



Exercise Adherence Techniques

Set Goals

- Understand the real underlying objectives behind goals
 - If objectives can be achieved more effectively
 - Re-evaluate goal
- Outcome Goals
 - E.g. reduce 2kg of fat or jump 1" higher
 - Set outcome goals so compatible behavioural goals can be set
 - Set short, medium and long term outcome goals
 - Test progress toward outcome regularly
 - Adjust behavioural goal based on progress of outcome goal
 - Minimize psychological focus on outcome goal
 - Less real control
 - Discouragement is likely if outcome goal is not achieved
- Behavioural Goals
 - Choose specific behavioural goals
 - Mode of exercise, frequency (days), duration (time), intensity
 - E.g. weight training, 4 times per week, 30 minutes (6.30pm), 8-12 reps to volitional fatigue
 - Have a back-up plan
 - E.g. exercise at 8.30pm if 6.30pm is not feasible
 - Understand potential obstacles from past experiences
 - Try not to use back-up plan unless necessary
 - Walk, run stairs, or perform callisthenics when away from home
 - Forgive yourself if you drop out
 - Evaluate reasons for drop out
 - Adjust plan to prevent future drop outs

- Re-commit to new plan
 - More control of success than outcome goals
 - Plan ahead
 - Weekly or monthly workout schedule
 - Pack workout bag night before
- Set realistic goals
 - Re-evaluate plan if you are not certain you can achieve behavioural goal

Choose ideal exercise programme

- Enjoyable activity
- Develop a sense of mastery
- Gradual, progressive changes
 - Start at lower intensity
 - Start at lower duration
- Positive feedback
- Individualised

Commit to Goals

- Share goals with those close to you
 - Others that are likely to ask you about your progress
 - Minimise future personal conflict or misunderstandings
 - They understand the importance of your goal and the time you have set aside for it.
- Write down goals where they are in view every day
 - Refrigerator, mirror, diary etc
- Establish a routine
 - Plan to exercise about the same time each day
 - Becomes a habit
- Write workout times in your planners as you would an appointment
 - Set recurring alarms on your watch/phone
 - Agree to exercise for 5 minutes if you should ever not feel like exercising
 - You're more likely to feel like exercising after getting ready and warmed up
- Personal fitness contracts
 - Sign with a witness

Monitor Yourself

- Activity and exercise log
 - Activity throughout the day
 - Exercise
 - Weight training, aerobics, stretching, plyometrics, sport etc
- Electronic monitoring
 - HR monitor, pedometer, stop watch etc

- Regular fitness testing
- Diet
 - Log
 - Computerised analysis
 - Check list

Variety

- Per form a variety of exercises and activities
 - Try new activities
 - Purchase instructional book, take class, or ask for help from friend
 - Take turns for one family member to choose a family activity every week
 - Change weight training workouts every month
- Vary routes or trails
- Exercise at the gym and at home
 - Home equipment
 - Purchase equipment that suits your preferences
 - Treadmills and strength training equipment is more likely to be used regularly
- Utilitarian exercise
 - Walk to the shops
 - Walk the dog
 - Garden work
 - Choose physical activities for family time, date or social function

Social Support

- Peer or family member support
- Training partner
- Mentor or others in focus group
- Friendly competition
- Social contact
 - Class setting
 - Group or around other people
 - Telephone contact, mailing, computer based