

PSYCHOLOGY OF EXERCISE

STARTING AND CONTINUING A HEALTHIER LIFESTYLE

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Certified Strength & Conditioning Coach through NSCA and USA Weightlifting.

Twelve years experience training athletes and non-athletes.

Managed the personal training departments for 24 Hour Fitness, Aspen Athletic Club, and currently conduct performance training & sport psychology for Infinite Sports World.

WHY DO PEOPLE EXERCISE?

Stress Reduction

Anxiety Management

Mood Effects

Self-Esteem

Health

EXERCISE IS AN ACTIVE DECISION!

Exercise is motivated by intrinsic motivation

Intrinsic motivation – is the act of engaging in an activity for self satisfaction, personal fulfillment, pleasure, and a sense of achievement.

Intrinsic motivation is the heart of beginning and adhering to an exercise program.

FIVE STAGES OF CHANGE

Pre-contemplation

Contemplation

Preparation

Action

Maintenance

Termination

STARTING IS HARD

CONTINUING IS EVEN HARDER!

Informational Adherence

- **Educational Material**
 - Do your research
 - Don't believe the hype
- **Record Keeping**
 - Track Your Progress Monthly
 - Focus on measureable data
- **Proper Instruction**
 - Learn proper technique and strategies

ADHERENCE CONT.

Behavioral Adherence

- Set realistic goals
- Don't focus on weight
- Schedule your workouts
- Combine Aerobic and Strength training exercise
- Focus on achievement & competence
- Avoid negative self-talk
- Curb your perfectionism

ADHERENCE CONT.

Social Adherence

- Seek Support
- Join a club, organization, or program
- Environment must suit your needs
- Social Engineering
- Jam out! (music)
- Lifestyle Management

CONTACT INFORMATION

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