

Barriers and motives for exercise task HNL group:

Interview 1: ☹️

Barriers:

1. Work load
2. Family commitments
3. Studies
4. Fitness Levels
5. Pain in legs/joints
6. Change of lifestyle
7. Lack of motivation - preference to rest/relax in free time
8. "Laziness"
9. Weather
10. Time

Motives:

1. Noticing weight gain
2. Exercise outdoors in the natural environment
3. Has lost weight through exercise previously
4. Aware of the health benefits
5. Expressed enjoyment of certain types of activity
6. Can identify with how exercise can improve self-esteem and mood

Interview 2:

Barriers:

1. Injury
2. Putting pressure on yourself
3. Mental block
4. Negative mindset relating to sport/exercise
5. Inconsistent "all or nothing" approach - setting herself up to fail
6. Reality doesn't match expectations
7. Sedentary job
8. Partner
9. Self-esteem/confidence
10. Weather/time of day
11. Doesn't enjoy exercise

Motives:

1. Weight gain
2. Goals
3. Children
4. Health
5. Self-esteem
6. Positive mood and energy after exercise
7. Already active without realising it
8. Realisation that it is possible to achieve activity goals without requiring huge time or energy commitments

Strategy suggestions...

1. Eating healthier/ tracking foods
2. Set realistic goals with an activity you enjoy
3. Use flexible working to fit in time for activities that she enjoys doing
4. Recognise that time being active with children counts and may be an opportunity to increase intensity
5. Getting Friends and family to join in with sporting activities
6. Online workouts - no weather barriers. Way of building up confidence.

app's - easier way of monitoring calorie input and output

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1. Interview 1:

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Anonymous said

sensory stimulation

1.1. Barriers:

1.1.1. 1. Work load

1.1.2. 2. Family commitments

1.1.3. 3. Studies

1.1.4. 4. Fitness Levels

1.1.5. 5. Pain in legs/joints

1.1.6. 6. Change of lifestyle

1.1.7. 7. Lack of motivation - preference to rest/relax in free time

1.1.8. 8. "Laziness"

1.1.9. 9. Weather

1.1.10. 10. Time

1.2. Motives:

1.2.1. 1. Noticing weight gain

1.2.2. 2. Exercise outdoors in the natural environment

1.2.3. 3. Has lost weight through exercise previously

1.2.4. 4. Aware of the health benefits

1.2.5. 5. Expressed enjoyment of certain types of activity

1.2.6. 6. Can identify with how exercise can improve self-esteem and mood

2. Interview 2:

2.1. Barriers:

2.1.1. 1. Injury

2.1.2. 2. Putting pressure on yourself

2.1.3. 3. Mental block

2.1.4. 4. Negative mindset relating to sport/exercise

2.1.5. 5. Inconsistent "all or nothing" approach - setting herself up to fail

2.1.6. 6. Reality doesn't match expectations

2.1.7. 7. Sedentary job

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2.1.10. 10. Weather/time of day

2.1.11. 11. Doesn't enjoy exercise

2.2. Motives:

2.2.1. 1. Weight gain

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2.2.4. 4. Health

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2.2.6. 6. Positive mood and energy after exercise

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2.2.8. 8. Realisation that it is possible to achieve activity goals without requiring huge time or energy commitments

3. Strategy suggestions...

3.1. 1. Eating healthier/ tracking foods

3.1.1. app's - easier way of monitoring calorie input and output

3.2. 2. Set realistic goals with an activity you enjoy

3.3. 3. Use flexible working to fit in time for activities that she enjoys doing

3.4. 4. Recognise that time being active with children counts and may be an opportunity to increase intensity

3.5. 5. Getting Friends and family to join in with sporting activities

Link: <https://www.mindmeister.com/mm/signup/basic>

3.6. 6. Online workouts - no weather barriers. Way of building up confidence.