

Workout Smarter:

7 Tips for Getting
(and Staying)
Motivated



PeaceHealth

Get ready for some fun...

***We're glad
you're here!***

Welcome





Your moderator...

Randy Querin

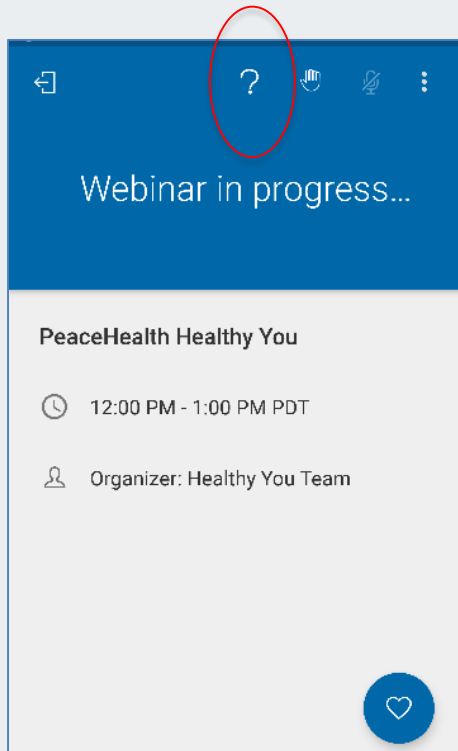
*Sr. Communication Specialist
PeaceHealth*

Getting to know you

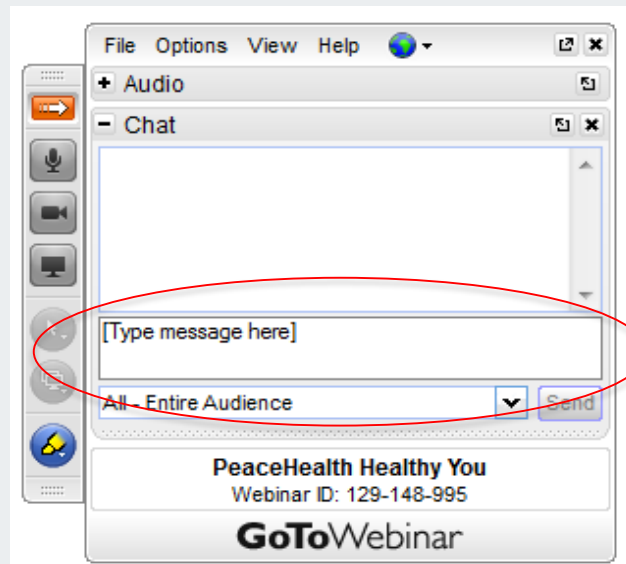
- *Polls*
- *Sound quality = everyone muted*
- *Difficulties? Click help*



Submit questions at any time



On your smart phone:
Tap "?", then type your message



On your desktop:
Type where it says
{Type message here}

Chance to win a free FitBit®

Enter the drawing by completing the survey after today's session.

Winner will be notified by email.





Your speaker...

Lindsey King, PsyD

- Licensed clinical psychologist with focus on bariatrics (*weight loss surgery*).
- Works with clients at PeaceHealth program in Springfield, Oregon.
- Dissertation on pediatric obesity management.
- Experience in bariatric psychology, weight-loss and exercise therapy.
- Wyoming native who enjoys hiking, traveling and her American Eskimo dog.

Overview

- Before getting started
- Why exercise?
- Aging & exercise
- Become motivation master in 7 steps
- Q&A



Before Getting Started

- Insights about you
 - ✓ Medical issues
 - ✓ Injuries
 - ✓ Stress
 - ✓ Social support
- Why do you want to begin/continue exercising?



Poll: What do you think when you hear the word “exercise”?

- Sweating
- Feeling a “rush” of energy
- Feeling fat
- Feeling out of breath
- Feeling a good “burn” in my muscles





Why exercise?

Common benefits of physical activity

- Lowers morbidity & mortality rates
- Reduces risk of developing diabetes, hypertension, colon cancer & heart disease
- Helps reduce blood pressure in those with hypertension
- Reduces feelings of depression, anxiety, and general negative mood
- Enhances general positive mood
- Improves body image, self-esteem, and self-concept
- Helps control weight
- Enhances cognitive function
- Helps build & maintain healthy bones, muscles and joints
- Enhances ability to perform daily activities

