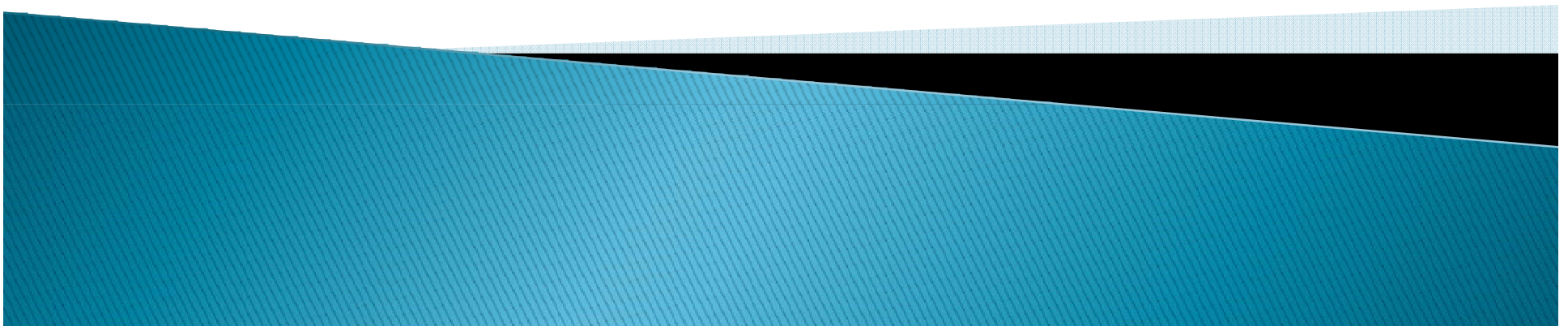


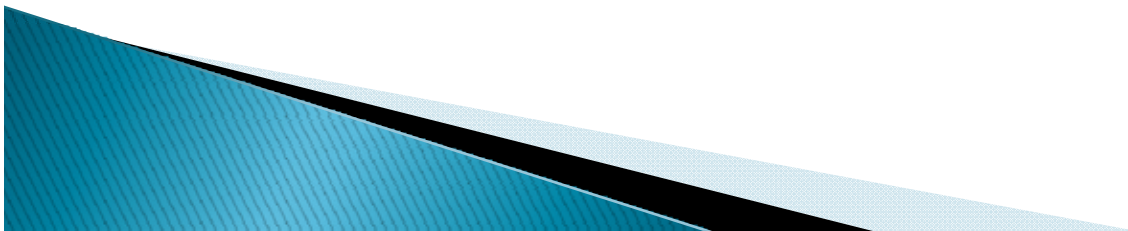
# Realistic Goal Setting and How to Begin a Physical Activity Program

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ACE CPT



# Overview

- ▶ Health
- ▶ Wellness
- ▶ Behavior change
- ▶ Goal setting
- ▶ Beginning a fitness program



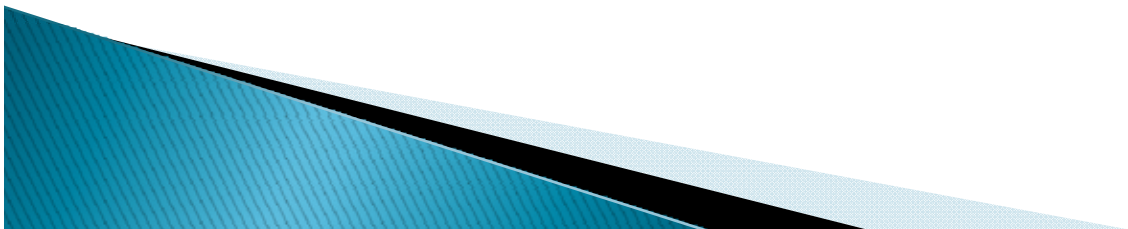
# Why Set Fitness Goals?

