



STRUCTURING MINDSET FOR ADHERENCE TO PHYSICAL ACTIVITY

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ABSTRACT

Most of the people very often make resolution to become physically fit. Most of the time it is to manage weight and to look beautiful. There are also some people who want to do exercise to remain healthy or to overcome some manageable disease condition. The major obstacle which they all face is not the lack of knowledge, facilities or time but the non - consistency. Research has indicated that half of the people falls in the category of exercise drop outs after few months of beginning. We know that fixed mindset is a hindrance to our growth whereas the growth mindset takes us to new heights. Therefore, an effort is made to review the related research and literature and to frame out a mindset which helps to stick on to our physical activity regimen.

Keywords: Mindset, Adherence, Physical activity and Exercise.

INTRODUCTION

The need and importance for exercise and physical activity is highly informed in today's world. The way to do exercise or physical activity also could be known through internet. But why the people on earth are still dying of Life Style Diseases is worth discussing. Role of physical activity or nutrition is well known today than ever before. However, data show that a large proportion of adults do not meet physical activity recommendations, and this is a significant public health problem. Research studies have indicated that 50 % of the people drop their exercise regimen after few days or months. What makes them to drop these so

called necessities is worth finding out. To make us to stick to a healthy life style is not an easy task. Many a times pleasures overrule us and we leave the monotony and pain (effort) associated with healthy life style.

Exercise training is also a vital component in the management of many chronic, lifestyle - related diseases. Curative exercise training is an accepted accumulation to medical treatment for heart disease, diseases connected with lungs and diabetes mellitus. For each of these chronic conditions, the scientific literature clearly demonstrates that exercise is both beneficial and safe when done systematically and scientifically. There is also plentiful evidence supporting the health benefits of physical activity, including reduced risk for stroke, some cancers, osteoporosis, hypertension, high cholesterol, obesity, osteoarthritis, and all-cause mortality. Physical activity is also associated with improved psychological health and functional status, as well as reduced health - care expenditures. Research suggests that inadequate adherence to exercise during the intervention period might satisfy the effectiveness of intervention.

Mind-sets are those collections of beliefs and thoughts that make up the mental attitude, inclination, habit or disposition that predetermines a person's interpretations and responses to events, circumstances and situations." A proper mindset seems to be the key to adherence to physical activity for life long. Let us understand the problem in detail



and the possible framing of ideal mindset to continue exercise.

Recommendations of World Health Organization on Physical Activity

For adults WHO recommends at least 150 minutes a week of moderate aerobic activity or 75 minutes a week of vigorous aerobic activity, or a combination of moderate and vigorous activity. The guidelines suggest that you spread this exercise throughout the week. Examples include running, walking or swimming. Even small amounts of physical activity are helpful, and accumulated activity throughout the day adds up to provide health benefits. ¶ We must satisfy the five health related fitness components. Activities for improving cardio vascular fitness, muscular strength, muscular endurance, flexibility and body composition must be included in our daily routine.

Benefits of Physical Activities

There are many benefits when physical activity or exercise is done on a regular basis. Some of the proven benefits are:

a. **Weight Control:** Physical activity helps to keep an ideal weight. Exercises and physical activity burns the excess calories and thus prevent accumulation of fat. One should keep a time specifically for exercise. We can also do physical activities which are needed in our home or work place. Cleaning house, washing, cleaning car, gardening, climbing stairs are some of the activities which burns our calories as well as keep us clean and hygienic. Consistency is the key.

b. **Exercise fights health conditions and diseases:** Being active boosts high-density lipoprotein (HDL). The good cholesterol and it decreases unhealthy triglycerides. It keeps your blood flowing smoothly, which decreases your risk of cardiovascular diseases. It can also help improve cognitive function and helps lower

the risk of death from all causes. Regular exercise helps prevent or manage many health problems and concerns, including: Stroke, Metabolic syndrome, High blood pressure, Type 2 diabetes, Depression, Anxiety, many types of Cancer, Arthritis, Falls.

