



**Week 6:**

**The Wisconsin AD Exercise**

**Newsletter**



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## Pro Tip

Do you want to know what heart rate zone or intensity you're exercising at, but you don't have a heart rate monitor or fitness tracker?

Just start talking! The “Talk Test” is a simple measure of how hard you’re working. If you can sing, you’re working at a low intensity (<60% HR max). If you can talk, but not sing, you’re working at a moderate intensity (~60-80% HR max). If you can only say a few words before having to take a breath, you’re working at a high intensity (>80% HR max).

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## **Coach's Playbook**

**Overcoming Barriers to Exercise** - [Mailey et al., 2014](#) and [Mailey et al., 2016](#).

*There has been a plethora of research on barriers to exercise, many of which are consistent across populations (e.g. race, age, gender). Still, individuals may have unique barriers based on factors such as comorbidity, education, socioeconomic status, and residence.*

Parenting poses a particular set of barriers to exercise. Researchers have investigated these barriers and strategies to overcome them. Through the use of focus groups and questionnaires, working parents identified their *perceived* barriers and facilitators to exercise, their physical activity levels, and exercise schedule. In one study, parents repeated these evaluations after 12 months.

**Working parents *perceived* these barriers to exercise:**

- Family responsibilities
- Guilt related to family, self, and/or work
- Lack of support from community, spouse, and/or role models
- Scheduling constraints (e.g. lack of time)
- Work

**...and identified these facilitators to exercise:**

- Being active with children and during children's activities
- Being a role model for children
- Prioritizing
- The benefit to health and family
- Support from a spouse or other healthy friends

### **What is the social-cognitive theory?**

The social-cognitive theory identifies self-efficacy and self-regulation as the key to behavior change. *Self-efficacy* is the belief in your capability to carry out a specific course of action. It influences a person's activity choices, the effort put into activities, expected outcomes, and persistence when encountering barriers (actual or perceived). *Self-regulation* is the goal-setting process and the plans/strategies for recognizing those goals.

### **How did perceived barriers, self-efficacy, and exercise behavior change over 12 months?**

Parents with higher baseline self-efficacy for overcoming barriers *perceived* fewer barriers to exercise, were more likely to prioritize and schedule exercise, and engaged in more moderate-vigorous physical activity. Parents who increased their barrier self-efficacy over the 12 months also built those traits.

### **What does this mean?**

Self-efficacy influences self-regulation, so it's important to first address your perception of barriers and your self-efficacy for overcoming those barriers before beginning an exercise program. On top of that, prioritizing exercise is an important precursor to planning exercise into one's schedule.

### How do I apply this theory?

Self-efficacy is highly modifiable and influenced by your past attempts and outcomes to address barriers and facilitators. To improve self-efficacy, it can be helpful to emphasize small, manageable changes in exercise behavior and feasible strategies for managing barriers.

Self-regulatory skills and strategies can be taught and practiced. **Action planning** means that instead of just setting an exercise goal (e.g. run 3 days/wk for 30 min), identify specifics of that goal, like when and where the exercise will happen (e.g. Monday, Wednesday, and Saturday mornings in the park). **Coping planning** means anticipating a barrier (e.g. bad weather) and having a plan to overcome it (e.g. exercising at home instead).

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## Ask the Exercise Physiologist

### Resistance Training



**Do you have a question for our Exercise Physiologists?**

Send your question(s) to [Camille Conway](#).

You may be featured in an upcoming newsletter!

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**Tune in next week for information on  
hypertension and exercise.**

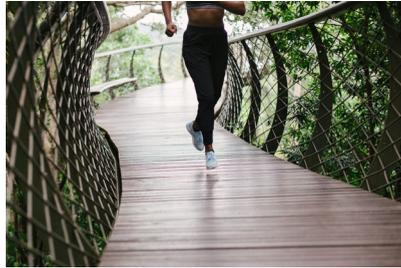
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## **Going the Extra Mile...**

Here are a couple of additional resources to help you on your exercise journey.

Okonkwo, et al. 2014, [Physical activity attenuates age-related biomarker alterations in preclinical AD](#)

CDC, [Overcoming Barriers to Physical Activity](#)



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