- ▶ To mark achievement
- ▶ To stay interested
- ▶ To ↑ health and well-being



# Health

- ▶ What is health?
- ▶ The ever-changing process of achieving individual potential in the physical, social, emotional, mental, spiritual and environmental dimensions



# Health

- ▶ What does it mean to be in good health?
- ▶ Remember:
  - Marginal habits may seem okay now, but build up over time to lead to poor health
  - What are some examples?



# Factors Affecting Health

- ▶ Factors:
  - Environment
  - Genetics
  - Lifestyle
- ▶ Better choices now vs. later



# Wellness

- ▶ What is wellness?
- ▶ Wellness is a dynamic state of health
- ▶ Optimum balance between internal and external environments





**INTELLECTUAL**



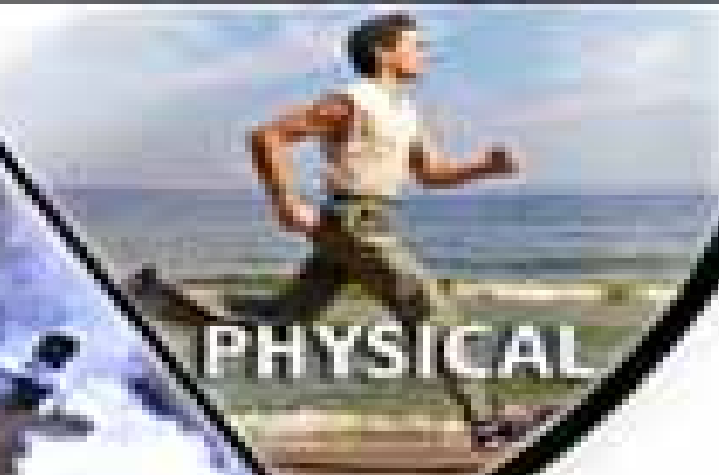
**SPIRITUAL**



**EMOTIONAL**



**PHYSICAL**



**OCCUPATIONAL**



**SOCIAL**



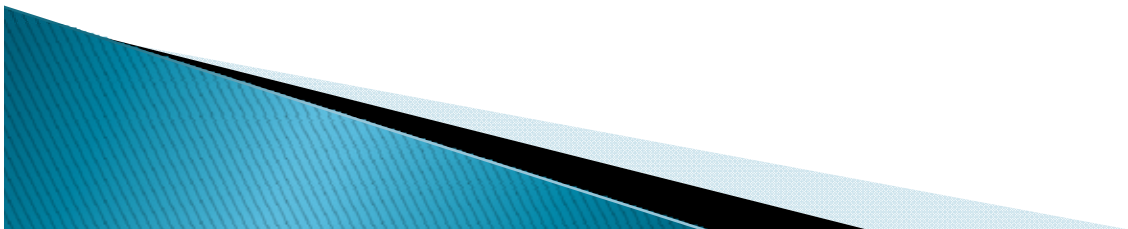
# Dimensions of Health

- ▶ How does this play a role in goal setting and behavior change?



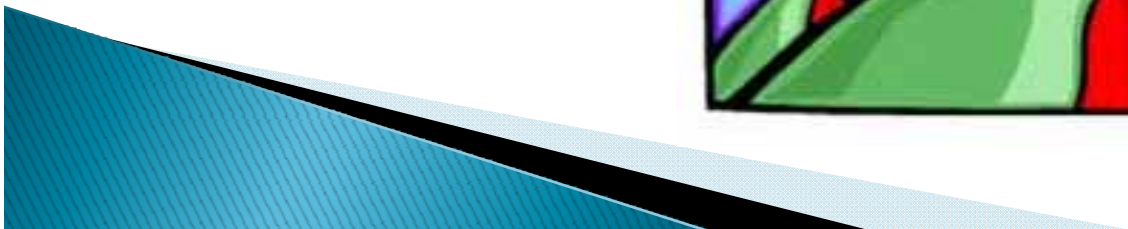
# Behavior Change

- ▶ Key element to goal setting
- ▶ Enabling factors:
  - Knowledge
  - Abilities
  - Support
  - Capabilities
  - Resources
  - support



