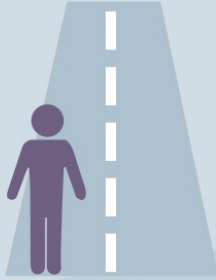


Motivation for Change

The 5 Stages of increasing physical activity



Precontemplation

Individuals don't think they will increase physical activity in the near future and are often resistant to change.

★ Increase awareness of specific and general benefits of increasing physical activity

Contemplation

Individuals are seriously considering making a change within the next 6 months.



★ Identify social supports to help initiate and increase physical activity along with an action plan.

Preparation

Individuals intend to take action and change their behaviors within the next month.

★ Figure out ways individuals could overcome barriers to increasing physical activity



Action

Individuals have successfully incorporated new behaviors into their lives.

★ Encourage individuals to form more relationships with people who will help encourage them to continue participation

Maintenance

Individuals consistently engage in their new behaviors for more than 6 months without relapsing.