

Mission: Possible!



Making the Road to Change Easy

Support Materials

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Physical Activity . . .

Pros

- Improve my health.
- Reduces my risk for serious health problems
- Makes me feel better about myself.
- Makes me stronger.
- Is fun.
- Gives me some time alone.
- Lets me some time alone.
- Gives me more energy.
- Helps me relax.
- Helps me maintain a healthy weight.
- Makes me a role model for others.
- _____
- _____
- _____

Healthy Food Choices . . .

Pros

- Help me feel energetic.
- Improve my health.
- Lower my risk for health problems.
- Help me lose weight.
- Help me maintain a healthy weight.
- Make me feel proud of myself.
- Are fun to explore.
- Set an example for friend and family.
- Taste delicious
- _____
- _____
- _____

Physical Activity . . .

Cons

- Takes too much time.
- Is boring.
- Makes me tired.
- Is too difficult.
- Costs too much money.
- Makes me self-conscious.
- Makes me nervous about my health.
- Is something I am not good at.
- Is something I do not know how to do.
- Is hard to do by myself.
- Is for people younger and fitter than me.
- _____
- _____
- _____

Healthy Food Choices . . .

Cons

- Are too expensive
- Do not taste good.
- Mean giving up foods I love.
- Make me stand out in my family or work-place
- Are confusing to make.
- Are difficult to shop for.
- Are not usually available to me.
- Take too much self-control.
- Are not important.
- _____
- _____
- _____

Why should I change my behavior?

Pros of changing

behavior

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.

