



marinhealthSM

Establishing a Physical Activity Routine

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Benefits of Exercise

Decreased Risk of Cardiovascular Diseases

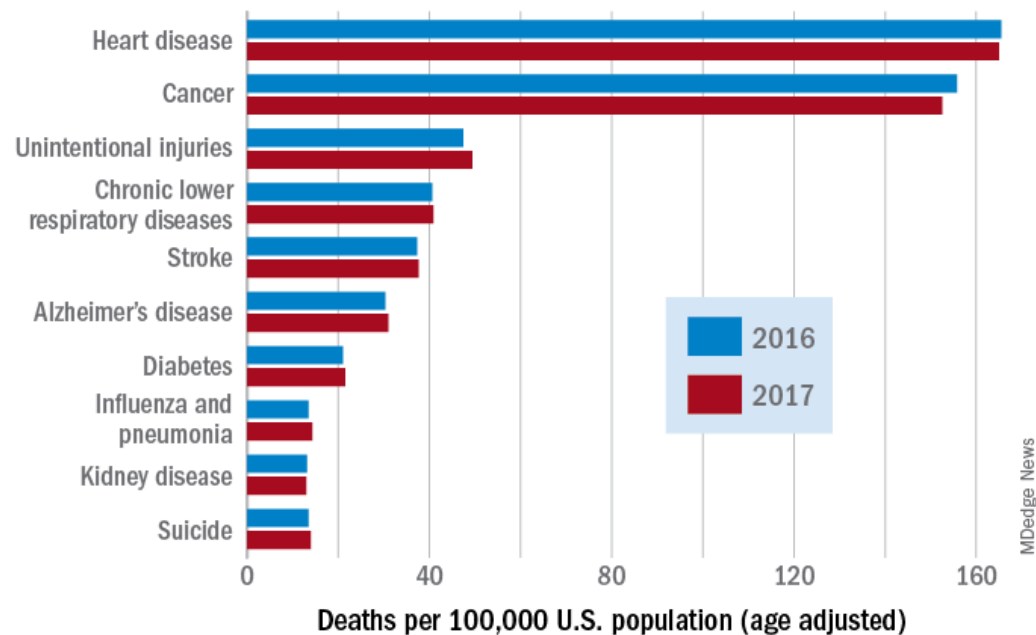
Increased Muscular Strength and Endurance

Decreased Risk of Diabetes and Obesity

Decreased Risk of Accident-Related Injuries

Decreased Risk of Osteoporosis and Osteoarthritis ¹

Ten leading causes of death, 2016 and 2017



Note: Based on data from the National Vital Statistics System.
Source: National Center for Health Statistics

MDeJede News

1. Physical activity. (2018, February 23). Retrieved from <https://www.who.int/news-room/fact-sheets/detail/physical-activity>

WHO Exercise Guidelines



HOW MUCH PHYSICAL ACTIVITY IS NEEDED FOR GOOD HEALTH?

FOR ADULTS AND OLDER ADULTS

MINUTES PER WEEK

75 OR **150**

Vigorous Intensity

Moderate Intensity

OR

a combination of both

More is better and provides additional health benefits

Something is better than nothing

FOR CHILDREN

AIM FOR AT LEAST

60

Minutes everyday

FOR OLDER ADULTS with poor mobility

PERFORM PHYSICAL ACTIVITY

to enhance balance and prevent falls on
3 or more days per week

EVERYONE

PERFORM MUSCLE-STRENGTHENING ACTIVITIES

Involving major muscle groups, on

2 or more days a week

Start small and increase gradually

Making Physical Activity a Habit

Actions



Habits

Habits: learned behavior patterns

"Participants in a habit-based weight-loss intervention reported that, **with repetition**, initially effortful behaviors became more automatic until they were experienced as 'second nature'"²

When developing a new habit, three specific cues are followed in order maintain adherence:

1. Time-based (time)
2. Event-based (environment)
3. Activity-based (actions)²

2. Judah, G., Gardner, B., & Aunger, R. (2013). Forming a flossing habit: an exploratory study of the psychological determinants of habit formation. *British journal of health psychology*, 18(2), 338-353.

