up your physical activity:

- Keep the physical activity short and simple to start and build up over time
- Walk at a pace that feels comfortable and gradually build up to a higher intensity
- Find others to engage in physical activity with

Brainstorm ways you can start off slow and easy:

1.

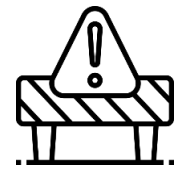
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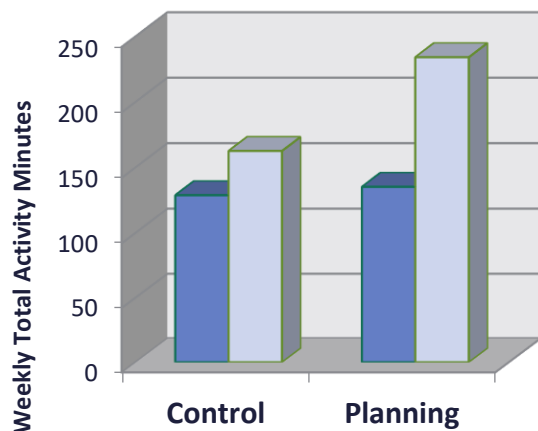


The second phase of the M-PAC model is the “**Endeavour**” phase. This phase is about managing our behavior through strategies and tactics to translate our intentions into behavior.

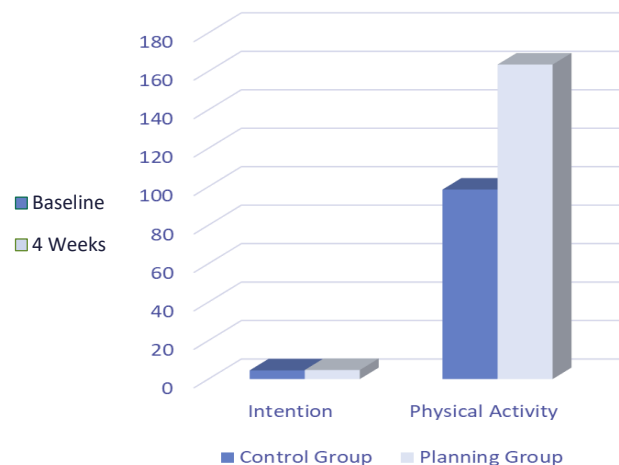
- Planning
- Self-monitoring
- Prioritizing
- Mobilizing support
- Creating mid-term rewards
- Self-talk



Why is planning important?



Rhodes, R. E., Naylor, P. J., Blanchard, C., Quinlan, A., & Warburton, D. E. R. (in press). Family physical activity planning and child physical activity outcomes: A randomized trial. *American Journal of Preventive Medicine*.



Rhodes, R. E., Naylor, P. J., & McKay, H. A. (2010). Pilot study of a family physical activity planning intervention among parents and their children. *Journal of Behavioral Medicine*, 33, 91-100.

These strategies are not new, but they are EFFECTIVE!

Some considerations:

- The devil is in the details
- Monitoring maintains the intention
- Even “spontaneous time” should be planned
- Reset and recover days should be normalized



MAKING A PHYSICAL ACTIVITY PLAN

Sometimes becoming more active can be challenging. If you feel this way, you are not alone! One way to make it easier to get started is by making a physical activity plan. This handout will take you through the steps to make your own plan.

Step 1: Think about **WHAT, WHERE, WHEN, HOW**

Read the questions below and write your answers in the spaces provided. An example answer for each question has been provided.

WHAT type of physical activities do you want to do?

E.g. Go for an after dinner walk	

WHERE would you do these physical activities?

E.g. On the chip trail around the golf course near my house	

WHEN can you be physical active?

E.g. After dinner on Tuesday and Thursday evenings	

HOW can you do the physical activity?

E.g. I will walk over to the chip trail which is 5 minutes away from my house	

*Note: Everyone likes to plan differently! Be creative and use what works for you. Whether that be a smart phone, an online computer calendar, or a day planner, make it work for you.



Step 2: Adding details to your plan

The questions below will help you add more details to your plan.

An example answer for each question has been provided.

