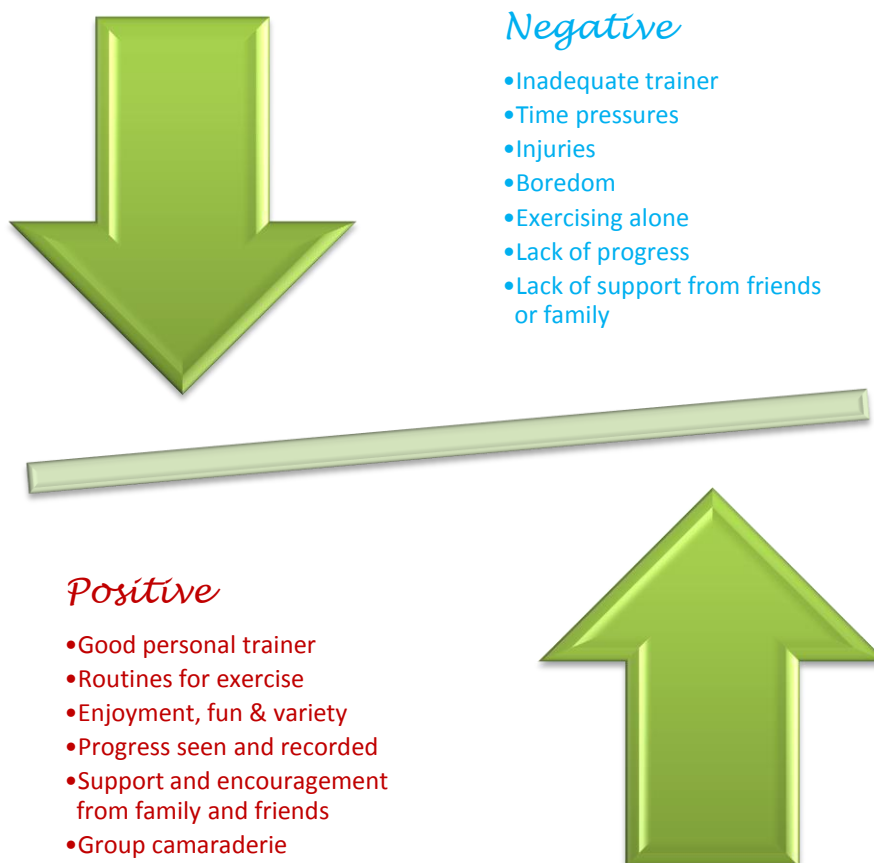


## Motivation and Exercise Adherence – What Can You and I Do?

*Exercise will only be healthy for you if you maintain it* – so for your bones, heart, brain, muscles and your body as a whole, you need to stick with it. Most people drop out from an exercise programme within 6 months of starting – it's hard enough getting people to start to exercise! If you stay on a fitness regime for longer, you have a good chance of maintaining it for years (maybe for life). Here are just a few of the strategies that can help with exercise adherence (below).



An adaption of a picture from The American College of Sports Medicine showing the positive and negative variables that can influence exercise adherence.

**Enjoyable exercise** – exercise boredom is a negative factor, so finding an exercise you enjoy can go a long way to helping. Past experience can have a negative impact, especially from school and gyms (gerbils on treadmills?). I will endeavour to make the sessions as enjoyable and fun (☺) as possible and provide a variety of exercises to do.

**Appropriate exercise** – this makes sure the exercise is not too hard or not too easy, but still provides a challenge to you and your body. Injury rates can increase with an inappropriate exercise that the body cannot cope with (☹), and the dropout rates from exercise after injury are high. One of the main aspects of Personal Training is in injury prevention. Timing issues can also play a part, as many people say they don't have time to exercise (and watch hours of TV each day). Use my Time Management if you have a **real** problem with time.

## Motivation and Exercise Adherence – What Can You and I Do?

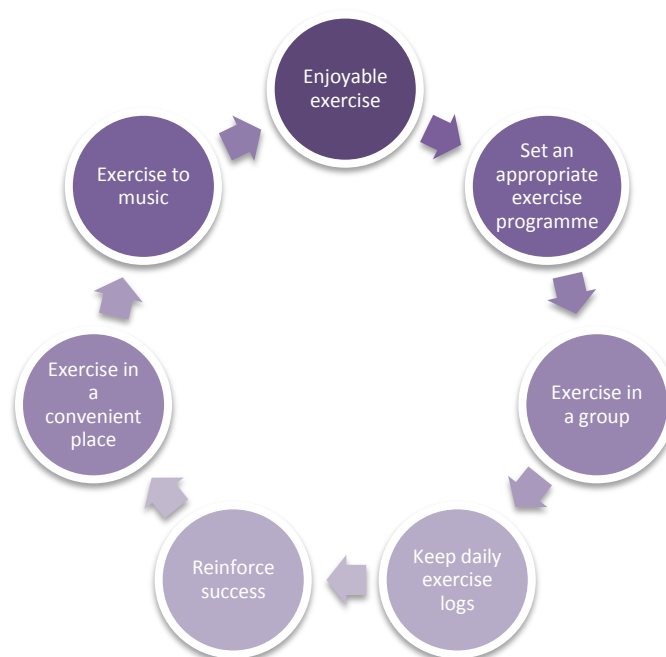
**Exercise in a group** – as you can see above, being alone is not good for sticking to exercise. So, being part of a select group is good for exercise adherence and also for your general health. So phone a friend (or just bring them along here). Social support will help you through the tougher times, as we all have those times when exercise is not on our to do list (even on mine!).

**Daily & weekly exercise logs** –exercise logs are goof! It doesn't have to be an essay, but you can find an example in your packs. Just note down what you do, whether it is housework, gardening or walking (how long etc).

**Reinforce success** – Praise is always good, and you even get rewards (e.g. free massage ☺). If you improve any parts of your fitness, weight, body shape, health etc then being shown that you have improved is a great reinforcement to exercising. You can then reward yourself – maybe some new clothes for your new improved body.

**Find a convenient place to exercise** – although it might not be too convenient here, it is a beautiful area which I hope inspires you to exercise more outdoors (rather than staring at a wall indoors). For the rest of the week, you can use the programme here to exercise closer to home if you wish. I can even do PT sessions in your home for your convenience (a blatant plug).

**Exercise to music** – why not combine two of your favourite things, exercise and music (am I being too optimistic at this stage?). Get your iPod on as this can distract you from the exercise. It might even help you to work harder ☺



Guidelines on how to enhance exercise adherence (adapted from Weinberg and Gould, 1995)

Go to <http://active-environment.co.uk> for more information on fitness training programmes.