

Stages of Change Descriptions

Stage 1: Not thinking about change. These individuals do no physical activity and do not intend to start in the next six months.

Stage 2: Thinking about change. These are individuals who do not participate in physical activity but intend to start in the next six months.

Stage 3: Doing some physical activity. These individuals participate in some physical activity but not at levels that meet the CDC/ACSM guidelines of accumulating at least 30 minutes of moderate-intensity physical activity on most/all days per week or the ACSM guidelines of at least 20 minutes of continuous vigorous exercise at least 3 days a week. See below for more information.

Stage 4: Doing enough physical activity. These individuals participate in recommended amounts of physical activity but have done so for less than six months and may or may not maintain this level of physical activity.

Stage 5: Making physical activity a habit. These individuals have participated in recommended amounts of physical activity for six months or longer.

Definitions

Physical Fitness: an outcome that can be attained through exercising at the frequency, intensity and length of time prescribed by the ACSM.

Physical Activity: refers to any bodily movements that result in the burning of calories.

Exercise: actually a subcategory of physical activity; it is physical activity that is planned, structured and repetitive.



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