Habit Cues

Event-Based Cues

- Habits form when stimulated in a consistent environment
- Locations are familiarized with specific actions after repetitive use
- Examples:
 - Sleeping in own bed
 - Exercising at a gym

Action-Based Cues

- Habits form when stimulated by a previous action
- Preceding actions have a cause and effect relationship with a certain habit
- Examples:
 - Greeting a new colleague with a handshake
 - Work-related habits (highly individualized)

Other Contributing Theories

Theory of Reasoned Action

- Motivation for developing a habit must have some underlying benefit or payoff³
- Adherence is dependent on the personal significance of this payoff
- Examples:
 - Practicing to improve sports performance
 - Attaining a job to provide income
 - Eating healthy to lose weight

Theory of Perceived Behavior Control

- Perception of control over the outcome of certain behaviors
- Difficulty of task may influence results/adherence (subjective)³
- Example:
 - Running a 5K seems more achievable than a marathon
- Perceptions are influenced by internal and external factors

Internal and External Factors

Internal Factors

Skill Level
Knowledge of Exercise
Intrinsic Motivation
Outlook on Physical Activity
Perception of Competency

External Factors

Availability of Resources
Socioeconomic Status
Access to Facilities/Equipment
Time Availability
Priority Hierarchy

Internal Factors are more impressionable and significant to the adherence to an exercise routine. While external factors may be influence, most of these aspects act as barriers that are outside of our immediate control.⁴

4. Ryan, R., & Deci, E. (2000). Self-determination theory and the facilitation of intrinsic motivation, social development, and well-being. *American psychologist*, 55(1), 68-78.

Recapping Habit Psychology

Habits are formed through repetitive action

Some of the strongest influences are our environment and preceding actions

Based on the two discussed theories, forming habits involves the development of an ideal, but reasonable goal

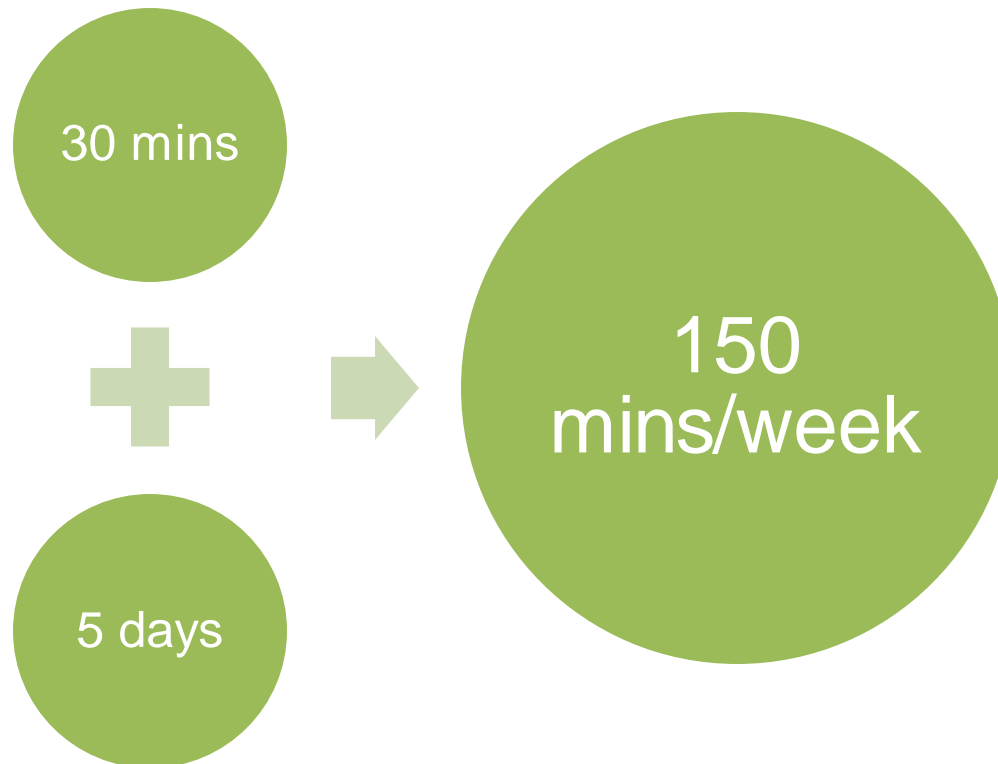
Controlling internal factors is integral in developing a long-term habit

Planning an Exercise Routine

1. Setting a Goal

Constraints: Time, Resource Availability, Knowledge

- Follow WHO guidelines for general fitness
- Research and consult an expert, if there is a specific goal in mind



Planning an Exercise Routine

1a. Consultation

Constraints: Socioeconomic Status, Accessibility, Competency

- Approach a reputable healthcare provider or fitness professional
- Research peer-reviewed journals and health organization recommendations
- Personal trainers (in-person/online), Fitness Instructors/Coaches