# Behavior Change

- ▶ Belief
- ▶ attitude



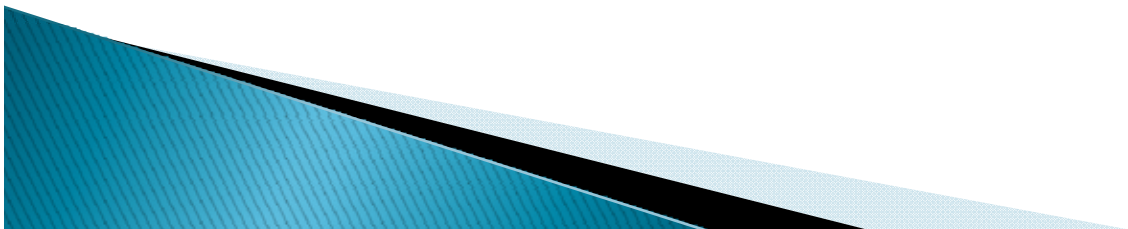
# Behavior Change

- ▶ Perceived seriousness of health issue or goal
  - Belief of seriousness once already dealing with issue
  - Belief of susceptibility to acquiring a health issue



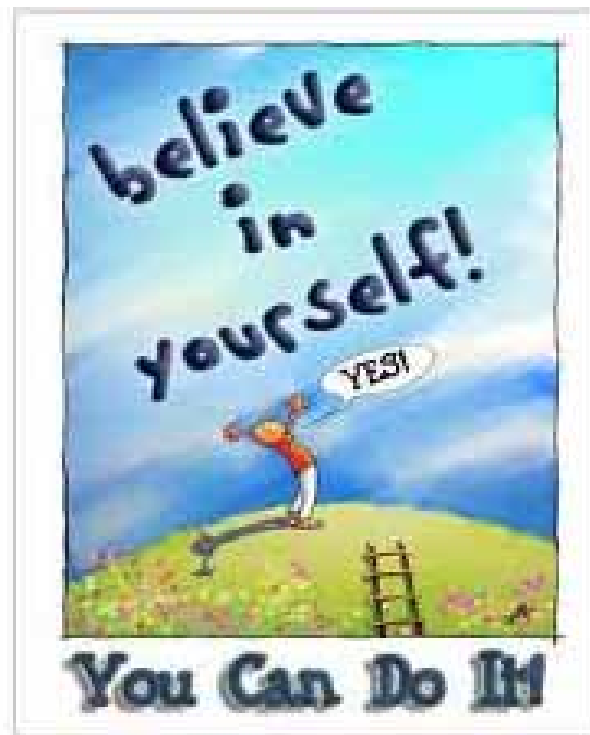
# Cues

- ▶ What are some cues that cause you to take action or set goals?
- ▶ Cues:
  - Doctor visits
  - Cholesterol checks
  - Tiring easily
  - Noticing decreases in strength
  - Decreased flexibility
  - Stress level



# Making the Change

- ▶ Self-efficacy
  - You must believe you can make the change!



# Barriers

- ▶ What are some barriers to exercise in your life?
- ▶ How can you break them down?



