


Getting Active

Changing Health Behaviors for the Better

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for the Better*



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What You'll Learn

- Why physical activity is important.
- The consequences of physical inactivity.
- The benefits of becoming physically active.
- The barriers to changing.
- Strategies for becoming more physically active.

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Physical Activity in America Today

- Almost 170 million of Americans don't get enough healthy physical activity.
- That's enough people—joined hand-to-hand—to circle the earth almost 8 times!

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Physical Activity in America Today

- What's more, approximately 42 million Americans aren't active *at all*.
- That's enough people to fill California's Rose Bowl stadium more than 400 times!



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So Why Should You Be Concerned?

- Not being active damages your heart and other major organs—cutting your life short.
 - More than 2,600 Americans die each day of heart disease—1 death every 33 seconds!
- Not being active can lead to diabetes—a major cause of blindness and limb amputations.
 - Approximately 800,000 new cases of diabetes are diagnosed each year. This means that more than 2,000 people—each day—are told that they have diabetes.

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So Why Should You Be Concerned?

- Physical inactivity will prevent you from doing the things you want to do.



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The Good News...

- Here's the good news—life doesn't have to be this way for you. Just as being physically inactive leads to negative life consequences, exercising regularly can bring significant health benefits.

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The Benefits of Being Active

- Regular physical activity improves health in the following ways:
 - Reduces the risk of premature death;
 - More than 300,000 lives are cut short because of complications due to physical inactivity, obesity, and poor nutrition.
 - Reduces the risk of dying from a number of diseases including: heart disease, diabetes, and cancer.
 - Studies indicate that physical inactivity can reduce the risk for these diseases by as much as 30-50%.

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The Benefits of Being Active

- Physical activity improves your health.
 - It reduces feelings of depression and anxiety, puts you in a better mood, and fosters a sense of well-being.



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The Benefits of Being Active

- And if that's not enough, physical activity also:
 - Makes you look better.
 - Helps you feel better.
 - Helps control weight.
 - Helps you sleep better.
 - Prevents premature aging.

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Why The Lack of Physical Activity?

- Plain and simple, changing behaviors is tough business. Understanding the most common barriers to getting active, however, can go a long way in helping us get up, and get moving.

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Barriers to Getting Physically Active

- Plain and simple, changing behaviors is tough business. Here are some common barriers that keep people from getting active.
 1. "I've got other priorities at the top of my list."
 2. "My environment keeps me from exercising."
 3. "None of my friends or family exercise."
 4. "The weather is terrible, I can't possibly exercise in this heat/cold."
 5. "I just don't have the time."

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Barriers to Getting Physically Active

More Barriers...

6. "I'm too tired at the end of my busy day."
7. "I'll have to see a doctor before I start."
8. "I don't know how to get started."
9. "I'm so out of shape, it's too late for me, anyway."
10. "I don't have enough space or the right equipment."

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Making Physical Activity a Priority

- In order to make physical activity a priority, you'll have to understand the process of how people change. When changing behaviors, most people go through a cycle known as the "Stages of Change."



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The Five Stages of Change

- Stage 1.** Nope...Not interested in changing now.
- Stage 2.** Hmm...I'm giving change serious consideration.
- Stage 3.** Yep...I'm getting ready to change...soon.
- Stage 4.** Let's go...I'm taking action.
- Stage 5.** Old news...I've been doing this for a long time.

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Not Interested in Changing Now

- People in this group have no intention of changing their behavior, and frankly may not even see a need to change their behavior at all.

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Serious Consideration

- These people acknowledge that becoming physically active would be good for them, but they haven't made concrete plans to get active.

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Getting Ready To Change...Soon

- These individuals understand the benefits of regular exercise, and are looking to make changes soon.

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Let's Go...I'm Taking Action

- People in this stage have begun to get active on a regular basis. They're taking action and have changed their behavior.

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Old News...Been There, Done That

- These people are working to hold on to the positive changes they have made. These folks continue to exercise even after they have reached their goals.



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What Stage Are You In?

- Determining what stage you're in is an important first step to becoming more physically active. Once you know your stage, you'll be better equipped to change when you're ready.

