

SPORT C.A.R.E.

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When embarking on a new exercise program, it is necessary to assess your personal readiness towards activity, and the importance it has in your life. The following questions will help us to identify your stage of readiness for starting a program and provide us with some key points to improve the likelihood of your success. We have also included some questions to assess your social exercise preferences in order to allow us to provide appropriate recommendations for initial levels of activity.

What stage am I in?

Place a check next to the following statement that most closely reflects the way you feel about activity.

- ☐ I am not currently active, do not plan to be in the next 6 months and am unaware of the health benefits of physical activity.
- ☐ I am not currently active, but do realize I would benefit from some activity and plan to integrate activity into my life in the next 6 months.
- ☐ I am active on an irregular basis but do understand some of the health benefits of exercise.
- ☐ I have recently begun a regular activity program (in the last 6 months) and enjoy the health benefits of exercise.
- ☐ I have been a regular participant of exercise for longer than 6 months and it is a part of my healthy lifestyle.

What is important to me about exercise?

- | | | |
|--|---|--|
| <input type="checkbox"/> Like the people I am with | <input type="checkbox"/> Be in a group | <input type="checkbox"/> Meet many new people |
| <input type="checkbox"/> Learn something new | <input type="checkbox"/> Be independent | <input type="checkbox"/> Feel safe and secure |
| <input type="checkbox"/> Have a structured activity | <input type="checkbox"/> Train for a goal | <input type="checkbox"/> Accomplish something |
| <input type="checkbox"/> Be able to do things at the last minute | <input type="checkbox"/> Have fun and enjoy myself | <input type="checkbox"/> Spend time with my family |
| <input type="checkbox"/> Be praised | <input type="checkbox"/> Release frustration and stress | <input type="checkbox"/> Relax |
| <input type="checkbox"/> Individualized program | <input type="checkbox"/> Other _____ | <input type="checkbox"/> Find the activity challenging |
| <input type="checkbox"/> Release energy | | <input type="checkbox"/> Enjoy the outdoors |

What activities appeal to me?

- ☐ Water activities (swimming, water running, aquafit...)
- ☐ Stationary machines (treadmill, stair climber, elliptical, bike, rowing machine...)
- ☐ Aerobic classes (low or high impact, step, boxercise, Tae Bo...)
- ☐ Team sports (basketball, soccer, softball, volleyball...)
- ☐ Individual sports (golf, ice skating, in-line skating, downhill or cross country skiing, squash, racquetball, weight training...)
- ☐ Activities connecting the mind and the body (Yoga, T'ai Chi, martial arts, Pilates...)
- ☐ Outdoor activities (walk, run, jog, bike, climbing, hiking, canoeing, kayaking...)
- ☐ Household activities (gardening, yard work, household chores...)
- ☐ Dance activities (ballroom, jazz, ballet, belly...)
- ☐ Walking the dog
- ☐ Other: _____

Making the connection

By evaluating what is important to you and deciding which activities appeal to you, you can determine if the activities will fulfill your personal requirements for exercise. If an activity does not meet any of your criteria, the likelihood of compliance to this exercise will be low.

List the three most important things about exercise and try and match them up with activities that appeal to you that would likely satisfy these needs.

Important things about exercise

1.

2.

3.

Appealing activities

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Plan of Action

I, _____ am contracting myself to follow a physical activity program starting on _____ to meet the following goals. Goals must be SMART- specific, measurable, attainable, realistic and time defined.

1. _____

2. _____

3. _____

My plan is to:

Activity: _____

Frequency: _____

Time: _____

Intensity: _____

When I accomplish the above goal(s) for _____, I will reward myself with _____.

Period of time