BGV Barriers

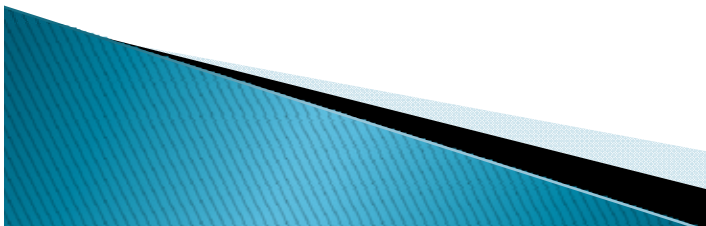
# Support Structure

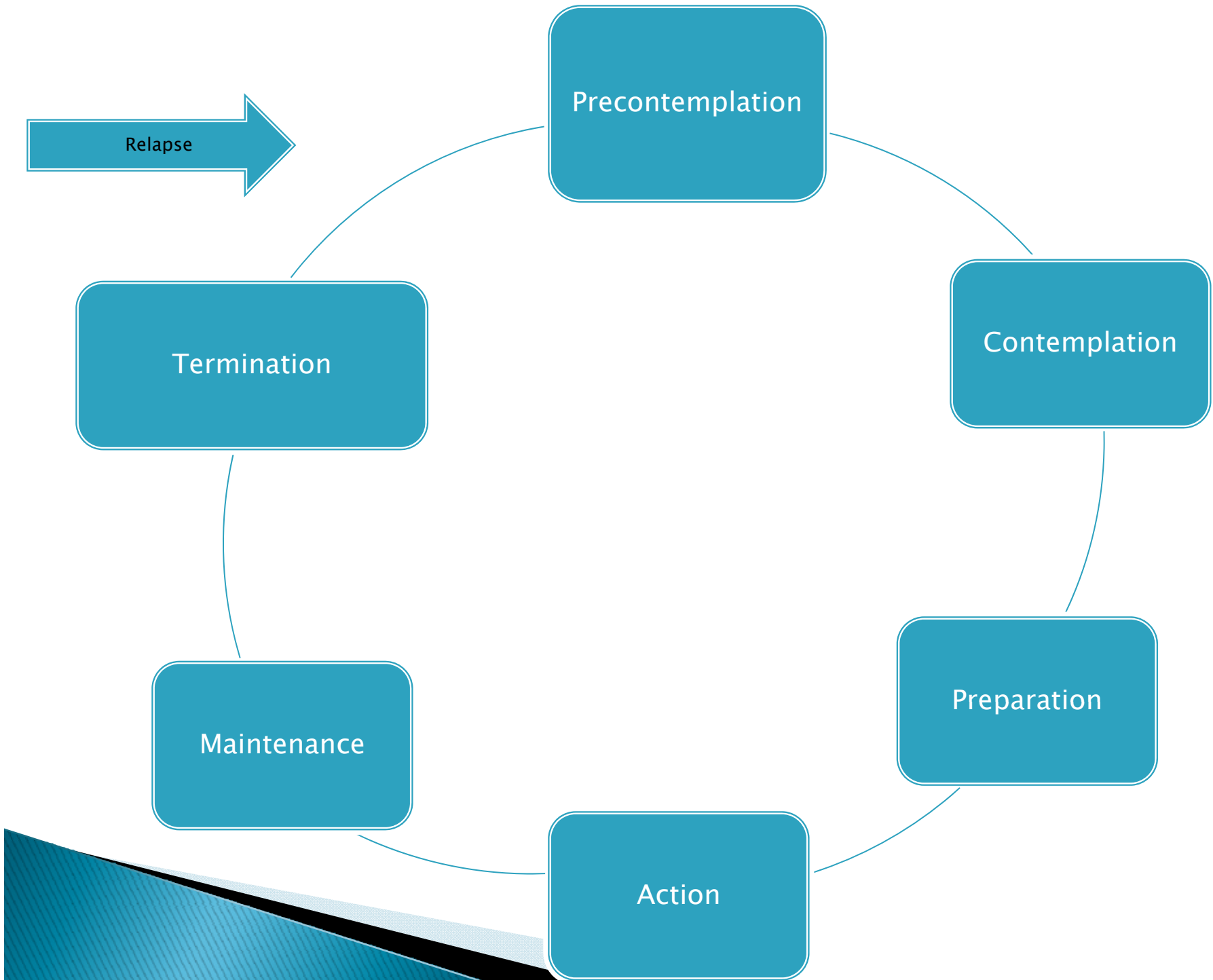
- ▶ Family
- ▶ Friends
- ▶ Significant others
- ▶ Accountability partners



