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Exercise in later life is important for health and well-being, yet motivating older adults to exercise can be difficult. This book addresses that need by tailoring "The Transtheoretical Model" of behavior change to the client's level of readiness for change.

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Description. Exercise in later life is important for health and well-being, yet motivating older adults to exercise can be difficult. This book addresses that need by tailoring "The Transtheoretical Model" of behavior change to

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the client's level of
readiness for change.

The contributors show
how TTM can be used
to help older adults with
varying needs and
abilities to change their
exercise behaviors.

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Behavior Change And older adults the participants who were able to complete the training and to change their exercise behavior reported three main reasons for this the experience of feeling better during and after exercise the supportive effect of structure and the support of the group

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The participants who
were able to complete
the training and to
change their exercise
behavior reported three
main reasons for this:
the experience of feeling

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Better during and after exercise, the supportive effect of structure, and the support of the group.

Feeling better during and after exercise seemed to come as a surprise to the majority of the participants interviewed, who had often had negative experiences of exercise.

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exercises are activities

that encourage

employees to reduce

their resistance to

change. Typically

played at the beginning

of a meeting or work

retreat, these exercises

break the ice to open

communication about

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the upcoming change,
anticipate their concerns
and understand the
benefits of getting on
board.

7 Fun & Engaging
Change Management
Exercises - Change ...
while physical activity
is best supported by:
prompting (to stimulate
behaviour, e.g.

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telephone reminder),
self-monitoring
(recording behaviour,
e.g. writing an activity
diary), personalised
messages (tailored to
stage of change,
resources and context),
goal-setting (e.g. step-
goals monitored with
pedometer). 18.

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Sep 05, 2020 promoting
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