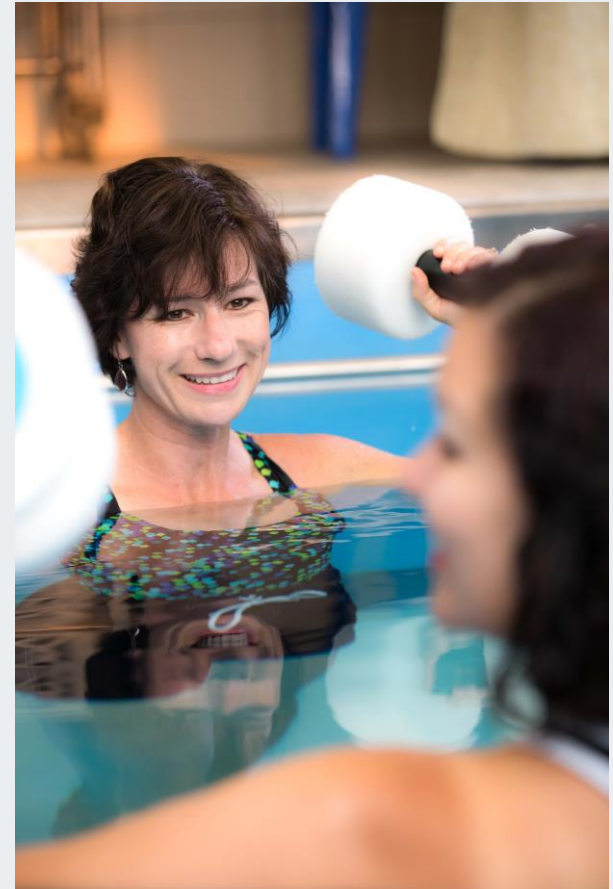
Aging & Exercise

- Staying fit as we age
 - ✓ Greatly decreases medical problems & injuries
 - ✓ Increases longevity & ability to continue to engage in activities you enjoy
- Being active is strongly related to a sense of well-being
- Staying in shape
 - ✓ Increases likelihood of retaining mental & physical vitality
- Regular physical activity
 - ✓ Is correlated to reduction in risk of dementia (*including Alzheimer's*)

Aging & Exercise

Types of exercises if you are already struggling with injuries, arthritis, chronic pain (etc.)

- Chair or seated exercises
- Yoga
- Walking
- Tai Chi
- Water aerobics
- Senior sports or fitness classes



Motivation is the Key

- We're all motivated for the end goal (outcome)
- We all struggle during the process (daily motivation)
- Internal vs External Motivation



Poll: What is your biggest obstacle to exercising?

- Physical (pain, injury, other ailment)
- Too many responsibilities (kids, etc.)
- Emotional (feeling too fat, defeated)
- Forget to do it
- Other (type in chat)



Internal vs External Motivation

Intrinsic motivators

- Fun
- Sense of Challenge
- Personal Improvement

Extrinsic motivators

- Health (i.e., prevent heart disease)
- Social recognition/praise
- Tangible reinforcers (i.e., money, certificates, t-shirts, etc.)



Become a Motivation Master in 7 steps

1. SMART goals
2. Persuasion
3. Manipulation
4. Play
5. Music
6. Motto/Mantra
7. Auto-Pilot



1. Set SMART goals

Specific

- What do I plan to do?

Measurable

- How will I know I am making progress/reached my goal?

Attainable

- Do I have the resources (time, money, energy, space, ability) to do this activity?

Realistic

- Given all my other commitments, is this activity a priority?
- What will I have to give up to make time for this?

Timely

- Is this a good time to start the activity?



2. Persuasion

Research is clear that our thoughts & feelings influence behaviors

- It's not what you tell yourself about exercise, it's how you say it
- Will you benefit more from thinking about...
 - ✓ What you gain (i.e., health, stamina, endurance, comfort, etc.)
or
 - ✓ What you lose (i.e., pound, inches, hopefully ☺, decreasing medications, etc.)



3. Manipulation

Manipulate your environment to increase motivation

- Put up pictures of exercise, goal clothes, goal activities, healthy people
- Set your workout clothes where you'll see them
- Play upbeat workout type music before your workout
- Buy “goal” clothing



