

Long-term Adherence to Physical Activity Behavior Change (Fallon)

This 10-week program is not a “quick fix” program, but consists of a behavioral change approach which has been proven to be effective for adults of all ages. The program has great easy-to-follow advice, charts, forms, and checklists to illustrate how to overcome the barriers to being physically active so you are able to enjoy a lifetime of good health.

The leaders provide sound education, advice, and support. They help facilitate goal-setting, problem solving, and barrier identification while also providing physical activity education and self-monitoring skills.

The intervention is a 10-week education-based physical activity program delivered by experts in the field to help you begin and sustain physical activity.

The class meets once per week in the Kinesiology Conference Room in Ahearn.

A free book and pedometer are provided for each participant and up to \$40.00 may be earned for participation in the research study. Participation consists of answering four questionnaires and meeting for the 10 weekly sessions.

Progress Update:

- We have completed the 10-week program and the 3-month follow-up survey for all three waves.
- We have also completed the 6-month follow-up survey for waves 1 & 2.
 - 6-month follow-up survey for wave 3 is forthcoming
- We anticipate a summary abstract to be posted here by April 2010

If you have any further questions, or are interested in being a participant, please feel free to email paphlab@ksu.edu or call 785-532-3484. Further instructions will follow prior to the beginning of the intervention should you choose to sign up for participation.