



# WALKING FOR WELL-BEING IN THE WEST

## Physical Activity Consultation Booklet

### First Consultation

Participant ID Number

\_\_\_\_\_

## 1) Opening

- Greeting (reminder of confidentiality)
- Ask for information as to why they volunteered for the study

- Ask for information as to why they would like to increase PA

## 2) Assessing stage of change

- (remind participant that they previously stated that they were inactive)

***WWW project aim: To help people achieve at least 30 minutes of walking on most days of the week. Where do you see yourself with regard to this?***

- Achieving this target, or doing some walking, but not most days of the week
- Not achieving this but thinking about increasing walking
- 

## 3) Decisional Balance

Go through pros and cons of walking

<b>Your pro's of increasing walking</b>	<b>Your con's of increasing walking</b>
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

#### 4) Goal setting

Planning what to do and where and when it will take place.

- Currently your average daily step count is .....
- What sort of walking do you do at the moment?

--

- Discuss short term goals using goal setting programme
- Explain pedometer – provide information sheet about pedometer use
- Our LT goal is to increase your average daily step count by at least 3,000 steps on at least five days of the week
- Use maps
- Emphasise accumulation message
- Goals are flexible – ok to miss a day, just try to reschedule.
- Planning ahead.
- Any increase is a success, most important thing is that you're enjoying walking

#### 5) Overcoming Barriers

Think about your personal goals that you would like to achieve through increasing your walking. Do you see any potential barriers to walking that may prevent you from achieving these goals?

Your barriers to increasing your walking
1.
2.
3.
4.
5.

For every barrier there is an equally convincing reason to increase your walking, and there are creative ways to avoid or get rid of these barriers. Take a few moments to think about ways to overcome your personal barriers.

Ways to overcome your barriers
1.
2.
3.
4.
5.

## 6) Wrap-up

Take a few minutes to think about your goals. How confident are you that you will be able to achieve these goals?

- Deal with lack of confidence by re-visiting short term goals to ensure confident they can achieve them, then build from there. Also check with self-efficacy questionnaire to relate this level of self-confidence of final goal.

## 7) Thank you

- Thank you, any final questions?
- Appointment reminder, we will see you again on .....
- Please get in touch if you have any questions or concerns (remind contact details on walking programme)