

Promoting Exercise and Behavior Change in Older Adults

*Interventions With the
Transtheoretical Model*



**Patricia M. Burbank
Deborah Riebe**
Editors

Promoting Exercise And Behavior Change In Older Adults

Carol A. Miller



Promoting Exercise And Behavior Change In Older Adults:

Promoting Exercise and Behavior Change in Older Adults Patricia M. Burbank, DNSc, RN, Deborah Riebe, PhD, 2001-11-26 Exercise in later life is important for health and well being yet motivating older adults to exercise can be difficult This book addresses that need by tailoring The Transtheoretical Model of behavior change to the client s level of readiness for change The contributors show how TTM can be used to help older adults with varying needs and abilities to change their exercise behaviors This book is essential for health care professionals including nurses exercise specialists occupational therapists social workers and others interested in helping older adults incorporate exercise into their daily lives

Nursing for Wellness in Older Adults Carol A. Miller, 2009 Now in its Fifth Edition this text provides a comprehensive and wellness oriented approach to the theory and practice of gerontologic nursing Organized around the author s unique functional consequences theory of gerontologic nursing the book explores normal age related changes and risk factors that often interfere with optimal health and functioning to effectively identify and teach health promotion interventions The author provides research based background information and a variety of practical assessment and intervention strategies for use in every clinical setting Highlights of this edition include expanded coverage of evidence based practice more first person stories new chapters and clinical tools such as assessment tools recommended by the Hartford Institute of Geriatric Nursing

Towards Healthier Ageing: The Development, Implementation and Evaluation of a Proactive Health Promotion Intervention for Older Adults Jason Aaron Fox, 2010-07-11 Promoting healthier ageing amongst older adults has never been more important Most conventional health promotion interventions for older adults take very reactive approaches typically attempting to minimise specific age related functional losses This implies an underlining assumption that such age related losses are inevitable However we know that it is possible to take proactive action to prevent or mitigate negative health events in later life before they occur Research suggests that proactive coping and future investment strategies may work harmoniously with adaptive definitions of healthy ageing However this concept has not been tested as part of a proactive behavioural intervention for a broad perspective of healthy ageing This research explored the implementation and controlled evaluation of a behavioural health promotion intervention that incorporated proactive coping strategies to facilitate healthier ageing amongst older adults The intervention was built on a theoretical foundation combining constructs from the Health Belief Model the Theories of Planned Behaviour and Reasoned action and the Transtheoretical Model A field pilot intervention was conducted to help shape the intervention content and to identify process limitations The pilot intervention consisted of nine two hour sessions held over consecutive weeks Each session combined proactive coping workshops and facilitated goal setting with motivational presentations on topics pertinent to healthy ageing Qualitative feedback was very positive with 98% of post intervention survey respondents n 43 indicating that their health behaviours had positively improved The participants identified group interaction a motivating facilitator and goal setting as the key factors

that influenced the efficacy of the intervention The intervention and evaluation methodology was improved and the main intervention was then delivered in three formats based on the key influencing factors identified in the pilot evaluation Each intervention used the same information base for five sessions held over consecutive weeks A 2 5 hour workshop based group intervention reflected the pilot intervention featuring facilitated group interaction motivating facilitator and goal setting A 1 5 hour lecture based group intervention featured the motivating facilitator and goal setting while a workbook based individual intervention featured goal setting only A spectrum of dependant variables related to healthy ageing was measured via surveys at pre intervention intervention conclusion and post intervention stages using an explanatory mixed methodological approach A focus group interview was conducted with each group eight weeks after the conclusion of the intervention Results indicate that both group based interventions achieved self reported improvements approaching significance to health activities The lecture based interventions achieved significant improvements to memory and health knowledge while the workshop based intervention facilitated improvements approaching significance to overall health and health knowledge Additionally the workshop based intervention facilitated a significant improvement to self efficacy through to the post intervention stage eight weeks after the intervention conclusion Qualitative feedback revealed examples of changes made by individuals that were significant within personally relevant domains Promoting proactive coping amongst groups of older adults appears to be an effective strategy for facilitating efforts towards healthier ageing A broad proactive approach is a necessary counterpart to the specific reactive approaches of most health promotion interventions for older adults