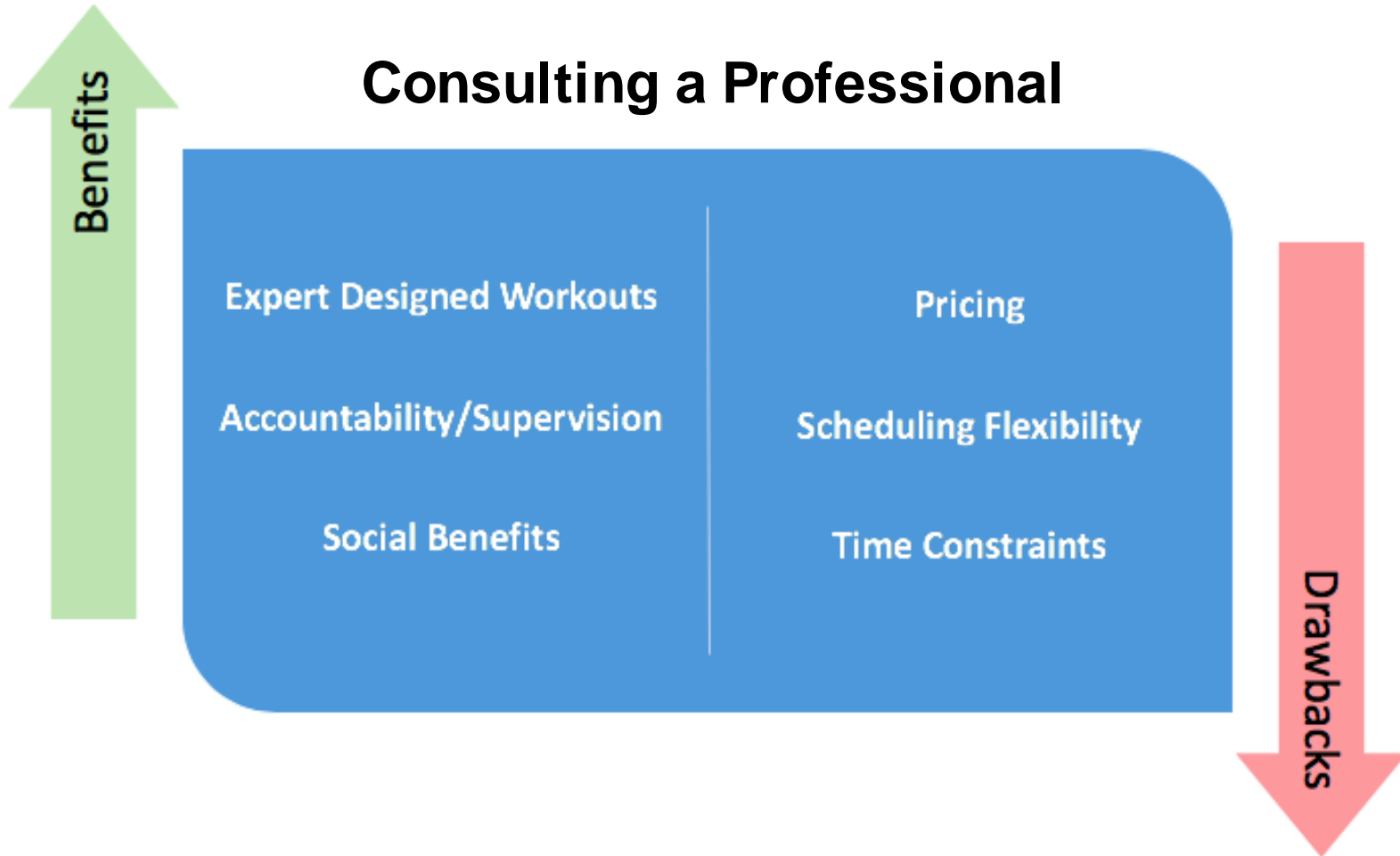
1b. Feasibility

Constraints: Skill Level, Resource Availability, Time

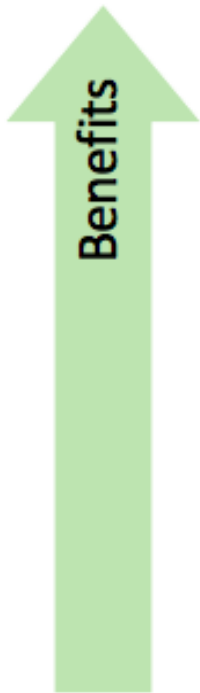
- Theory of Perceived Behavior Control: set a goal that can be reasonably repeated and achieved
- Overreaching (Non-Functional): sudden increases in exercise may lead to stress and fatigue, leading to decreased adherence and performance⁵
 - Overreaching → Overtraining Syndrome

5. Viana, R. B., Gentil, P., Lorenço, V. S., Vieira, C. A., Campos, M. H., Santos, D., Silva, W. F., Andrade, M. S., Vancini, R. L., & de Lira, C. (2018). Identifying the predisposing factors, signs and symptoms of overreaching and overtraining in physical education professionals. *PeerJ*, 6, e4994. <https://doi.org/10.7717/peerj.4994>

