
Motivations and Challenges in Boise Run/Walk Group

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Research Question

- Obvious physical and psychological benefits to regular exercise, yet major health problems due to lack of exercise are frequent.
 - What are some of the challenges that people face when trying to exercise regularly?
 - What are some of the motivations for regular exercise?

Past Research

- Motivation
 - Extrinsically vs intrinsically motivated.
 - Body image and overall health are highest rated motivators for exercise (Schrop et al., 2006).

Past Research

- Challenges
 - Lack of equipment, lack of time, cost (Schrop et al., 2006).
 - Presence of health problems and those who had children less than 18 years of age (Schrop et al., 2006).

Purpose

- Examine
 - Motivators
 - Challenges
 - Stressors
 - Targeted behaviors of change and benefits of those changes.

Method

- Survey
 - Demographic information (age, gender, ethnic background, height, and weight)
 - When they joined the group
 - Stressors
 - Physical activity, like walking or running.
 - Behaviors they would like to change and benefits of those changes
 - Goals
 - Strategies for achieving goals, obstacles, possible solutions, and proposed rewards for achieving goals

Method

- Participants
 - Participants were 82 Run/Walk group members
 - More female than males (females = 75, males = 7)
 - Significantly more Caucasian participants than other ethnic groups (Caucasian = 72, African-American = 1, Asian = 3, Hispanic/Latino = 3, Other = 2).

Method

- Procedure
 - Handed out at the weekly Run/Walk group meeting.
 - Approximately 20 minutes to complete.
 - Distributed three different times over the summer.

Results

- Top three stressors
 - Work at 59.3%, body image at 49.2%, and money 40.7%.
 - In a second survey, participants reported work at 62%, money at 56%, and their body image at 41%.
- Exercise within last 6 months
 - 75% replied yes.
 - 65% reported walking
 - 58% reported running

Results

- Targeted behaviors for change
 - Increase physical health and increasing favorable nutritional habits.
 - What are the benefits of changing these behaviors?
 - Better mood
 - Reduced stress
 - Happier with appearance
 - Increased physical health
 - Increased energy.

Results

- Goals for behavior change are:
 - Increase self-control
 - Increase self-monitoring
 - Increase favorable nutritional habits.

Results

- Targeted behaviors for change
 - Obstacle most reported: TIME!
 - Solutions to overcome obstacle are:
 - Increasing social support and accountability
 - Planning in advance and attempting to build a routine.

Results

- Behavior change
 - By far, the most frequently reported rewards were in the form external rewards
 - Massage
 - Manicure
 - Shopping spree
 - New outfit

Results

- 45% had joined the group in the middle of 2006.
- At the start of the running program, 44% wanted to improve their performance.
- Obstacles
 - 25% responded injury
 - 25% responded time
- Solutions to overcome obstacles
 - 21% claimed that self-control would be the best solution.

Discussion

- Tailoring motivations to the intervention can affect who participates (male or female), as well as, what behaviors they wish to change, and why they choose to participate (lose weight or build muscle).