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Determining Your Stage: Self Quiz

- To find out what stage you're in, pick the statement that most accurately describes you:
 - ☐ I'm currently not physically active, and don't intend to be in the next six months.
 - ☐ I'm currently not physically active, but I'm thinking about becoming active in the next six months.
 - ☐ I'm currently physically active, but not on a regular basis.
 - ☐ I am currently physically active on a regular basis, but have only started within the last six months.
 - ☐ I currently am physically active regularly, and have been for longer than six months.

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Determining Your Stage

- To find out what stage you're in, pick the statement that most accurately describes you:
 - ☐ I'm currently not physically active, and don't intend to be in the next six months—**you're in stage one.**
 - ☐ I'm currently not physically active, but I'm thinking about becoming active in the next six months—**you're in stage two.**
 - ☐ I'm currently physically active, but not on a regular basis—**you're in stage three.**
 - ☐ I am currently physically active on a regular basis, but have only started within the last six months—**you're in stage four.**
 - ☐ I currently am physically active regularly, and have been for longer than six months—**you're in stage five.**

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Strategies for Change: Stage 1

Not Interested in Changing Now

- Read, *Exercise: The Magic Bullet*.
- Create a list of reasons why becoming physically active will benefit you.
- Create a list of reasons why becoming physically active will benefit your family.

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Strategies for Change: Stage 1

Not Interested in Changing Now

- Watch the movie, *Rocky*.
- Interview a friend who has been successful in developing an exercise routine.
- Write about two situations in the last year when you defended your lack of regular physical inactivity.

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Strategies for Change: Stage 2

I'm Giving Change Serious Consideration

- Read, *Getting Fit: It's all a Part of the Master Plan*.
- Describe how your poor physical condition makes you feel emotionally.
- Write down five roadblocks that are standing in your way to getting active.

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Strategies for Change: Stage 2

I'm Giving Change Serious Consideration

- Speak with a friend who's experiencing negative health effects from a lack of physical activity.
- Keep a journal noting your physical activity habits, or lack of physical activity habits. Especially note times when you could have/should have been physically active but weren't.
- Take a physical activity self-assessment.

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Strategies for Change: Stage 3

Getting Ready to Change Soon

- Meet with a personal trainer for a fitness test and develop an exercise prescription.
- Create a written plan to incorporate physical activity into your routine—make sure it's realistic and enjoyable.
- Tell your friends and family about your plans to get physically active.

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Strategies for Change: Stage 3

Getting Ready to Change Soon

- Find someone who's willing to commit to exercising with you.
- Read, *Walking for the Health of It*.
- Purchase any workout clothes/equipment you'll need to carry out your written exercise plan.

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Strategies for Change: Stage 4

Let's Go...I'm Taking Action

- Enroll in an exercise class/activity to help you stay active.
- Regularly update your friends and family about your exercise status.
- Keep a written activity log tracking your exercise—include type of activity, duration, difficulty, goals, etc.

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Strategies for Change: Stage 4

Let's Go...I'm Taking Action

- Create a list of physical activities you can substitute for sedentary activities.
- Take on a new activity like golfing, joining a walking club, or bicycling.
- Read, *Body for Life* by Bill Phillips and Michael D'Orso.

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Strategies for Change: Stage 5

Old News...Been There, Done That

- Celebrate accomplishing your written exercise plan.
- Meet with a/your physical trainer to retake your fitness test and get a new exercise prescription for moving forward.
- Offer yourself as a testimonial to others about the benefits of regular exercise.

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Strategies for Change: Stage 5

Old News...Been There, Done That

- Create a list of all the benefits you've been experiencing since getting physically active—be sure to review previous lists and write down how things have changed.
- Begin looking at other changes you can make that will enhance your physical fitness, (i.e., nutrition).

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Key Point: Change Is A Process

- Pay attention to all of these change strategies no matter which stage you're in. Because **change is a process**, chances are you'll find yourself in each stage at some point in time.



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General Tips on Exercise

Incorporating the following strategies into your life will make it more likely that you'll be physically active. A little can go a long way.

- Exercise in the morning.
- Build exercise into your daily schedule.
- Exercise with family and friends.
- Start slowly.

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