



# Long-Term Conditions Programme

Perceptions of pain

SESSION 1 – INTERNAL BARRIERS/  
INFLUENCES ON EXERCISE

SESSION 2 – ENVIRONMENTAL/EXTERNAL  
INFLUENCES ON EXERCISE

# Factors affecting exercise

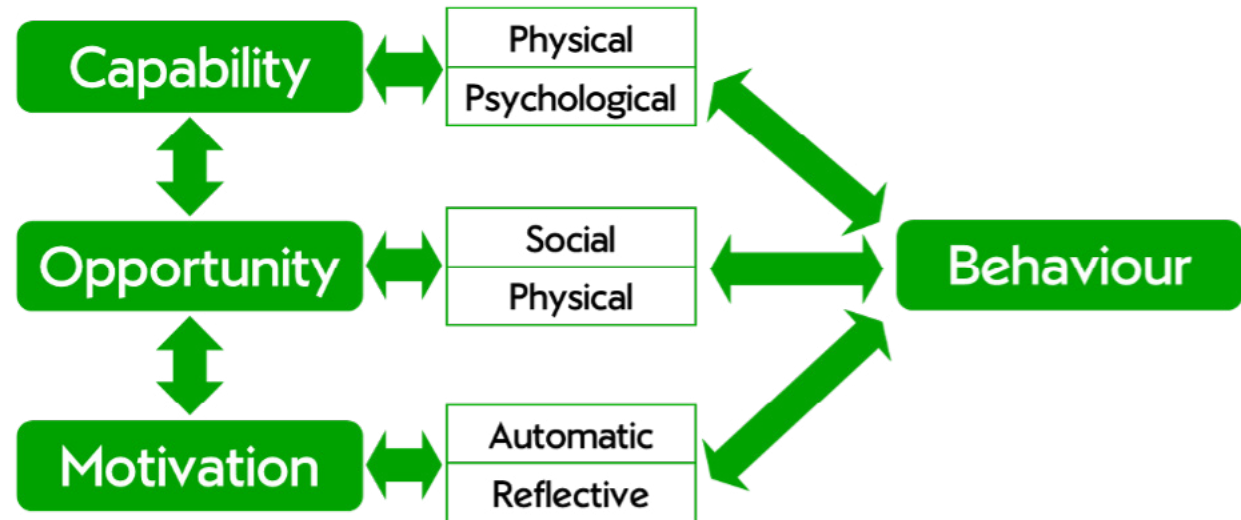
Each person's readiness to exercise is different. The COM-B model for behaviour change can be a useful tool for self-evaluation, to help us identify the barriers facing us, and to build a plan to overcome them.

**Capability** – Our personal view of whether we have the skills, knowledge, or mental state to engage with physical activity.

**Opportunity** – Often external influences that can make doing exercise easy or difficult, based on factors such as cost, space, or facilities to exercise.

**Motivation** – Mainly internal influences of why we want to exercise.

Internal and external factors can influence our readiness for exercise, by either helping or hindering it. Building an action plan around these influences can help us to overcome barriers to get exercising, but to also help us to continue exercising long term.



## Internal factors:

- ♦ Stress (motivation)
- ♦ Incentives/rewards (motivation)
- ♦ Belief /confidence to exercise (capability)
- ♦ Goals (motivation)

## External factors:

- ♦ Cost (opportunity)
- ♦ Space (opportunity)
- ♦ Family & social pressures (capability)
- ♦ Resource (opportunity)
- ♦ Accessibility (opportunity)
- ♦ Faith/cultural norms (capability)
- ♦ Time (opportunity)

## Internal factors:

**Stress** – If we have an increase in stress, our readiness for exercise can decrease, as it becomes a lesser priority. However, exercise has been shown to decrease stress.

### Belief /confidence to exercise

– This can be a key part of motivation. Exercise can feel intimidating and that is normal to feel. This programme will help you by providing you the skills and knowledge of how to exercise safely with the condition you have, giving you a much greater belief and confidence to exercise.

**Incentives/rewards** – We need to have a purpose for exercising. Rewards include decreased pain, or greater ability for everyday activities, such as being able to walk further or more comfortably up your stairs. If you're reliant on a walking aid, being able to become stronger where you may not be as reliant on that walking aid can also be very rewarding.

**Goals** – We always want to be working towards something with exercise, or we risk losing motivation, ultimately stopping exercise. We'll be discussing goal setting throughout the programme.

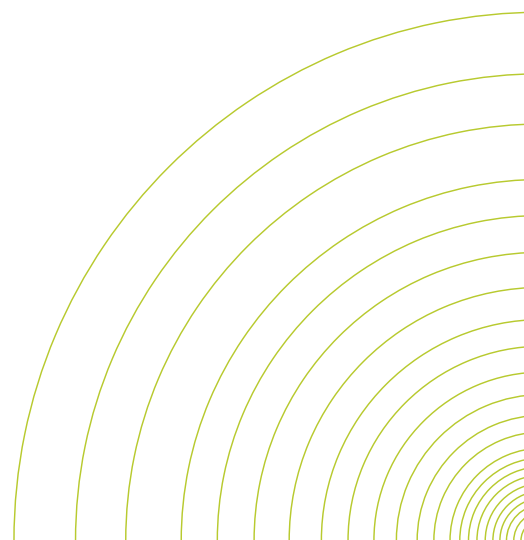
## External factors:

**Cost** – Gym memberships can be expensive, but exercise doesn't always have to take place in a gym. Finding community groups that offer free exercises classes can be a great, cost-effective way of exercising.

**Space** – If we're exercising at home, finding and making space for exercise can be hard, but if you're able to find that space and build a mental connection with a space at home with exercise, you'll find when you enter that space, you'll be more motivated to exercise. If space is limited at home, utilising outdoor spaces can be a great way to keep exercising.

**Family & Social pressures** – Finding the time to exercise around our busy schedules is always tough, but making space in your personal diary is key to maintaining exercise. Reserving specific times of the day to exercise, and discussing these with your family and friends, can help them to support you to start and continue to exercise.

**Resource** – It's easy to think that we need lots of complicated equipment to successfully exercise, but we don't. Finding activities that use our bodyweight only require minimal resources to complete. NH 24/7 contains lots of different online classes you can complete at home where all you need is yourself. It's about finding what works with you.





Now it's your turn to think. Using the table below, what factors affecting you have an impact on your readiness to exercise?

	Capability	Opportunity	Motivation
Positive			
Negative			

