HOW TO MAKE HEALTHY CHANGES: 4-Part Series

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# HEALTHY CHANGES: 4-Part Series

Every Wednesday in June, 11:30-12 Noon

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<td>Part 1</td>
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<td>Get out of your own way! Lead your Wellbeing</td>
<td>Physical Activity Plan: To Schedule or Not to Schedule?</td>
<td>Behavior Change Setbacks: Why is it so hard?</td>
<td>Make it Stick! Commitment Devices for Behavior Change</td>
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Part 2: Physical Activity
Plan: To Schedule or Not To Schedule?
Part 2: Agenda

- Strategy 1: Readiness Real Talk!
- Strategy 2: Laser Focus
- Strategy 3: Road Trip! PA Lifestyle
- Strategy 4: Planning Ritual
- Strategy 5: Master your Mindset!
Strategy 1: Readiness Real Talk!
How *INTENTIONAL* are you about planning activity?

What are you doing right now?
Strategy 1: Readiness Real Talk

**WHAT YOU THOUGHT YOU'D DO:**

- Waking Up Early
  - Wake up at 5 A.M. Every Day

**WHAT ACTUALLY HAPPENED:**

- Slept in and hit the snooze button
Strategy 1: Readiness Real Talk!

- REAL IMPORTANT INTENTIONS
- BE REAL WITH YOURSELF
- REAL READINESS TO CHANGE
Strategy 1: REAL INTENTIONS!

- Is what you want to do more than a fantasy?
- Is it a clear intention you’ve thought hard about?
- Is it something you really want to do?
Strategy 1: REAL WITH SELF!

YOU KNOW YOURSELF BEST!

- What are your strengths and weaknesses?
- Why did your goals/plans fail in the past?
- What obstacles get in the way?
- What solutions can help work around obstacles?
Strategy 1: Readiness to Change

- Thinking about it
- Preparing for action
- Taking action
- Maintaining a good thing for life

Relapses or sliding backward occasionally is not unusual.
# Thinking About Change

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<th>Question</th>
<th>Scale</th>
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<td>What change(s) are you considering?</td>
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<td>How important is it that you make this change?</td>
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<tr>
<td>How confident are you that you are able to make this change?</td>
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<tr>
<td>How ready are you to make this change?</td>
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## Readiness Ruler

- **Not at all**: 0
- **Very**: 10
Strategy 1: Readiness

![Confidence vs. Motivation Diagram]

- Not Ready
- On the fence
- Getting ready
- Doing it
- Maintaining it
Strategy 2: Laser-Focused
“If you don’t know where you’re going, how will you ever get there?”
Strategy 2: Laser Focused Check-In!

1. What’s your reason?
2. What do you value about this reason?
3. What’s going to get you out of bed?
4. What do you want to focus on?
5. What is important about this reason?
6. What’s going to help me stick to this reason?
**SPECIFIC:**
Answers the who, what, where and when of the goal.

**MEASURABLE:**
Creating milestones within your SMART goal to track progress.

**ATTAINABLE:**
Determine if the goal is realistic or just a dream.

**RELEVANT:**
Consider whether this is worth your time and relevant to your life.

**TIME-BOUND:**
It must have a timeline and a deadline.
Strategy 3: Road Trip PA Lifestyle
Strategy 3: PA Road Trip

Timeline
Action
Activity
Strategy 3: PA Road Trip Check-In

What’s the destination? What’s the overall goal?

How much time do you have & want to spend daily/weekly?

How long will it take to get to this destination?

What activities will help you get to where you’re going?
Strategy 4: Planning Ritual
Strategy 4: Planning Tools

OUTLOOK CALENDAR  PAPER ON WALL  NOTEBOOK  INDEX CARDS  PHONE APPS
STRATEGY 4: Planning Tools

Quick and Simple

Our workouts are customized just for you. Easy to do and highly effective.

What’s your current level of fitness?

Beginner
I’m new to fitness or haven’t exercised in a long time.

Intermediate
I try to work out at least 2 to 3 times a week.

Advanced
I’m very active and work out regularly.

Workouts

- All
- My Recent
- My Favorites
- 7 M

New

- BURN IT OUT
  - Beginner
  - 15 mins

Popular

- 7M STANDING
Strategy 5: Master Your Mindset!
Strategy 5: Mindset Master!

- Schedule activity like you would appointments
- Let go of perfectionism!
- Reflect on what you do (or don’t do!)
- Start Simple! Build habit before you refine it!
- Do less! Want more! Competency!
- Experimental! Practice! Practice! Practice!
Strategy 1: Readiness Real Talk!

Strategy 2: Laser Focus

Strategy 3: Road Trip! PA Lifestyle

Strategy 4: Planning Ritual

Strategy 5: Master your Mindset!
Thank you!

Questions?