# Making a Change

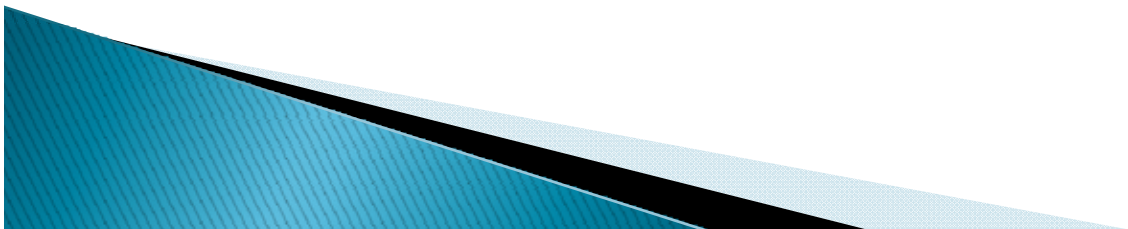
- ▶ Importance of knowing that there are multiple stages to change





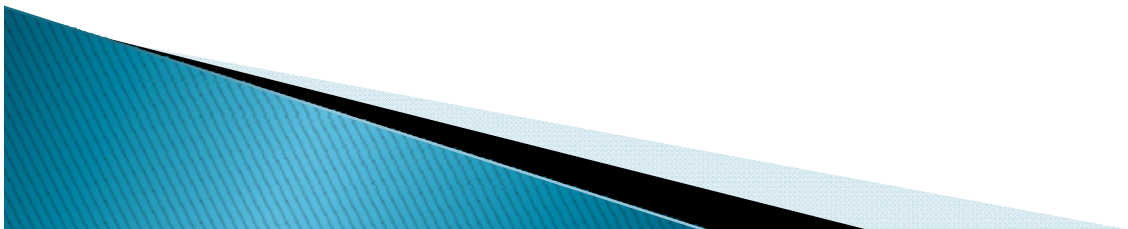
# Goal Setting

- ▶ What is realistic goal setting?
- ▶ Why do we set goals?
- ▶ How are goals important for our health?
- ▶ How are goals important for our fitness?
- ▶ How do all of the dimensions of health play a role?



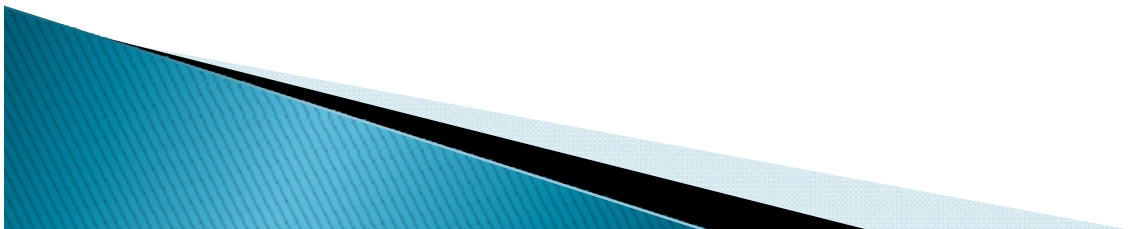
# Setting Goals

- ▶ Start slowly, avoid undue stress
- ▶ Keep steps small and achievable
- ▶ Be flexible
- ▶ Don't skip steps or move on until mastery of current step
- ▶ Reward yourself for meeting your goals



# Setting Realistic Goals

- ▶ What do I want?
- ▶ Which change is the greatest priority at this time?
- ▶ Why is it important to me?
- ▶ What are the potential positive outcomes?
- ▶ What health-promoting programs and services can help me get started?



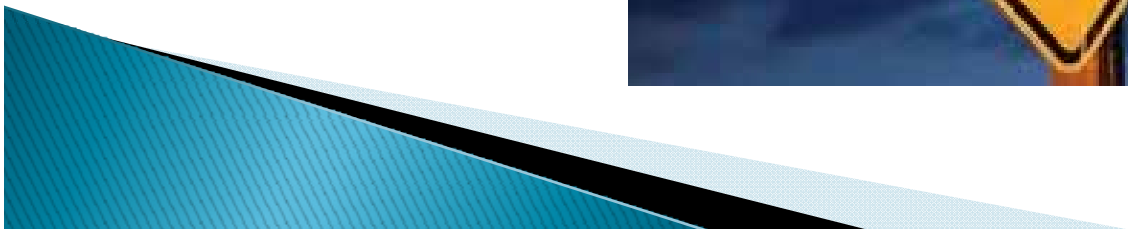
# Positive Reinforcers

- ▶ What are some positive reinforcers to keep help you achieve your goals?



