

Task:

1. Highlight the barriers and motives for exercise that the interview identifies for participant
2. Make a list of both the barriers and motives to exercise
3. What would you suggest as a strategy to help the individual to become more physically active with a view to meeting the recommended weekly guidelines?
4. Submit this to Turnitin using the link provided for feedback on your answers.

Interview 2:

INTERVIEWER: Can you give me a bit of background information about your involvement in exercise / sport / physical activity up to this point please?

PARTICIPANT: OK, well I was never into sport in school, never on the hockey team, you know, I've always been over weight, growing up you know and as a family, my parents, it was something they never encouraged. We were a very working class family, my sisters brought me up, my parents were out working so exercising....well I did go out on my bike and stuff like that but, so I've never had any motivation to go into the hockey team, swimming team. Hated swimming, I always had my period when swimming lessons were on, you know. But I enjoy swimming now, it's funny how I enjoy swimming with the kids, well when I say enjoy, I make myself go and do it because it's for them and they enjoy it. Ummm so growing up, nothing, really nothing and I've done the odd exercise class you know, I mean it doesn't last, I go for the first two then it finishes and if somebody can't make it, you know one of my friends and that's it, it finishes, you know and then...I mean the biggest thing for me was in 2014 I decided to do the Great North Run. I was watching it on the telly one year in 2013 and I started the coach to 5k around October November time, it was dark and I had my hood up so nobody could see me, I was like that running around and for a whole year I went a bit obsessive with it to be honest with you. I think I've got that obsessive nature in

me. Once I grasp something, that's it...that's why I've got issues with my weight, then I did some 5k runs in the January, then I did 10k runs and then I did the half marathon in 2014 and umm I haven't ran since. 3 years.

INTERVIEWER: What made you stop, was it the goal was done?

PARTICIPANT: I think so, I put a lot of pressure on myself. I was convinced I was going to be that last person out of the thousands of people that were coming through...I really was...I couldn't sleep and I was throwing up on the way to the run...and it was awful...and I said I will keep on running but I won't put that pressure of a race again..umm...and I did well I ran up to mile 11 and then I got leg cramps and there was nothing I could do you know...and that's put me off....and I said....I came over the line like a cripple, like a disabled person you know....you know you picture the moment of running over the finishing line, your friends and family are there...

INTERVIEWER: Yes I know what you mean, it sounds glamorous

PARTICIPANT: Exactly and it was anything but...I was crying, my legs were buckling, and I said never, ever again. So...and I haven't..I thought arh I've put this pressure on myself so I will leave it now till October, then let's leave it to January.

INTERVIEWER: So how did you feel when you were doing the exercise?

PARTICIPANT: Oh great, fantastic, right I would do..always in the evenings I would sort the kids out then I would normally go out about 7pm because my husband works shifts so sometimes he wasn't home from work until about 9pm and this is how motivated I was....I'd come home from work, sort the kids then I'd put my running kit on and trainers so I wouldn't settle on the sofa...so I'd keep on going, you know potter about and then my husband would come in and I'd go straight out running. I'd come home then about 9.30-9.45, you know I wouldn't do long runs at that time and I'd be cleaning then like a mad woman, you know I felt totally...you know so much better, I would be cleaning the shower and this was like 10 at night. So I know that feeling was amazing, you know I just can't...you know get back there.

INTERVIEWER: OK, do you know what the current physical activity guidelines are?

PARTICIPANT: I've got no idea.

INTERVIEWER: (Explains what they are) Do you think they are realistic?

PARTICIPANT: So that's about 20 minutes a day then, well yeah...and is that 20 minutes of set, you know because I'm so busy running around with the kids...

INTERVIEWER: I mean being physically active means your heart rate is going up and within the guidelines they suggest two sessions of resistance training...so weighted exercise

PARTICIPANT: Oh yea I think it's doable yeah...I don't do 20 minutes a day and even less so now with this job as I sit at a desk a lot and even when I am out a lot inspecting I am sitting...when I was in my previous job I was active.

INTERVIEWER: So you are more conscious that you are not doing as much now with your new job?

PARTICIPANT: Oh yes definitely I am. I mean I walk the children to school sometimes and they ask me to, they really...

INTERVIEWER: Oh, so how far is that away?

PARTICIPANT: oh its not far, you know where the clothes shop is in **** street we live by there so we walk past the roundabout, up by the main road so its not far...I don't know how far I haven't worked it out but it takes about 15 minutes maybe...when I am walking back, honestly I am out of breath and that makes me...tells me that I am not fit.

INTERVIEWER: What about your friends and family are they currently active?

No...

INTERVIEWER: Your husband, does he exercise?

PARTICIPANT: He did it as well, the half marathon, but he hasn't ran since. He's got asthma and he's had tests for reoccurring chest infections and the dr did say he needs to do more exercise. I mean we've both put on weight, we are both busy and we both said over the weekend, over a bottle of wine, lets do a half marathon again next year but I don't think I will...I don't want to put that pressure on myself, you know..I would have to start from scratch again and I'm 43 next year, my knees are aching you know I've got bad hips so I am getting old..

INTERVIEWER: I know what you mean...it might be the case of looking at different types of exercise if you have developed injuries

PARTICIPANT: Yes and because I have put on weight I will put more pressure on my knees and my ankles and whatever else was aching before, even more so, you know what I mean! Maybe I need to be swimming or something like that.

