MOTIVATIONAL SPEAKING: ADVICE ON EXERCISE ADOPTION AND ADHERENCE FOR YOUR PATIENTS

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LEARNING OBJECTIVES

1. Understand & appreciate the intrapersonal, interpersonal & environmental barriers to an active lifestyle;
2. Be familiarized with contemporary & promising motivational practices for facilitating an active lifestyle among the general population.

STATEMENT OF DISCLOSURE

I have nothing to disclose.

PHYSICAL ACTIVITY LEVELS

- In 2013, just over 2 in 10 adults & 1 in 10 children & youth met the Canadian Physical Activity Guidelines

Health Status of Canadians 2016: Report of the Chief Public Health Officer

- The total economic burden of physical inactivity is estimated to be $10 billion annually ($3 in direct, $7 in indirect costs) (Krueger et al., 2014).
  - A modest 1% annual relative reduction in physical inactivity would equate to a savings of $20.3 billion by 2031.

SELF-DETERMINATION THEORY

Being intrinsically motivated to change behaviour requires a sense of:

- Autonomy
  - Offering choices for a sense of independence/freedom
- Competence
  - Building self-efficacy & confidence
- Relatedness
  - Creating a sense of belonging through support & social norms

INTRAPERSONAL, INTERPERSONAL & ENVIRONMENTAL BARRIERS TO AN ACTIVE LIFESTYLE

- Life choices
  - Knowledge, attitudes, values, beliefs
  - Healthy or risky behaviours
- Life chances
  - Socioeconomic, cultural upbringing
  - Education, occupation, income
- Life circumstances
  - Obesogenic environments that conspire against PA & seduce sedentary living
    - Walkable, green & safe neighbourhoods
    - Occupational 'hazards' of sitting
    - Commuting

INCENTIVIZING BEHAVIOUR CHANGE

- Goal setting & real-time feedback increased moderate to vigorous physical activity by 177.7 minutes per week!

(Fanning, 2012).

- Rewards that are more: immediate, visible, personalized & escalate over the duration of the program to reward participation rather than solely achieving health outcomes.

NUDGES: EXTRINSIC MOTIVATION BRIDGE

- Desk cycle - $150-170 from YCY Better Health Centre, Vancouver
- UP by Jawbone wristband ($70-150)
- Samsung gear fit watch ($100)
- FitBit ($60+)
- Swiss ball - $30
- Pedometer! ($15+)
- Habit Flow – habitflow.com
- www.bestliferewarded.com
- https://www.healthyfamiliesbc.ca/carrot-rewards
- Digital reminders: goals in google calendar automatically schedules the time in your calendar to work on your goal.

- Treadmill desk – $500 on Amazon
- Varidesk - $260 from varidesk.com
  - Employees with sit-stand desks stood an avg. of 1 hour more (burning up to 87 calories), than those without (Carr et al., 2016).

THE FUN THEORY

<http://www.youtube.com/watch?v=2lXh2n0aPyw&feature=player_embedded> #

Victoria parkade: http://www.timescolonist.com/news/local/bastion-square-parkade-stairwell-sensors-will-trigger-songs-lights-1.2048706

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  - Employees with sit-stand desks stood an avg. of 1 hour more (burning up to 87 calories), than those without (Carr et al., 2016).
- Dogs provide a motivation to be active, increasing guardian's walking levels by 30 minutes/week (Temple et al., 2011).

HOW MUCH ACTIVITY?

- Stair*well*: Flights of stairs climbed daily correlated with a 0.58 decreased 'brain age' (aka brain maintenance – the preservation of brain measures and volumes) (Steffener et al., 2016.)
- 30 minutes/day (23.5 hours): http://www.reframehealthlab.com/23-and-12-hours/
- Reducing sedentary living: http://www.reframehealthlab.com/make-your-day-harder-2/

- 5 days/week, for at least 30 minutes or 3 x 10 minutes/day
  - Moderate to intense
    - avg. 100 beats per minute or 3,000 steps
      - "Stayin' Alive" by the Bee Gees (Simon et al., 2009).

Cambridge professor Ulf Ekelund advises to think of it this way:

"Stand rather than sit, walk rather than stand, jog rather than walk, & run rather than jog."

Or, according to Stanford's Dr. Walter Bortz:

"It's never too late to start, & it's always too soon to stop."

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