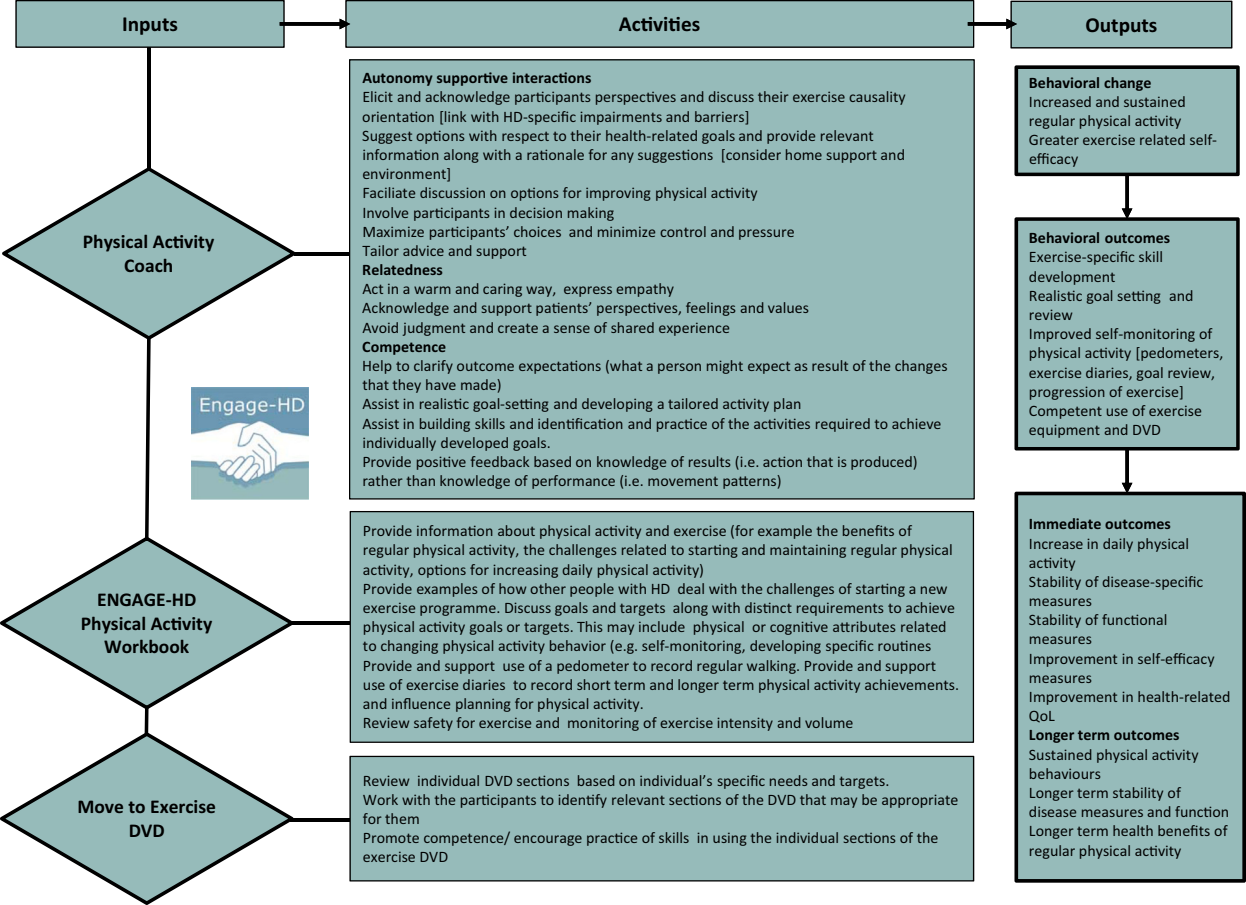
Inputs
Activities
Outputs
Physical Activity Coach
Autonomy supportive interactions
Elicit and acknowledge participants perspectives and discuss their exercise causality orientation [link with HD-specific impairments and barriers]
Suggest options with respect to their health-related goals and provide relevant information along with a rationale for any suggestions [consider home support and environment]
Faciliate discussion on options for improving physical activity
Involve participants in decision making
Maximize participants' choices and minimize control and pressure
Tailor advice and support
Relatedness
Act in a warm and caring way, express empathy
Acknowledge and support patients' perspectives, feelings and values
Avoid judgment and create a sense of shared experience
Competence
Help to clarify outcome expectations (what a person might expect as result of the changes that they have made)
Assist in realistic goal-setting and developing a tailored activity plan
Assist in building skills and identification and practice of the activities required to achieve individually developed goals.
Provide positive feedback based on knowledge of results (i.e. action that is produced) rather than knowledge of performance (i.e. movement patterns)
Behavioral change
Increased and sustained regular physical activity
Greater exercise related self-efficacy
Behavioral outcomes
Exercise-specific skill development
Realistic goal setting and review
Improved self-monitoring of physical activity [pedometers, exercise diaries, goal review, progression of exercise]
Competent use of exercise equipment and DVD
Engage-HD
ENGAGE-HD Physical Activity Workbook
Provide information about physical activity and exercise (for example the benefits of regular physical activity, the challenges related to starting and maintaining regular physical activity, options for increasing daily physical activity)
Provide examples of how other people with HD deal with the challenges of starting a new exercise programme. Discuss goals and targets along with distinct requirements to achieve physical activity goals or targets. This may include physical or cognitive attributes related to changing physical activity behavior (e.g. self-monitoring, developing specific routines
Provide and support use of a pedometer to record regular walking. Provide and support use of exercise diaries to record short term and longer term physical activity achievements. and influence planning for physical activity.
Review safety for exercise and monitoring of exercise intensity and volume
Immediate outcomes
Increase in daily physical activity
Stability of disease-specific measures
Stability of functional measures
Improvement in self-efficacy measures
Improvement in health-related QoL
Longer term outcomes
Sustained physical activity behaviours
Longer term stability of disease measures and function
Longer term health benefits of regular physical activity
Move to Exercise DVD
Review individual DVD sections based on individual's specific needs and targets.
Work with the participants to identify relevant sections of the DVD that may be appropriate for them
Promote competence/ encourage practice of skills in using the individual sections of the exercise DVD