

RM 2–FM: Strategies for Change

Name _____ Class _____ Date _____

Directions/Description

This assignment will help you to achieve a deeper understanding of the Stages of Change continuum and the strategies for advancing from one stage to the next in your physical activity behaviour. By completing the questions in the section that corresponds to the stage of change that you are currently in, as well as the section(s) preceding your stage, and by trying the identified strategies for moving to the next stage, you will set a course for achieving an active healthy lifestyle.

This assignment is ongoing and should be completed as you progress through the course.

Stage 1: Pre-contemplation

Review of Stage 1

In this stage the individual is not considering a change in physical activity behaviour, largely because the behaviour (physical inactivity) is not thought of as a problem. Understanding the consequences of the continued behaviour and realizing that making a change is within your personal control empowers you to move from the pre-contemplation stage to the contemplation stage.

Strategies for Moving to Stage 2

- a. Have you made previous attempts to change the physical activity behaviour? What did you try?

- b. Can you recognize that the behaviour has led to problems or will lead to problems in the future? What might those problems be?

- c. If you do not recognize or consider your behaviour to be a problem, what would have to happen to change your point of view?

Continued

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Stage 2: Contemplation

Review of Stage 2

In this stage the individual is becoming more aware of the benefits of making a change in physical activity behaviour. Internal conflict may arise from the viewpoint that something must be given up to achieve the change. Realizing that positive health gains will be attained from a change in behaviour is key to moving forward to the preparation/decision stage.

Strategies for Moving to Stage 3

a. State clearly why you want to change your physical activity behaviour.

b. What are the benefits and consequences of your change in physical activity behaviour?

Benefits of Physical Inactivity	Consequences of Physical Inactivity

Benefits of Physical Activity	Consequences of Physical Activity

Continued

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- c. Do the benefits of the physical activity outweigh the consequences? What impact does physical activity have on all aspects of health and fitness?

- d. What barriers/obstacles kept (keep) you from making the change in physical activity behaviour? Are the barriers physical/material or mental/attitudinal (emotional)?

- e. Now that you have identified the barriers/obstacles that are (were) keeping you from making the change you want to make, it is time to minimize their impact. For each barrier/obstacle you identified, decide how you will reduce or eliminate (or have reduced or eliminated) the effect.

Physical/Material Barriers/Obstacles	I will reduce or eliminate this barrier/obstacle by . . .

Mental/Attitudinal Barriers/Obstacles	I will reduce or eliminate this barrier/obstacle by . . .

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Stage 3: Preparation/Decision

Review of Stage 3

In this stage the individual is taking preliminary steps to address the physical inactivity behaviour. These steps may include, for example, establishing some exercise or fitness goals, gathering information about how to get started, purchasing activity wear, finding an exercise friend, joining an exercise facility, and so on.

Strategies for Moving to Stage 4

- a. Create your action plan for change in physical activity behaviour. The written action plan should include target dates, realistic small and final goals, and the steps you will take to reach each goal. To assist you in creating your action plan for change, refer to RM 3–FM: Steps to Goal Setting.
- b. Post your written action plan as an indication of your commitment to change and as a visual reminder of your goals.

Stage 4: Action

Review of Stage 4

In this stage the individual is making the effort to put the action plan into practice. Individuals who have not put careful thought into their action plan, as outlined in the previous steps, may find it difficult to sustain their focus on making the changes they want to make.

Strategies for Moving to Stage 5

- a. Use your physical activity log to manage and monitor your physical activity and to reflect on how you feel, what you think about, and what challenges affect your decisions and subsequent actions. Include some statements that you find motivating.
- b. Reward and record your successes in achieving the goals of your physical activity plan.

Goal Achieved	My reward is . . .

Continued

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- c. Identify the people who will support your efforts in achieving the goals of your physical activity plan. How do/will they support you?

Name of Supporter	He/she supports me by . . .

Stage 5: Maintenance

Review of Stage 5

In this stage the individual is consciously avoiding the behaviour that was previously a problem by focusing on the new health-enhancing behaviour. Individuals in this stage are becoming increasingly confident that they can sustain the change they wanted to achieve. Relapses may occur during this stage, but they should be viewed as minor setbacks common to the process of making lasting changes.

- a. Prepare yourself for difficulties, conflicts, and temptations you may face in the maintenance stage. Try to anticipate some situations that may cause a relapse and the positive actions you can take to deal with them (e.g., maintaining your exercise program while on a family vacation may require a temporary adjustment in the exercises of your program).

Difficult/Conflict Situation	My strategies/actions for dealing with this situation include . . .

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- b. Review your action plan periodically to revise your goals, target dates, or any aspect of your plan that will help you succeed. Try to remain self-confident, keeping in mind that you know how to make a behaviour change.