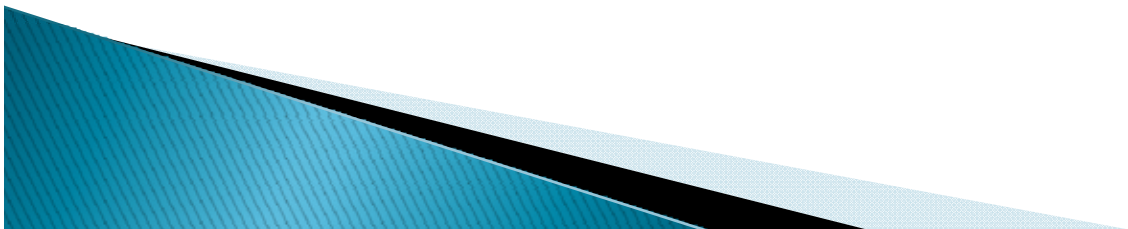
# Behavior Change Contract

- ▶ See handout
- ▶ Stay Positive!



# How to Begin a Physical Activity Program: Recommendations

- ▶ ACSM & AHA:
  - To promote & maintain good health, adults under 65 should perform 30 min moderate-intensity activity 5 days/week
  - This is in addition to light-intensity activities of daily life & can be accumulated in bouts of at least 10 min



# How to Begin a Physical Activity Program: Recommendations

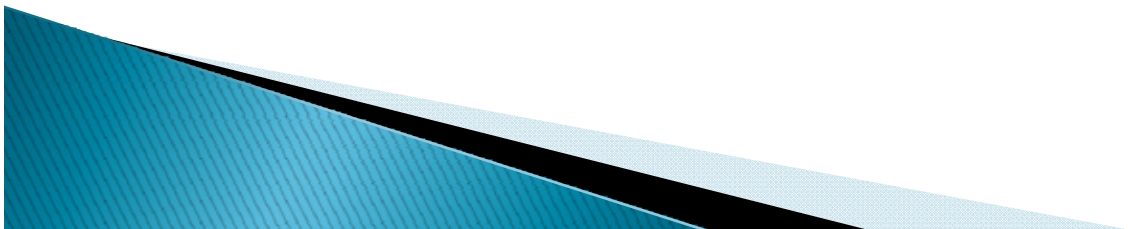
- ▶ US Dept of Health & Human Services:
  - 150 min of moderate PA per week
  - Preferably spread throughout the week
  - Performed in episodes of at least 10 min



# How to Begin a Physical Activity Program: Recommendations for Fitness

## ▶ ACSM & CDC

- Moderate–intensity at least 30 min on most days of week (walk < 5 mph)  
OR
  - Vigorous–intensity at least 20 minutes 3 times/week (walk, jog, run > 5 mph)  
OR
  - Combo of the 2
- ▶ This amount can ↑ overall health and cardio improvements



# Components of Fitness

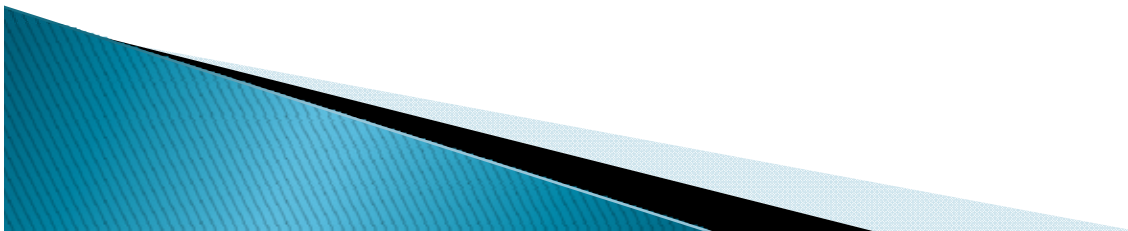
- ▶ Cardiorespiratory fitness
- ▶ Muscular strength
- ▶ Muscular endurance
- ▶ Flexibility
- ▶ Body composition