INTERVIEWER: So we've discussed a lot and covered your attitudes towards exercise and you know it impacts upon health....

PARTICIPANT: Yea and I definitely,.. I'm always, even though I am lazy and fat myself, I always tell my children how important physical exercise is you know. When they ask to walk, and I can and as much as I am thinking 'oh really!', I go yea lets walk to school. And they loving going on Saturday morning, they say come on lets go on the bikes and we do that path around the shopping area..I think I've passed you with them before there, they enjoy doing it you know. Sigh...and I go, you know I do feel better afterwards...sorry I am probably going off on one.

INTERVIEWER: No not at all. We will look at barriers to exercise now....what do you think are your barriers at the moment preventing you from doing anything?

DT1; Ummm...self-confidence, my weight, time...ummm, yea they are the main....and the fact I am ***** I am thinking in my head running but there are other options you know and I haven't explored them yet...

INTERVIEWER: Yes and that's something hopefully I can assist with....are there any particular types of exercise that you enjoy or would like to try, you've tried running..?

PARTICIPANT: yea, no it's not for me now....walking or brisk walking. Swimming I mean I am just so self-conscious. When I go swimming I take the kids to a leisure club pool (xxxx). I don't know whether you've ever been there...but its very quiet...I pay something ridiculous like £7 each but I'd rather go and pay that much than go to that bloody leisure centre with the glass screen. Yea so the kids love swimming and I should take them more often but I think ,,swimming for me its not just about swimming, I need to shower, do my hair, straighten my hair, its all that comes with it

INTERVIEWER: Yes I understand it can become time consuming

PARTICIPANT: Yes it is.

INTERVIEWER: What about certain settings, I know we've touched on swimming, but are there activities you do not want to try out?

PARTICIPANT: Like the gym...I've done the gym I was going to the gym when I was training for the half marathon so I went there in my lunch breaks and I was running at night...xxxx, do you know xxxx? He was good at training, well not training but he would set me a good plan to do, it was only 30 minutes so I could fit it into my lunchbreak when I was in work I would just pop over...that was ok as long as I didn't go at certain times when there were too many young lads there and you feel self-conscious.

INTERVIEWER: What about environments? Do you prefer inside or outside environments?

PARTICIPANT: Ummm, I don't mind either really....I think I feel better afterwards if I have been outside, you know with anything...walking, cycling, we do a lot of cycling as a family in the Summer, we've all got bikes and the bike carrier, you know Nia is only 5 but she's cycled 12 miles in August in the Forest of Dean, you know I do a lot of research looking for nice tracks and things you know and we spend the day, but that is more weather dependant.

INTERVIEWER: Yes...is there anything that you think will motivate you to be physically active and encourage you to exercise?

PARTICIPANT: Ummm I don't know....

INTERVIEWER: So for example, when you did the half marathon that was a goal...are you motivated by goals?

PARTICIPANT: Yes, yes I am yea. Otherwise I just lapse and think oh I will just leave it this week. Yea I do need something to work for, but I put too much pressure on myself, I think I need a balance you know without...maybe just a smaller race, a 5 k race, I mean not even a race, I think the half marathon was an extreme!

INTERVIEWER: Have you ever been advised to limit exercise or any health issues preventing you?

PARTICIPANT: No.

INTERVIEWER: In your present job role are there any opportunities or facilities to exercise where you are now?

PARTICIPANT: I am close to the park you know...and we've got....one of the girls I work with she went swimming yesterday in her lunch break because we've got flexible work hours, you can take 2 hours, so she's gone down the leisure centre, had a swim, had a shower, dried her hair and come back, you know, she did 16 lengths in her lunchbreak!. Ummm there isn't anything in the building apart from what is nearby..its I mean usually I walk down to Asda but that's usually to go and get something to eat. *Laugh.* **Well it's a walk isn't it.** Yeah its 20 minutes...we were talking about it yesterday and there was a few of us you know...and I did mention I was coming to see you...

INTERVIEWER: Is there a particular time of day you prefer to exercise?

PARTICIPANT: I can't do mornings, I did do one run in the morning and it was January and I was up at 5 am it was freezing I was mad, but no, I think as soon as I finish work, as soon as I settle down and the kids are in their pjs and the fire is on. I don't think I could, although I have done in the past go back out again...

INTERVIEWER: Ok, lets look at some other motives for exercise...do you enjoy exercise or do you do it for another reason?

I do it for my children mainly....umm...yea I cant say I enjoy it, but like I say I am trying to embed in them the importance of exercise. Because Sion is a typical boy, he would sit in front of his x-box, so I say 'come on lets get out' you know...even if its for an hour on a Saturday afternoon, but no its for my children that I do need to exercise.

INTERVIEWER: Ok, let me just check what else we haven't covered...ok is there anything you haven't done and would like to try?

PARTICIPANT: No, because its ...I don't enjoy it so its not something I think about, with my friend in work, she's constantly doing something, she's entered the Newport marathon, she's entered the London marathon for next year she is spending all her money on races and looking for the next thing like Triathlons and things you know. But no nothing.

INTERVIEWER: You have mentioned you like the gym when its quiet, have you ever tried class based exercises whereby there maybe a group of you?

PARTICIPANT: yea, I wouldn't mind that I mean the barrier I have with weekly classes is that I wouldn't be able to commit because of my husband's shifts it would be every other week and it's the same....ve done slimming classes, once you miss a week I think arhh its going back. I've got to keep on top of things to keep that motivation I think.