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change, start
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games // Stop
trying so hard.~~

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What really

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- Introduction

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Learning =

Behavior Change

Behavioral

Change Models

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Exercise In Older

Later life is important for health and well-being, yet motivating older adults to exercise can be difficult. This book addresses that need by

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tailoring "The
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Model" of
behavior change
to the client's
level of
readiness for
change.

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in Older Adults

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Exercise And
(Health Coaches:
This is of
particular
importance for
you.)

Understanding
someone's
ambivalence to
change and the
appropriate
steps to take
with that person
based on their

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current mindset
is essential for
setting them up
for long-term
adherence. It
all starts with
motivation—the
psychological
drive to engage
in a behavior.

Behavior Change
Strategies for

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: Patricia M.

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Riebe, ...
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change. The
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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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the participants
who were able to
complete the
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The participants
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reported three
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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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overview |
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Topics
Change
management
exercises are
activities that
encourage
employees to
reduce their

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resistance to
change.

Typically played
at the beginning

of a meeting or
work retreat,

these exercises
break the ice to

open

communication

about the

upcoming change,

anticipate their

concerns and

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7 Fun & Engaging
Change
Management
Exercises -
Change ...
while physical
activity is best
supported by:

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prompting (to stimulate behaviour, e.g. telephone reminder), self-monitoring (recording behaviour, e.g. writing an activity diary), personalised messages (tailored to stage of change,

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resources and
context), goal-
setting (e.g.
step-goals
monitored with
pedometer). 18.

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have launched a tree planting effort to mitigate against climate change. The farmers, both young and old, are planting indigenous trees in farms and in wetlands, in an effort to ...

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