**"What fits your busy schedule better, exercising one hour a day or being dead 24 hours a day?"**

# Beginning

- ▶ Always choose appropriate PA
- ▶ Stay within your limits
- ▶ Complete a readiness questionnaire
  - PAR-Q
- ▶ Physician's clearance if necessary



## PAR **Q** & YOU

PAR-Q is designed to help you help yourself. Many health benefits are associated with regular exercise, and completion of PAR-Q is a sensible first step to take if you are planning to increase the amount of physical activity in your life.

For most people, physical activity should not pose any problem or hazard. PAR-Q has been designed to identify the small number of adults for whom physical activity might be inappropriate or those who should have medical advice concerning the type of activity most suitable for them.

Common sense is your best guide in answering these few questions. Please read them carefully and check (✓) the  YES or  NO opposite the question if it applies to you.

YES      NO

- 1 Has your doctor ever said you have heart trouble?
- 2 Do you frequently have pains in your heart and chest?
- 3 Do you often feel faint or have spells of severe dizziness?
- 4 Has a doctor ever said your blood pressure was too high?
- 5 Has your doctor ever told you that you have a bone or joint problem such as arthritis that has been aggravated by exercise, or might be made worse with exercise?
- 6 Is there a good physical reason not mentioned here why you should not follow an activity program even if you wanted to?
- 7 Are you over the age of 65 and not accustomed to vigorous exercise?

If  
You  
Answered

### YES to one or more questions

If you have not recently done so, consult with your personal physician by telephone or in person BEFORE increasing your physical activity and/or taking a fitness appraisal. Tell your physician what questions you answered YES to on PAR-Q or present your PAR-Q copy.

#### programs

After medical evaluation, seek advice from your physician as to your suitability for:

- unrestricted physical activity starting off easily and progressing gradually.
- restricted or supervised activity to meet your specific needs, at least on an initial basis.

Check in your community for special programs or services.

### NO to all questions

If you answered PAR-Q accurately, you have reasonable assurance of your present suitability for:

- A GRADUATED EXERCISE PROGRAM – a gradual increase in proper exercise promotes good fitness development while minimizing or eliminating discomfort.
- A FITNESS APPRAISAL – the Canadian Standardized Test of Fitness (CSTF)

#### postpone

If you have a temporary minor illness, such as a common cold.

# Assessment

- ▶ You have to know where to start
  - Assessment of current level of fitness in all areas looking to change



# Assessment

- ▶ Assessments serve to help in goal setting



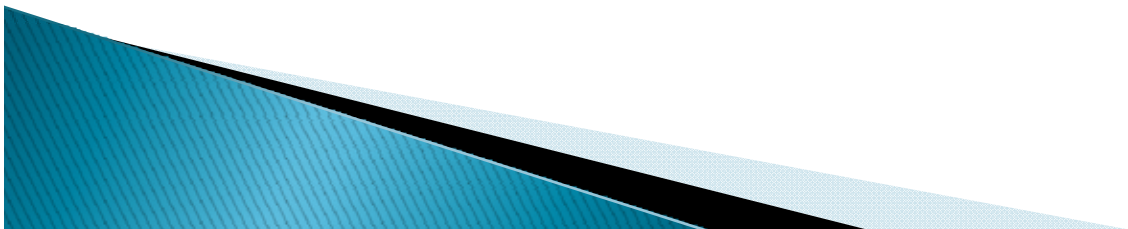
# Beginning

- ▶ Now that you're ready to start....
- ▶ Be realistic
- ▶ Start slow, allow your body time to adjust to a new program



# Beginning

- ▶ Don't be afraid to ask for help
- ▶ Talk to a professional
  - Access on campus with Health and Wellness
    - BodyShop
    - Nutrition consultations
    - WOW
- ▶ Talk to peers that have been in your situation



# Beginning

- ▶ Have fun!



# Questions?