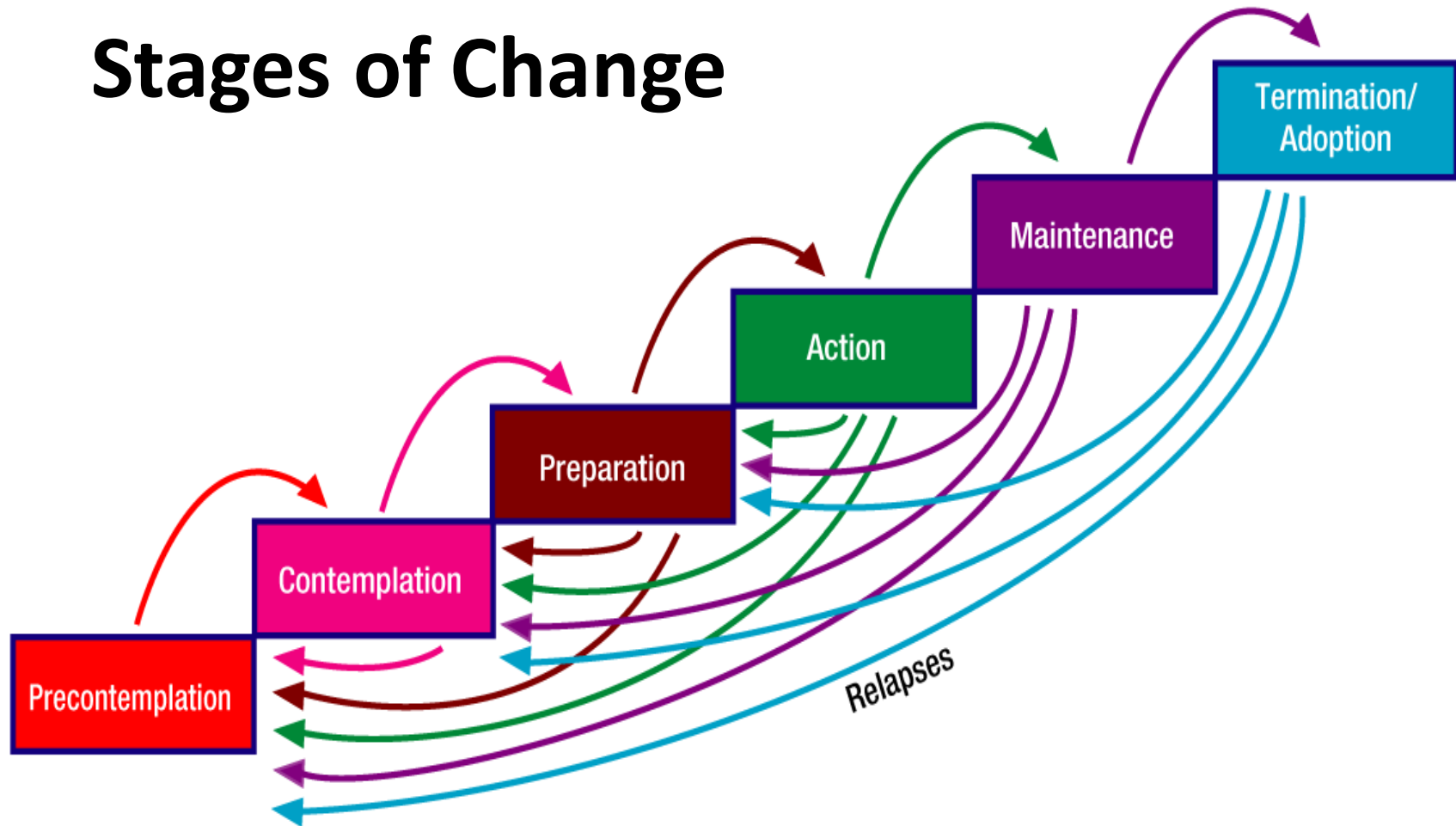
Cons of changing

behavior

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.

Transtheoretical Model

Stages of Change



ACTION PLAN

Your Name _____ Today's Date _____

1. Identify your goal. What is it you want to happen?

What I want to happen is . . . (fill in the blank) _____

My Goal Statement: Write a **SMART** Goal.

2. **Identify Resources.** Who or what can help you? What are some resources and where can you get them?

Who: _____

What: _____

Where: _____

3. **Plan of Action.** Now that you know what and have identified resources to reach your goal, what exactly do you have to do? What's your plan? **What are some: Tools, Tips, and Techniques?**

Step 1: _____

Step 2: _____

Step 3: _____

Step 4: _____

Step 5: _____

4. **Evaluate:** After completing your goal, evaluate your results. How did it go? Did you reach your goal? Why did I or why did I not reach my goal?
(List at least two (2) tools you will use to evaluate your efforts)

5. **Make Adjustments or proceed to Maintenance.** Do you still value the goal? What part of your action plan didn't work? Re-examine your goal statement and proceed with the Action Plan process again. **Remember, you have not failed, "FAILURE is a learning opportunity" (List at least (1) one barrier you faced in pursuing your goal statement.)**

6. **Plan for the Future.** How will you stay motivated and focused? Ideas, ideas, ideas?



STAYING ON TRACK: PRACTICAL SUGGESTIONS FOR SUCCESS

Precontemplation

- Foster a decision
- Educate and inform about adopting the new behavior

Contemplation

- Make the decision
- Learn all you can about adopting the new behavior
- Recruit positive support
- Make a list of positive benefits

Preparation

- Collect data about the old habit
- Replace old with new- Plan of Action
- Make it enjoyable not painful
- Make a detailed plan with a signed contract
- Write it down and be specific
- Plan should include:
 - your reason for changing
 - obstacles
 - triggers
 - support buddies
 - motivators
- Keep it simple

Preparation/Action

- Post benefits and other motivation where you see them regularly
- SMART goals, short and long
- Start small
- Set a start date
- For every trigger have a positive substitution
- Plan a positive support system
- Ask for help
- Become aware of self-talk
- Prepare for saboteurs
- Prepare for relapse

Action/Maintenance

- Stay positive – have accountability partners and a lot of positive support
- Use visualization
- Set up public accountability
- Avoid trigger situations for a while
- If you fail, figure out what went wrong, plan for it, and try again – it's a learning process
- Experiment until you find what works
- Motivation is still needed- what is yours?

Termination/Adoption

- “But” to kill bad thoughts
- Get leverage (\$100 to friend who keeps it if I don't change)
- 30, 90, 365 (first set of hurdles, behavior is neutral, harder not to do it)
- Consistency is key
- Control your thoughts
- Reward yourself but eventually it must become its own motivator