



Progression Adherence Motivation

November
2017

Progression, Adherence, and Motivation

After creating an exercise prescription for a client, you have to help with progression, adherence, and motivation. All 3 components are extremely important in maintaining a healthy lifestyle.

Progression

The definition of progression is a slow movement to a more advanced stage. In exercise, this would be moving to be healthier, stronger, or faster. Progression is necessary to improve fitness.

As the body adapts to exercise, there are many ways to make progression happen:

- Weight Training
 - Increase resistance
 - Increase the number of repetitions or sets
 - Increase duration, time, or intensity
 - Increase the number of exercises within the same muscle group
 - Decrease resting period between sets.
- Cardiovascular Training
 - Increase the amount of time

- Increase the intensity
- Add weight with a backpack or hand weights

Progression must be done at the right time. Often, we will find a workout that fits our client at the time. However, if we do not change something after the workout becomes too easy; we are not going to see the progress we want. Plus doing the same thing every workout gets boring, thus decreasing adherence.

Adherence

Adherence is the commitment that an individual has to the workout. The more committed they are to their goal, the easier they will find the workouts. 50 percent of people who begin an exercise program will quit within 6 months. As a peer fitness trainer, you have to find the best way to keep your client's commitment.

If you have a new client, start slowly and within their limits. Find exercises and activities that

your client enjoys and focus on those.

Make sure that you are motivating your client to stick with their program and to find new ways to change their program.

Motivation

As your client continues to work towards their goals, they may need help with motivation. Some clients will be able to self motivate while others will need you to push them.

Motivation will dip occasionally, and that is where you can help. Find an easy way to get the client started that day. Usually if they warm up lightly, they will find the energy to complete an entire workout.

Congratulate your client for reaching goals, and help your client forgive themselves when they fall short.

If you are able to slowly progress, increase adherence, and create positive motivation, your client will see the positive changes that exercise can bring into their life

More information



Click on the picture to read an article on increasing adherence to exercise



Click on the picture above to read an ACE article on motivation for difficult clients

References

Berardi, John Ph.D. Precision Nutrition (2016). Making the most of your time in the gym. Retrieved from:

<http://www.precisionnutrition.com/exercise-progressions>

ExRx.net. (2016). Exercise Adherence Techniques. Retrieved from: <http://www.exrx.net/Psychology/AdherenceTips.html>

Grave R., Calugi S., Centis E., Ghoch M., Machesini G. Journal of Obesity. (2011). Cognitive-Behavioral Strategies to Increase the Adherence to Exercise in the Management of Obesity. Retrieved from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2968119/>

Ross, Jonathan. American Council of Exercise. (2015). Motivation Techniques for Your Hard-to-motivate Clients. Retrieved from:

<https://www.acefitness.org/education-and-resources/professional/expert-articles/5715/motivation-techniques-for-your-hard-to-motivate-clients>

Quinn, Elizabeth. Verywell. (2017). Principle of Progression in Weight Training. Retrieved from:

<https://www.verywell.com/progression-definition-3120367>