Choosing to Engage in Physical Activity

LACOE Lunch and Learn Presentation
February 10, 2010

Joanie Verderber, Ph.D.
School Health and Physical Education Programs
So, what's stopping you?
You have the facts!

RIGHT?

(Review Exercise is Medicine at http://www.calgovcouncil.org/)
We know that facts alone do not change behavior.
What about your beliefs?

Do you think exercise/physical activity will have positive effects on you?
What about the beliefs of others?

Do the people who really matter to you believe that exercise/physical activity will have positive effects on you?
How do you feel?

What is your attitude toward *exercising*?
  Fun
  A chore
  A necessity

Do you feel differently when you think about being *physically active* rather than thinking about exercising?

Is your attitude *positive* or *negative*.
What are the attitudes of others?

Do the people, who matter the most to you, think it is “good, beneficial, healthy, and fun” to exercise or be physically active? Are these individuals supportive?
Or...

Do they think exercise should be avoided because it is just too much work and may cause pain and discomfort? Do they feel free time should just be spent relaxing....?
What do you intend to do?

One must decide to become physically active. Without intention, you will never become nor will you stay physically active.
You are in control. Aren't you?

Do you believe that you have control over being physically active?
What is your level of perceived and actual control?

Do you feel that family and job responsibilities stand in the way of your intention to become physically active?
In review, the following affects our behavior:

- Facts and knowledge
- Beliefs regarding the behavior
- Beliefs of those who are important to us
- Our attitude toward the behavior
- The attitude of those important to us toward the behavior
- Our intention to engage in the behavior
- Our beliefs, perceived, and actual control over the behavior

The Theory of Planned Behavior, Icek Ajzen, 2006
http://people.umass.edu/aizen/tpb.diag.html#null-link
Click on a construct to obtain more information.
So, what should you do now?

- Identify positive benefits of physical activity for you.
- Make a decision to become physically active.
- Seek out those who will support you and hopefully join you.
- Identify physical activities that you enjoy.
- Set a time for you and be a little selfish…
- Get out and do it.
- Begin in moderation and slowly increase frequency, intensity, time, and type (FITT Principle) of activity/exercise.
- Join the Los Angeles County Fitness Challenge at http://www.calgovcouncil.org/ and have FUN!