

Exercise Adherence Tips

- 1) Access or create social support networks
- 2) For seniors, partake in fitness programs that emphasize balance and posture
- 3) For children, choose exercise that you find fun
- 4) For parents, choose fitness facilities with child care if necessary
- 5) Find positive exercise role models
- 6) Focus on intrinsic benefits of exercise and nurture your motivation beyond initial extrinsic goals
- 7) Set realistic, measurable goals (ST & LT)
- 8) Increase self-regulation skills and personal responsibility over exercise behavior
- 9) Relapse prevention training
- 10) Overcome common barriers
 - For physical barriers, prioritizing, time management, proper education, behavioral cueing and effective planning can be useful
 - For cognitive barriers, individual consulting and changing self-talk are more appropriate