

Stages of Change	Goal	Specific Strategies
Precontemplation	To get your client thinking about Physical Activity	<ul style="list-style-type: none"> • Encourage your client to learn more about Physical Activity • Read articles, watch videos, and talk to others (physicians) about physical activity • Make a list of potential benefits to becoming Physically Active then assess how important these benefits are to him or her.
Contemplation	To encourage your client to start being Physically Active	<ul style="list-style-type: none"> • Have client observe an aerobics class or take a tour of a gym to build familiarity and confidence. • Identify barriers to getting started (lack of time) and strategies
Preparation	To encourage your client to be regularly Physically Active	<ul style="list-style-type: none"> • Have client use a pedometer and/or activity logs to self- monitor physical activity and track progress toward goals. • Encourage client to reward him/herself for meeting the goal of increased physical activity • Leave reminders to exercise everywhere (walking shoes by the door)
Action	To help your client maintain this physical activity habit over time	<ul style="list-style-type: none"> • Identify any obstacles that might interfere with being active in the future, then develop a plan for how to overcome them. • Help client train for an event in the future (couch to 5K)
Maintenance	To help the client prepare for any future setbacks and increase enjoyment of Physical Activity	<ul style="list-style-type: none"> • Discuss how to get back on track after a break in Physical Activity • Make physical activity fun; try new activities (kickboxing) listen to music or watch TV while on the treadmill. Walk with a friend • Encourage your client to mentor someone else who is interested in becoming more physically active.