

# **Desk Reference**

## **THE COACH APPROACH An Exercise Support Process® Appointment Tasks**

**THIRD EDITION**

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## REMS 1, 2, 3

### INITIAL APPOINTMENT

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This meeting sets the stage for a member's perception of our ongoing exercise support process. It is important, therefore, that rapport is built even before any COACH APPROACH® tasks are initiated. The member should be made to feel comfortable with both you and the entire YMCA as a support system for helping to attain his/her health-related goals. It should be made clear that, *together*, you will be striving towards the member's **improved** fitness and health through a set of research-proven helping **methods** - all designed specifically to address his/her personal exercise support needs. It is important that our philosophies and methods for **progressive, sustained** health improvements through exercise are clear, **and** that the member, you, and *all* YMCA staff are partners in this **worthwhile** quest. It should be made clear that we acknowledge that there are **substantial** challenges to establishing a resilient exercise habit for most people. That is why we have taken the care to implement such a **comprehensive, ongoing** support system.

#### Task 1: Complete the Resources for Exercise Maintenance Scale (REMS)

##### Procedure:

- a. Introduce the REMS as, "...a set of questions we use to best tailor an exercise plan and support methods **based on** you as a unique person."
- b. Allow the member to complete the REMS on his/her own.

##### Software:

- a. Scores **the REMS** and classifies the member into a REMS 1, 2, 3, or REMS 4, 5 category.
- b. Highlights if the **member's** Ability to Tolerate Discomfort (ATD), Social Support (SS), or Self-Management Ability (SM) scale(s) is low (if member is REMS 1, 2, 3).
- c. Retains the results in order to help facilitate all appointments.

##### Implications:

- a. REMS 1, 2, 3 members are considered to be at-risk for early exercise dropout. REMS 4, 5 members are considered less at-risk. This is reflected in THE COACH APPROACH wellness coach-member meeting schedule, and what support methods will be included within the meetings.
- b. For REMS 1, 2, 3 members, special attention should be given aspects of THE COACH APPROACH appointments addressing any highlighted scale. For example, if

SM is highlighted, building self-management skills is especially important. If ATD is highlighted, promoting positive after-exercise feelings and minimizing exercise-related discomfort is essential. If SS is highlighted, facilitating a social support system is especially important. REMS 4, 5 members will receive a more general set of support methods.

## **Task 2: Train the self-management skill of goal setting and dissociation**

### **Procedure:**

- a. Introduce this self-management skill as, "... one of a number of self-management skills that help us to effectively deal with the demands exercise places on us and our time." State that goal setting helps us to maintain a clear focus on what we are striving for through exercise.
- b. Spend 10-15 minutes training effective goal setting and dissociation methods (outline included in software). Inform the member that many exercise support methods that you will use together will include aspects of effective goal setting. Explain principles of dissociation.
- c. Provide the member with the handout which reviews the goal setting and dissociation methods that were covered within the meeting.

### **Software:**

- a. Provides "Training Keys" to guide your goal setting and dissociation training.

### **Implications:**

- a. Goal setting helps members maintain focus and persistence, as well as acknowledge incremental successes gained through exercise.
- b. Dissociation helps the member to distance him/herself from exercise-caused discomforts.

## **Task 3: Assess long-term goals**

### **Procedure:**

- a. Introduce the Personal Goal Profile (PGP) as, "... a questionnaire that will give us a clear picture of what you want to accomplish with your exercise program over time."
- b. Allow the member to complete PGP on his/her own. Although you should answer questions, it is important that he/she self-generate goals.

### **Software:**

- a. Allows the member to type-in up to four goal areas.
- b. Allows the member to assign a number (1 to 10) regarding attainment of each goal.
- c. Retain the results to assess goal progress over time.