1. How much time will you need for your activity?

E.g. I will need 45 minutes to walk around the chip trail	

2. Do you need special clothing or equipment?

E.g. A water bottle and running shoes	

3. What can you do to prepare for poor weather?

E.g. Bring a rain jacket and wear warm clothes	

4. What are some obstacles you may run into when carrying out your physical activity plans?

E.g. Working late, fatigue	

5. What are some ideas to overcome these obstacles?

E.g. Have my exercise stuff ready to go to save time, remind myself how energized I will feel after	

*Note: Set a planning reboot day (e.g. Sundays) where you set the upcoming week's physical activity plan, consider new strategies, and if the past week had setbacks, plan how to overcome obstacles this week



The third phase of the M-PAC model is the “**Sustain**” phase. This phase is about maintaining the behaviour and making it a part of who you are.

- Identity
- Habit



Habits are when behaviours become unconscious and can seemingly be performed on autopilot

How do you form an exercise habit?

- Consistency of performance
- Cues paired with exercise (i.e. time of day, place, event, other habits)
- Ease of performance

Identity is taking ownership of the behavior in how you present, think and feel

How do you change identity?

- Invest time
- Invest effort
- Prioritize the behavior within your life
- Find personal meaning in the behaviour



BUILDING A PHYSICAL ACTIVITY ROUTINE

This instructional tool aims to help you build daily opportunities for physical activity into the long-term habit of regular physical activity. One way to achieve this is to create a physical activity routine.

Step 1: Think about your current physical activity routine, then identify a specific routine that could be used as a cue to insert your new physical activity routine.

Step 2: Once you have identified this routine as a cue to be physically active, use this cue as a reminder to you to be physically active and follow through with the physical activity right after. Exposure to this cue should only be associated with physical activity.

Step 3: In the boxes below, list some routines that occur once per day which you can use as cues to be physically active. Next to each box, describe how each cue would work to remind you to be physically active. Think of at least two separate routines that can act as cues to you and then put them into action. Some examples have been provided to help guide you.

Please utilize cues that you will not easily miss nor get used to. Your exposure to this specific cue should trigger the association to physical activity. Thus, sticking a note on the fridge to remind yourself to be physically active will not work as you will get used to the note being there all of the time, and very quickly you will stop noticing it, thus rendering the cue ineffective.

****Note:** Individuals' lifestyles and schedules vary, thus you can use one routine/cue to plan for one 30 minute or longer physical activity session per day, or you can use two routines/cues to plan for shorter bouts of physical activity.

Example: Cue

1. After dinnertime

2. In the morning when I wake up

Cue #1:

Cue #2:

Example: Reminder Strategy

Dinner takes place once per day. I can be physically active for 30 minutes after dinner.

Wake up once per day, I can go for a 20 minute walk right after I get out of bed.

Reminder Strategy:

Reminder Strategy:



PHYSICAL ACTIVITY IDENTITY FORMATION

This self-reflection tool aims to assist you in building a physical activity identity.

Step 1: Brainstorm between 4-6 identities you currently hold. These identities reflect the main roles you take on and the identities you see yourself as having when pursuing your interests or other activities. Some examples would be: “dog mom”, “busy parent of three”, “writer”, “foodie”, “couch potato”, “bookworm” etc.

Step 2: In the space below, write these identities down and rank them in a hierarchical order. You will rank in priority the identities most important to you as a person and work down to the identities of least importance to you. Please be as honest and realistic with yourself as possible.

Step 3: Decide where physical activity fits within this hierarchy. Next, affirm this decision in writing at the bottom of the page that physical activity will ALWAYS be done before behaviors associated with the lower-ranked identities. This creates a commitment to physical activity even when some other things have to be sacrificed under time pressures.

Step 4: Brainstorm ways to celebrate and share this new physical activity identity. This can be through purchasing physical activity related equipment such as a new running shirt, or taking pictures of yourself engaging in physical activity and posting these pictures on social media or displaying them in your home.

Hierarchy of Identities

Ways to Celebrate

I, _____ (full name), affirm that physical activity will ALWAYS be done before activities associated with lower-ranked identities.

Signature: _____