

WHY WE DON'T 'JUST DO IT'

MARK D. FARIES, PHD | TEXAS A&M AGRILIFE EXTENSION

CAUSES OF DEATH

- ★ The majority, 7 of 10 leading causes of death in the U.S. are _____ chronic disease.
- ★ Calling the chronic diseases the 'causes' of death is misleading, as nearly 80% of them are caused by 4 lifestyle factors:

1. _____
2. _____
3. _____
4. _____

Notes

- ★ Unfortunately, as little as _____% of Americans maintain all 4 lifestyle factors.

SELF-REGULATION

- ★ Self-regulation is the process of monitoring and changing our behavior to stay in line with goal, especially when normalcy is interrupted. This process contains 4 steps.

1. _____
2. _____
3. _____
4. _____

Notes

- ★ Behavior begins with self-monitoring.
Highlights?

- ★ Behavior cannot be understood without consideration to a standard

- ★ Match the following emotions to their theorized level of effort to change behavior.

1. Anger
2. Sad/Disappointed
3. Frustration

Higher Effort

Lower Effort

MEASURES

★ Feeling Scale¹

Please circle the number that indicates HOW YOU FEEL RIGHT NOW.

Very Bad		Bad		Fairly Bad	Neutra l	Fairly Good		Good		Very Good
-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5

★ Subjective Exercise Experience Scale²

Please circle the number on each item that indicates HOW YOU FEEL RIGHT NOW.

	Not at All		Moderately			Very Much So	
1. Great	1	2	3	4	5	6	7
2. Awful	1	2	3	4	5	6	7
3. Drained	1	2	3	4	5	6	7
4. Positive	1	2	3	4	5	6	7
5. Crummy	1	2	3	4	5	6	7
6. Exhausted	1	2	3	4	5	6	7
7. Strong	1	2	3	4	5	6	7
8. Discouraged	1	2	3	4	5	6	7
9. Fatigued	1	2	3	4	5	6	7
10. Terrific	1	2	3	4	5	6	7
11. Miserable	1	2	3	4	5	6	7
12. Tired	1	2	3	4	5	6	7

SCORING: Well-Being (1+4+7+10); Fatigue (3+6+9+12) Distress (2+5+8+11);

REFERENCES

1. Hardy, C. J., & Rejeski, W. J. (1989). Not what, but how one feels: The measurement of affect during exercise. *Journal of Sport and Exercise Psychology*, 11(3), 304-317.
2. McAuley, E., & Courneya, K. S. (1994). The subjective exercise experiences scale (SEES): Development and preliminary validation. *Journal of Sport and Exercise Psychology*, 16(2), 165-177.