c. **Exercise improves mood –** A session of exercise, brisk walk, a play gives us an emotional lift. It helps to blow off steam after a stressful day. Physical activity stimulates various brain chemicals that may leave you feeling happier, more relaxed and less anxious. You may also feel better about your appearance and yourself when you exercise regularly, which can boost your confidence and improve your self-esteem.

d. **Exercise boosts energy -** Regular physical activity can improve your muscle strength and boost your endurance. Exercise strengthens cardio vascular system which efficiently delivers oxygen and nutrients to your tissues. Improved health of heart and lungs gives one more energy to tackle daily chores.

e. **Exercise promotes better sleep:** Regular physical activity can help you fall asleep faster, get better sleep and deepen your sleep.

f. **Exercise puts the spark back into your sex life -** Regular physical activity can improve energy levels and increase your confidence about your physical appearance, which may boost your sex life. Regular physical activity may enhance arousal for women. And men who exercise regularly are less likely to have problems with erectile dysfunction than are men who don't exercise.

g. **Exercise has recreational value -** Exercise and physical activity can be enjoyable. They give you a chance to unwind, enjoy the outdoors or simply engage in activities that make you happy.

h. **Physical activity socializes –** Physical activity can also help you connect with family or friends



in a fun social setting. A dance class, a cycling expedition, trekking with family friends improves our relationships.

Non - Adherence to Physical Activities

The main reasons for non-adherence to exercise as indicated by research studies were

- a. Lack of information or false information.
- b. Poor health and the Perception that exercise exacerbated their illness.
- c. Lack of an exercise partner.
- d. Lack of will-power.
- e. Associated co-morbidities.
- f. Poor weather (hot and cold conditions)
- g. A busy schedule.

Structuring Mindset - Strategies for Exercise Adherence:

Self-Perception: How people view themselves—based on past experiences and current reality—soundly influences their physical activity choices. Self-perception plays a major role in whether people will start exercising, and it may impede some individuals from beginning a program even if exercise has been recommended for medical reasons. In fact, some people may view themselves as incompetent without ever trying to exercise. Fortunately, these inhibiting self-perceptions are modifiable, especially with social support and encouragement from others (particularly exercise professionals).

Self-Efficacy: Self-efficacy is a person's confidence in her or his ability to do exercise and be consistent with workouts. Huberty et al. (2008) propose that high self-efficacy is particularly important for exercise adherence among women. Self-worth (i.e., the foundations of a person's specific values about exercise) is also a key factor in exercise adherence for women. The more people think

they can successfully do exercise, the more likely they are to adhere to an exercise.

Fixing realistic goals – exercise enthusiast should be encouraged to fix realistic goals. The targets which are unattainable should not be dreamt about. Results with realistic timeline will help individuals to adhere to exercise.

Intrinsic motivation: Studies indicate that people those who are internally motivated stick to a regular physical activity regimen.

Change from a fixed mindset to a growth mindset – a fixed mindset says its good if you are naturally good at that activity. A growth mindset says improvement is possible if you put effort and learn. Instead of focusing on the past recommit yourself in learning new ways which makes you feel good.

Make it a Habit: consistency is the key. Try out activities which are fun and which are available. Try to do it on a regular basis rather than fixing once or twice a week. Once it becomes an habit it will stay with you.

Hook yourself with a reason – find out a strong reason for doing physical activity or exercise. The reason may be to look slimmer, look good, to become healthier, to cut short on medical expenses, to delay aging and so on. The reasons should be strong enough to keep you motivated.

Social and Cultural Support: Numerous studies show that social support from a significant other or meaningful friend is highly associated with exercise adherence. For exercise professionals, partnering clients with an exercise buddy or within a workout group of supportive exercise enthusiasts routinely helps to build social-support networks. Additionally, small-group training, cardio clubs, boot camps and fitness workout camps are excellent programs for enhancing adherence in exercisers.



CONCLUSION

Doing exercise on a regular basis is a complex, multifactorial behavior that fitness professionals and scientists need to understand better in order to help clients stay active and healthy. Individuals who want to stick to a regular exercise routine must realize that sticking to the exercise regimen requires a proper mindset. This mindset has to be consciously created if one wants to remain fit and lead a quality life.

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