Contemporary Issues in Coronary Care Nursing Fiona Timmins,2005-08-15 In this text Fiona Timmins integrates the findings of recent nursing research with key aspects of the nurse s role She provides an evidence based rationale for the best ways of improving cardiac care in general and for specific conditions describes important nursing initiatives to reduce the risk factors and presents a needs based approach to patient education Concerned with the need to bridge the current research practice gap in coronary care she knows how nurses can make the best use of available research and describes the advances that are being made in nurse led services in this area Contemporary Issues in Coronary Care Nursing offers a non medical approach to coronary care and is informed throughout by the latest nursing theory and research

ACSM's Behavioral Aspects of Physical Activity and Exercise American College of Sports Medicine,2013-08-20 Based on the latest scientific research findings ACSM s Behavioral Aspects of Physical Activity and Exercise lays the theoretical foundation of behavior change and then provides specific strategies tools and methods to motivate and inspire clients to be active exercise and stay healthy Developed by the American College of Sports Medicine ACSM and written by a team of leading experts in exercise science and motivation this highly practical book provides step by step instructions to help fitness health professionals and students master motivation techniques that have proven successful in helping clients adhere to an exercise program

Physical Activity Instruction of Older Adults, 2E Rose, Debra J.,2019 Physical Activity

Instruction of Older Adults Second Edition is the most comprehensive text available for current and future fitness professionals who want to design and implement effective safe and fun physical activity programs for older adults with diverse functional capabilities Weight Loss, Exercise and Health Research Carrie P. Saylor, 2006 Weight loss can be achieved in many ways including reduction of caloric intake exercise and because of health reasons This book combines research from around the world in all three areas *ACSM's Resources for the Personal Trainer* American College of Sports Medicine, 2013-03-22 ACSM's Resources for the Personal Trainer provides a broad introduction to the field of personal training covering both basic science topics and practical application It was originally designed to help people prepare for the ACSM Personal Training Certification Exam It continues to serve that function but the market for it has expanded to practitioners in the field looking for an additional resource as well as in an academic setting where the book is a core text for personal training programs *Senior Centers* Beverly Ann Beisgen, Marilyn Kraitichman, 2003 Based on the authors years of experience in working with older adults this book describes how to create a successful senior community center The chapters are chock full of ideas insights and suggestions for activities applicable in a wide range of settings including assisted living facilities adult day living centers residential facilities and recreational programs The book features real life vignettes that bring the text to life providing readers with the opportunity to see how older adults benefit from senior centers *Applied Exercise Psychology* Selen Razon, Michael L. Sachs, 2017-10-25 Applied Exercise Psychology emphasizes the application of evidence based knowledge drawn from the fields of exercise psychology health psychology clinical and counseling psychology and exercise physiology for physical activity behavior change The book provides readers with theoretical bases for understanding and promoting physical activity behavior interventions to use for facilitating physical activity behavior change and the tools for measuring the effectiveness of these interventions cross cultural considerations for practitioners to ensure multicultural competency considerations to guide best practices with special populations e g persons with medical conditions and persons with mental health conditions overall applied implications and future directions The collection builds a bridge between up to date research findings relevant field experiences and applied implications This is the first book to cover such breadth of topics in applied exercise psychology with chapters bringing often overlooked issues to the attention of practitioners to promote not only evidence based practice but also responsible ethics and referral **ACSM's Resources for the Personal Trainer** Trent Hargens, American College of Sports Medicine (ACSM), 2021-06-25 An essential resource to prepare for the ACSM Certified Personal Trainer examination ACSM's Resources for the Personal Trainer 6th Edition provides critical insights for Certified Personal Trainer candidates looking to boost their exam confidence as well as practicing Personal Trainers who want to take their practice to the next level This updated edition is fully aligned with the eleventh edition of ACSM's Guidelines for Exercise Testing and Prescription and equips readers with the latest practices in client screening exercise program development and working with special populations Published by the American College of

Sports Medicine this top selling text guides readers from an introduction to the profession and the science behind the field through the building blocks of a successful exercise program and ultimately the establishment of a successful personal training practice Engaging case studies and study features help ensure the retention for success on the ACSM CPT exam and provide prospective and practicing Personal Trainers with both the tools and scientific evidence to build safe and effective exercise programs for a variety of clients

