

Attitudes and Perceptions of Physical Activity:

Changing exercise culture.



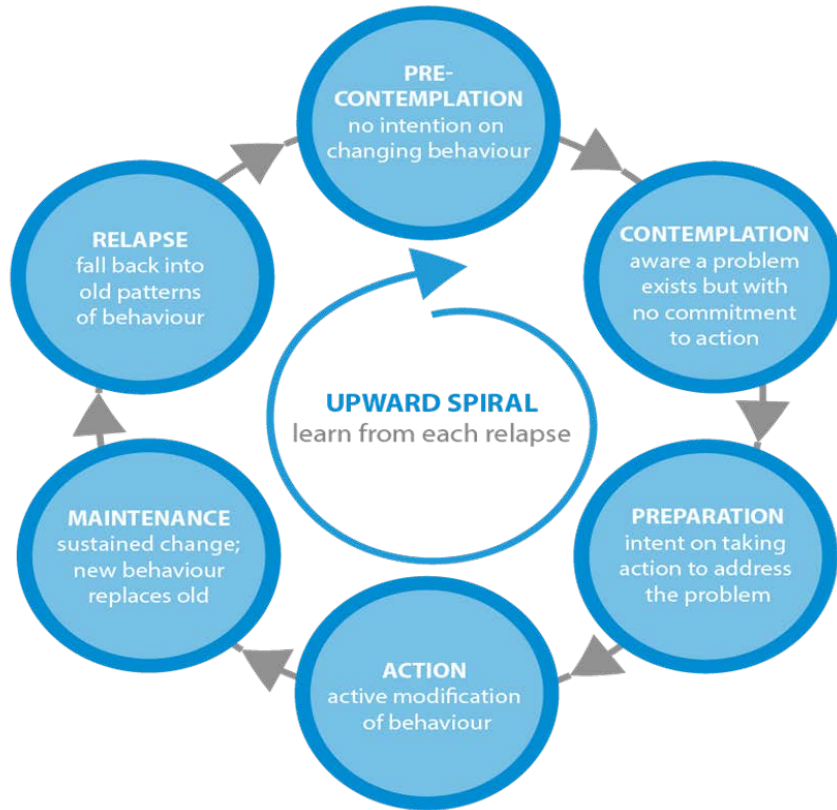
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My experience:
Changing behaviour and maintaining
motivation in secure settings.



STAGES OF CHANGE



The support required at each stage to build or maintain motivation....

- ▶ Autonomy - Choice, No pressure, Decisions, Independence, Rational, Solutions.
- ▶ Relatedness - Feelings, time, listen, like them, empathize.
- ▶ Competence - Constructive feedback, believe, Improvements, confidence.

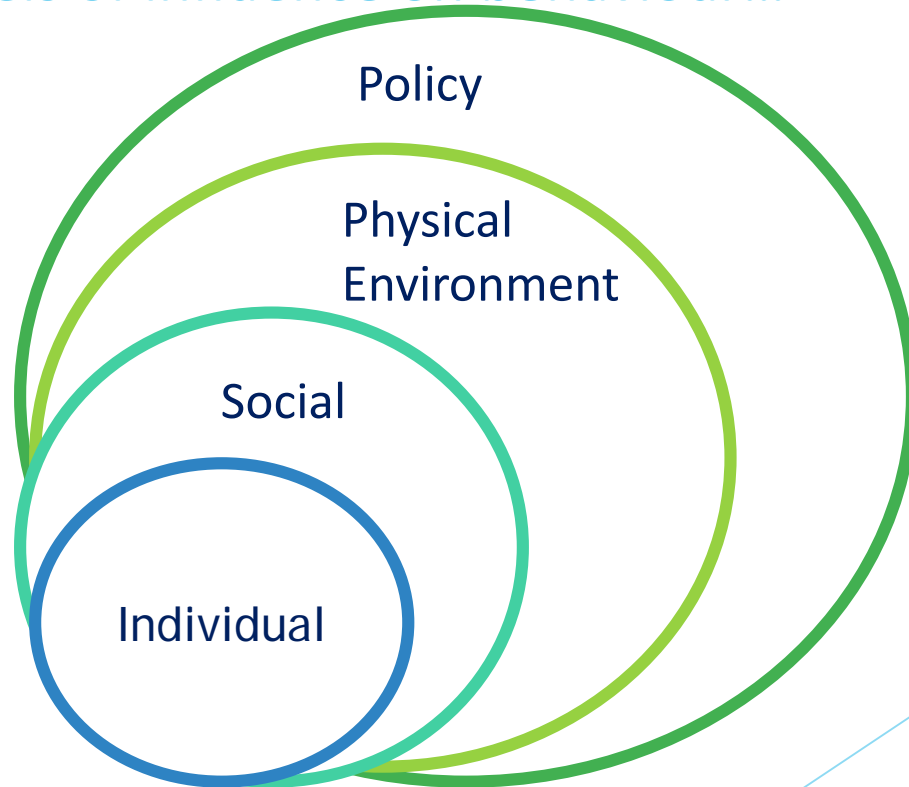


You are Role Models.....

- ▶ Normalise activity by assisting the patients with activities that would occur outside of current environment.
- ▶ Join in with as many physical activity sessions as possible to enhance your ability to relate to the thoughts and feelings of the patient.
- ▶ Help provide Autonomy (Choice) to maintain motivation by supporting the patient at the point of making the decision to act. (Even outside of time table).



Using a socio-ecological framework to understand multiple levels of influence on behaviour...





Workshop

Our aim is to target all four layers of influence to change behaviour:

- ▶ The individual
- ▶ The Health Care Assistants (staff on the ward)
- ▶ The physical environment (ward / grounds / facilities)
- ▶ Emphasis on exercise as a treatment tool

In 4 small groups

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Use the flip chart paper and pens:

What intervention components would you use to influence your layer?



Thank you

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