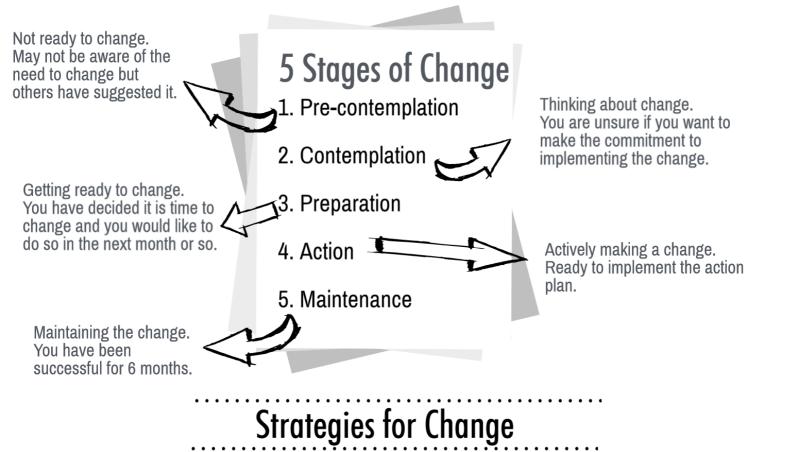


Behaviour Change





Anticipate Barriers

Occasional setbacks occur no matter how carefully you have planned. Preparing for potential obstacles is an important step for overcoming them.

Example: You know you always slack off after vacation so this time you have booked a session with a personal trainer the week you get back so you stay on track.

Monitor Your Progress

When you first start making changes, you may progress very rapidly. This can be misleading and discouraging when the pace levels off. By monitoring your progress, you can see how much you have achieved.

Example: Keep a log book of your workouts so you can see your progression through out your program.

Reward Yourself

You are trying to permanently change lifestyle habits and that's not easy. It will take some time before new habits feel natural. Recognize the small victories.

Example: Put a loonie in a jar every time you exercise. Once you reach \$100 use the money for tickets to a sports event or new workout gear.

Visualize Success

Create an image of success in your mind to help you push past barriers. It can help keep you motivated and committed to your goals.

Example: Set process and outcome goals and revisit them regularly.

Maintaining Motivation

Greatest Sources of Motivation:

- 1. Fun, enjoyment, stimulation 2. A feeling of accomplishment
- 3. Learning new skills

What is your motivation to be active?

- 4. A well-identified benefit, such as sleeping better and feeling calmer

Take every opportunity to be active: walk for short errands or during your lunch hour. If you can't afford large chunks of time, try spacing a few short, 10 minute bouts throughout the day.

Personal Control

Control plays an important role in our health outcomes. Believing that you are in control of your own life gives you reinforced motivation and further commitment to make changes.

Exercise Your Way to Self-Esteem

Self-esteem (the view we have of our self-worth) is important to our well-being. A positive self-image helps us to be better adjusted and less defensive, to exhibit greater social effectiveness and to accept others as they are.

The key to self-esteem is developing self-acceptance and feelings of competence.

To develop self-acceptance:

- Learn to accept your physical build and ability
- Focus on mastering a task or skill instead of comparing yourself to others

To develop feelings of competence:

- Set a simple, achievable goal for a physical activity of your choice
- Determine when you will find the time to accomplish your goal
- Have a back up plan in case something happens - Enjoy the feelings of accomplishment and competence when you achieve your goals