Consulting a Professional



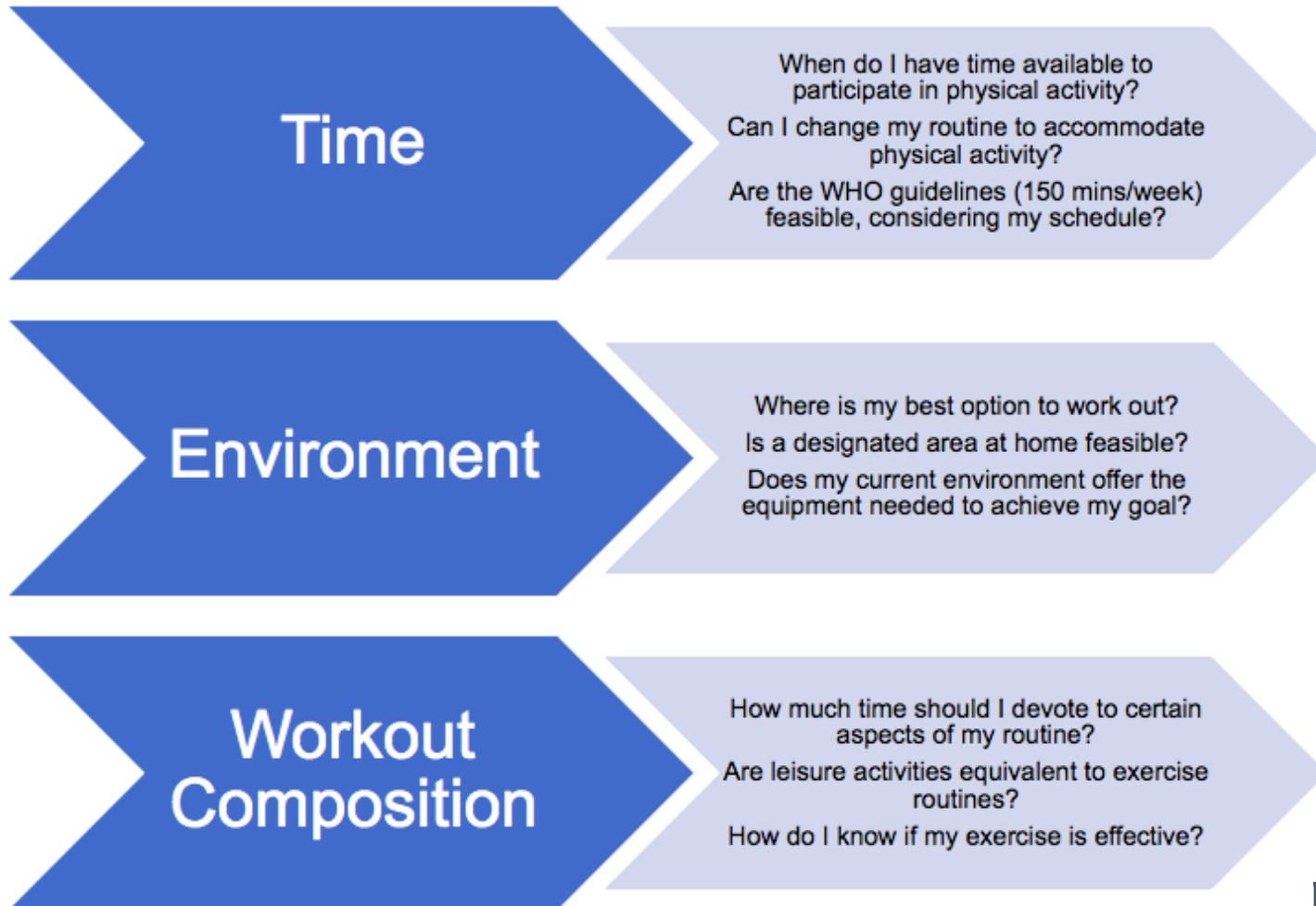
Conducting Research



Planning an Exercise Routine

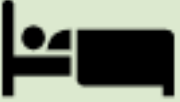


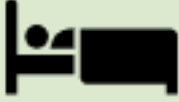



2. Organizing a Routine

Constraints: Time, Resource Availability, Accessibility



Planning an Exercise Routine

3. Implementing a Routine

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Rest	30 min Jog	30 min Cycle Class 15 min Weights	Rest	30 min Cycle Class 15 min Weights	30 min Jog	Outdoor Activities w/ Family
						

For general fitness, WHO guidelines may be met in personalized routines. The traditional 5-day 30 minutes per day model does not need to be followed.

Conclusion



There is not a scientific way to choose an exercise routine, but there is supported evidence for establishing a habit.



Physical activity should be tailored to current health recommendations and personal preference.



A habit will only be maintained, if the goal and process are enjoyable, achievable and challenging.⁶

