

Exploring the characteristics of motivation and learning for healthy aging

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Health Promotion: A Paradigm Shift

Past emphasis on prevention of disabling conditions.
Neglect of individual health.

New focus on evaluating and improving the health of
individuals, prevention of secondary conditions and
chronic illness

Poor Lifestyle Choices

Sedentary lifestyle.

Poor food choices.

Use of alcohol.

Use of tobacco
products.

Lack of understanding
of consequences.

Lack of motivation to
change.



Cycle of De-conditioning

Higher level of fatigue and pain with aging.



May lead to decrease in physical activity.



Result is downward spiral in fitness and increase in health problems.



Diet Concerns

- Independent living leads to more responsibility for food choices, BUT...
 - Nutrition knowledge is low.
 - Food preparation skills limited.
 - Diets high in fat and calories.
 - Use of fruits and vegetables is low.

Negative Outcomes: Hypokinetic Diseases

- Heart Disease
- Stroke
- Diabetes
- Osteoporosis



Negative Tobacco Outcomes

- Smoking harms nearly every organ of the body.
- Smoking low tar and nicotine cigarettes has not been shown to be any better.
- Smokeless tobacco also causes cancer.
- Smoking also causes gum disease, bone loss, ulcers and many other diseases.



Solution Strategies:

- Physical Activity
- Exercise
- Nutrition
- Avoid or stop use of tobacco and/or excess alcohol.



Benefits of Physical Activity

1

Can make a substantial difference in a person's life, *regardless of age or disability*

2

Add life to one's years rather than adding years to one's life

Benefits of Physical Activity



DECREASE BLOOD
PRESSURE



INCREASE
STRENGTH, CV
ENDURANCE



INCREASE
BALANCE



INCREASE LUNG
AND BREATHING
FUNCTION



IMPROVE IMMUNE
FUNCTION



REDUCE
DEPRESSION AND
ANXIETY



CONTROL OBESITY

Benefits of Quitting Tobacco



QUITTING HAS IMMEDIATE AS WELL AS LONG TERM HEALTH BENEFITS.



QUITTING IMPROVES THE HEALTH OF THOSE AROUND YOU.



QUITTING PROVIDES A GOOD ROLE MODEL FOR EVERYONE AROUND YOU, INCLUDING YOUR CHILDREN.

Components of Physical Fitness

- Muscle strength and endurance
- Flexibility
- Body composition
- Cardiovascular endurance



Determinants of Exercise in Older Adults

- Research study on impact of environment and caregiver attitude.
- Exercise frequency was the variable studied.
- Other variables compared were personal characteristics, type of residence, exercise facility access and caregiver-perceived benefits of exercise for the person.
- Caregiver attitude and place of residence were the determinants.

Program Ideas

- Education of staff and participants:
 - Improving quality of available food choices.
 - Integrating increased activity and exercise into daily life.
 - Becoming healthier role models.





Keys to Successfully Increasing Physical Activity

- Get physician approval first.
- Consider age and lifestyle in plan for each individual
- Increase physical activity throughout the day.
- Utilize resources in the community - YMCA, Senior Centers or Special Olympics.
- Request adapted programs for special needs.
- Exercise at least three days per week.
- Keep the program fun and rewarding.



What Is a Healthy Diet?

- Fruits and vegetables.
- Whole grains and other high fibers.
- Lean meats or meat alternatives.
- Low fat dairy foods.
- Variety of foods.

SELF EFFICACY THEORY

- Self Efficacy is a person's belief in their ability to change their behavior.
- A person's belief in their own ability to change a specific behavior strongly predicts their ability to make that change.
- Strategies which increase self efficacy are powerful tools to foster behavioral change.

Four Strategies to Increase Self Efficacy

- Planning for small steps that can be mastered.
- Providing role models.
- Clarifying the meaning of symptoms or conditions.
- Persuasive reasons for change and a supportive environment.

Planning for Success



HELPING PEOPLE MASTER SPECIFIC TASKS
CREATES SUCCESSFUL EXPERIENCES
AND BUILDS THE CONFIDENCE TO
CONTINUE



GOALS ARE BROKEN DOWN INTO VERY
SMALL TASKS AND EACH TASK IS
MASTERED BEFORE ADDING A NEW TASK.

