

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.

Current physical activity levels and attitude to exercise and physical activity.

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

Participant: at the moment, I am not involved in any exercise yet I used to go to the gym (about three times a week) and also used to walk or cycling to work or any other places. Additionally, I used to jog on my day off.

Interviewer: How do you feel about exercise and being physically active?

Participant: As I said I am not involved in any activities as the moment so, I will answer the question on how I felt when I was participating in physical activity and or exercise. Well generally I was feeling good about myself, I feel relaxed after doing exercise.

Interviewer: Do you know what the recommended physical activity guidelines are?

Participant: No, I have no clue

Interviewer: Are you doing any exercise / physical activity at the moment?

Participant: No, I do not feel I am doing any activities at the moment.

Interviewer: Are your friends and family currently active?

Participant: Not my family but I got one friend who currently active.

Interviewer: Do you think that people should exercise regularly?

Participant: Yes, because people can benefit from doing regular exercise for example in order to prevent from many disease and staying fit and yes I felt the difference in myself when I was physically active and now.

Interviewer: Do you think that exercise can impact upon a person's health in any way?

Participant: Yes, for instance when I was active I feel good both physically and mentally but now I feel tired, high temper, even if I climb few steps I breathe heavily, I feel pain in my legs and joints.

Barriers to exercise

Interviewer: What do you feel (if anything) prevented you from being more active when you were younger, if you weren't active then (barriers to activity)?

Participant: As I have explained before I used to do more activities 6 years ago but cannot do it now due to family commitment, work load, study, change of lifestyle, weather and laziness.

Interviewer: Have you ever been advised to not to exercise or limit exercise? E.g. Do you have any health issues or injuries that prevent you from participating in exercise / sport / physical activity?

Participant: No

Interviewer: Do you have any opportunities to exercise near where you live (or

work)?

Participant: yes, there many green areas and parks which is comfortable for walking and jogging yet I did not use it as I want to rest in my free time or watch my favorite program instead.

Interviewer: You mentioned that you are not currently exercising regularly. What do you feel stops you from participating in exercise / sport / physical activity at the moment?

Participant: As I have mentioned before, family responsibility (marriage plus kids), work, being a PHD student, driving instead of walking, weather, laziness and so on.

Participant: family commitment, work load, study, change of lifestyle, weather and laziness.

I don't know, I would say I barley have a time to do any activities at the moment.

3. Motivation to exercise

Interviewer: How many years had elapsed since you last exercised regularly – if this is something you have done?

Participant: it has been six years since I stop to doing any physical activities or exercise, I was doing cycling, jogging and walking.

Interviewer: Is exercise something that you enjoy?

Participant: yes, because exercise makes me feel fresh, relaxed, I would say I generally feel good about myself.

Interviewer: Do you think there are any benefits to exercising regularly?

Participant: yes, as I explained earlier, I feel good and really fit when I exercise but now I put a lot of weight and feel tired easily even if I go for a short walk.

Interviewer: Are there any types of exercise / sport / physical activity that you enjoy?

Participant: yes, I enjoy cycling, jogging and walking, if I want to exercise it doesn't matter if I am alone or with others and I would love to exercise in green or natural environment rather going to the gym.

Interviewer: Are there any types of exercise / sport / physical activity that you dislike?

Participant: Well I do not like any sports which requires more energy like rugby I prefer light activities which I enjoy most like cycling and jogging.

Interviewer: Are there any types of exercise / sport / physical activity you would like to try?

Participant: Not that I can think off.

Interviewer: Is there anything that would motivate you to be more physically active / exercise regularly?

Participant: yes, because I need to lose weight as I am gaining weight since I stopped doing physical activity I also want to exercise regularly to maintain my health.