4. Play

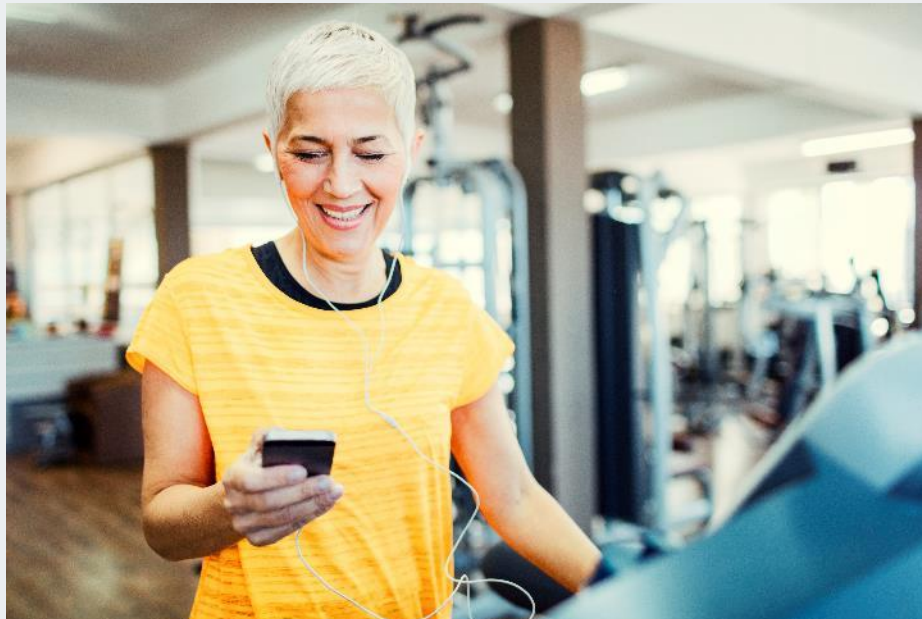
- Many different exercises
- Take a highly personalized approach
- Think about your personality when choosing an exercise
 - ✓ Extraverted – you might like group classes, signing up for 5k/10k/marathons
 - ✓ Introverted – you might like working out at home using DVDs or purchasing exercise equipment
- Enjoy your work out
- Playful movement
 - ✓ Climb trees, row, mountain climb, volleyball, kickbox, hike, walk, roller blade, garden, swim, snowshoe, yoga, etc.



5. Music

Research shows that selecting music that motivates you:

- ✓ Increases work output
- ✓ Reduces perceived effort
- ✓ Enhances how you feel during the workout
- Develop a playlist that gets you motivated and moving
- Different songs to use for different workouts
- Listen to music on the way to your workout too!



6. Motto/Mantra

Based on research – thoughts influence behaviors

- There are thoughts and feelings that are obstacles to beginning or continuing exercise (i.e., high-risk)
- Create a motto or mantra that motivates you (i.e., positive self-talk)
- Individual to you
- Future-focused
 - ✓ “I’m going to blow their minds!”
 - ✓ “I’m unstoppable!”
 - ✓ “I’m winning!”



Poll: What time of day do you feel most motivated to exercise?

- *Early morning*
- *Mid day*
- *Early afternoon*
- *Evening*
- *Never*



7. Auto-Pilot

Create a routine where all you think about is exercise

Example: *My personal routine is to workout in evening after work*

- My mind is full of thoughts about “I’m so tired,” “I can work out tomorrow,” “I’d rather eat dinner,” etc.
- Instead of telling myself “I need to get on the treadmill”, I turn on Auto-Pilot (also known as breaking down the goal into more doable steps)
 - ✓ “I’m just going to get into my workout clothes.”
 - ✓ “Now that I’m dressed, I’ll just get on the treadmill.”
 - ✓ “Now that I’m on the treadmill, I’ll at least walk for 10 minutes.”
 - ✓ “I’m warmed up, I might as well....keep going, jog, run, go for 2 miles, etc.”



Spread the love of exercise

All of us need to exercise. If you want company in your exercise practice:

- Invite family or friends to join you
- Ask people at school, church or civic group where or how they like to exercise
- Find groups or classes
 - ✓ In your local newspaper
 - ✓ On the internet or social media
 - ✓ At community fitness centers or gyms
- Form your own group

Q&A



Questions after the webinar?
marketing@peacehealth.org

Resources

- You'll find the following at peacehealth.org/workout-smarter:
 - Recording of today's session
 - Presentation slides
 - 1-page overview
 - Worksheet


Webinar
Resources



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HealthyYou | PeaceHealth



Free Webinar Series: Strategies to Manage Stress

If you could do one thing for your health, what would it be?


Lose weight? Lower your blood pressure? How about managing stress? Stress—especially the acute or chronic kind—affects all of the “systems” in your body—from stomach and heart to muscles and nerves. So learning to manage stress is a powerful action you can take to improve your entire health—today and for years to come.

Join **Susie Griffin**, a licensed massage therapist and wellness coach, for a free webinar series, **No Worries: Strategies for Stressing Less**. The first of three sessions is **Thursday, March 23, noon-1 p.m.** on different kinds of stress and our reactions to it.

Each session will delve into a different aspect of this timely topic—from the toll stress takes on your body to how to identify the sources of stress and what to do about it.

Sign up for one, two or all three sessions. If you can't attend a live event, never fear... recordings will be available to watch whenever you want.

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Be good to your back

Thank you!



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Healthy  You