Occupational Therapy with Older Adults - E-Book Helene Lohman, Amy L. Shaffer, Patricia J. Watford, 2022-11-18 Gain the focused foundation needed to successfully work with older adults

Occupational Therapy with Older Adults Strategies for the OTA 5th Edition is the only comprehensive book on occupational therapy with older adults designed specifically for the occupational therapy assistant It provides in depth coverage of each aspect of geriatric practice from wellness and prevention to managing chronic conditions Expert authors Helene Lohman Amy Shaffer and Patricia Watford offer an unmatched discussion of diverse populations and the latest on geriatric policies and procedures in this fast growing area of practice

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Physical Activity and Health, 1996 *Physical Activity and Health* Audrey F. Manley, 1996-11 This report is the first report of the Surgeon General on physical activity and health For more than a century the Surgeon General of the Public Health Service has focused the nation's attention on important public health issues Reports from Surgeons General on the adverse health consequences of smoking triggered nationwide efforts to prevent tobacco use Reports on nutrition violence and HIV AIDS to name but a few have heightened America's awareness of important public health issues and have spawned major public health initiatives This new report which is a comprehensive review of the available scientific evidence about the relationship between physical activity and health status follows in this notable tradition Scientists and doctors have known for years that substantial benefits can be gained from regular physical activity The expanding and strengthening evidence on the relationship between physical activity and health necessitates the focus this report brings to this important public health challenge Although the science of physical activity is a complex and still developing field we have

today strong evidence to indicate that regular physical activity will provide clear and substantial health gains In this sense the report is more than a summary of the science it is a national call to action

Physical Activity and Health: A Report of the Surgeon General, *Sport and Exercise Psychology Research Advances* Martin P. Simmons, Liman A. Foster, 2008

The application of psychology to sport and exercise settings is a relatively new field which is rapidly developing and expanding This branch of psychology is concerned with understanding the behaviour mental processes and well being of people who are involved in sport and exercise Practitioners typically specialise in either the sport or exercise branches though some work equally in both fields This new book presents invigorating recent research in the field

The Psychology of Exercise, **Research Quarterly for Exercise and Sport**, 2009

Exercise Psychology: Physical Activity and Sedentary Behavior Heather A. Hausenblas, Ryan E. Rhodes, 2016-02-10 Written for the upper level undergraduate and graduate level courses in exercise psychology and behavioral physical activity Exercise Psychology The Psychology of Physical Activity and Sedentary Behavior focuses on the psychological effects of physical activity in a variety of special populations The first text of its kind to focus on both the psychology of exercise and sedentary behavior it provides a strong theoretical and applied focus to the field and includes interesting vignettes and critical thinking activities to engage readers in the learning process With an engaging student friendly approach the authors provide complete and comprehensive information that examines research on behavioral physical activity and translating research into practice The text also looks at sedentary behavior and the recent paradigm shift examining the health effects of sedentary behavior

Health Promotion and Aging David Haber, 2016-03-28 The seventh edition of this classic text champions healthy aging by demonstrating how to prevent or manage disease and make large scale improvements toward health and wellness in the older adult population The text synthesizes state of the art research findings providing convincing evidence that health promotion truly works with practical effective strategies Encompassing important research results that supplant prior recommendations this new edition provides updated best practices and strategies to ensure the active participation of older adults in all aspects of life Completely reorganized for ease of use this textbook features updated demographics and rankings for leading causes of death new blood pressure screening guidelines and data on obesity and diabetes updated exercise regimens older driver statistics and innovations such as the driverless car cautions regarding ineffective brain training programs and more Highly practical the text includes health promoting tools resource lists assessment tools illustrations checklists and tables Additionally the book includes key terms and learning objectives at the start of each chapter along with thought provoking questions and reflection boxes An Instructor s Manual and PowerPoint slides are available to facilitate teaching New to the Seventh Edition Provides updated blood pressure cholesterol Ductal Carcinoma In Situ DCIS and lung cancer screening guidelines Presents updates on exercise regimens ranging from yoga to the tango Expands and updates section on emotional regulation and conflict resolution skills with aging Discusses Boomer Entrepreneurism Provides new

policy recommendations including student loan debt among older adults Expands gerotechnology and smart home innovations Updates on Obamacare and health care delivery recommendations Addresses Buyer Beware regarding brain training programs Expands global aging and LGBT aging content

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