TIPS FOR HELPING PEOPLE



START WITH A TASK THE PERSON
CHOOSES AND BE SURE THEY
CAN ACHIEVE IT.



HAVE THE PERSON SAY WHAT
THEY WANT TO DO (LIKE GOING
FOR A WALK TWO DAYS A WEEK).



WHEN THAT GOAL IS REACHED,
BUILD ON THE SUCCESS BY
INCREASING THE GOAL ONLY A
SMALL AMOUNT.

Role Models

People like us.

People whom we admire or respect.

People coping with a similar problem, who know what we are experiencing.

Gives us confidence we are not facing the challenge alone and we can be successful too!

Super achievers are not helpful models.

FATIGUE AND REST



Fatigue is a side effect of many chronic conditions.



Fatigue can also be caused by depression, stress, medications or weakness.



A common response to fatigue is rest.



When fatigue is caused by depression, stress, or weakness, exercise will alleviate the fatigue and *rest will only increase it.*



Once a person starts exercising, s/he will gain confidence in their ability to control their symptoms.

Understanding Symptoms

- Behavior change programs need to help people learn to understand symptoms.
- They also need to reach logical conclusions to minimize them.
- People often fear their symptoms have serious health consequences.
- Teaching people which symptoms can be a serious threat is crucial.



PERSUASION AND SUPPORT

Give the clear message that a person is capable of change.

Encourage them to take steps toward change.

Create an atmosphere that is supportive of change.

Support helps people do the hard work.

PERSUASION AND SUPPORT



IN A GROUP YOU NEED A SENSITIVE LEADER, SHARED GROUP NORMS, AND A CONSISTENT AGENDA BUILDING TRUST, SAFETY, AND SUPPORT.



WORKING WITH A PARTNER OFFERS THE OPPORTUNITY TO BOTH GIVE AND RECEIVE SUPPORT.



PERSUASION AND SUPPORT

Arousing fear can be a form of persuasion when used in the right situations and in a very limited way.

Fear should be used with great sensitivity and caution or not at all.

Fear can cause defensiveness and make the person less likely to want to change

RELAPSE/RECYCLE



WHEN PEOPLE TRY TO CHANGE THEY
OFTEN DON'T REACH THEIR GOAL
ON THE FIRST TRY.



ONLY 20% REACH THEIR GOAL ON
THEIR FIRST TRY.



PEOPLE WHO TAKE ACTION TOWARD
A NEW BEHAVIOR AND FAIL, ARE
TWICE AS LIKELY TO TAKE ACTION
AGAIN IN THE NEXT 6 MONTHS AND
SUCCEED.

RELAPSE/RECYCLE

1

WHY DO PEOPLE RELAPSE? Old behaviors meet a need.

2

When they are eliminated, the need still exists.

3

That is why substituting a new behavior for an old one is effective

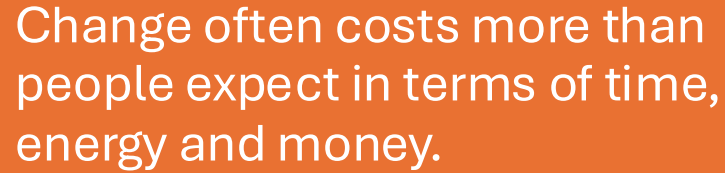
RELAPSE/RECYCLE

People often try to change through trial and error rather than using a careful plan and specific techniques

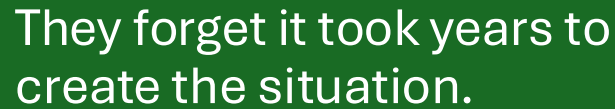
People may take action before they are really ready to change when someone else insists that they change.

RELAPSE/RECYCLE

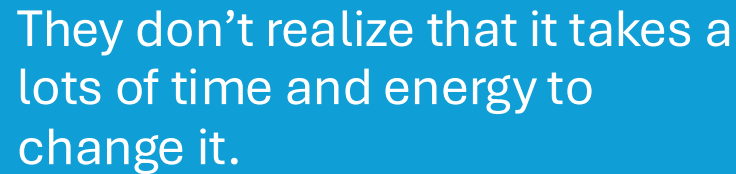
Change often costs more than people expect in terms of time, energy and money.



They forget it took years to create the situation.




They don't realize that it takes a lots of time and energy to change it.


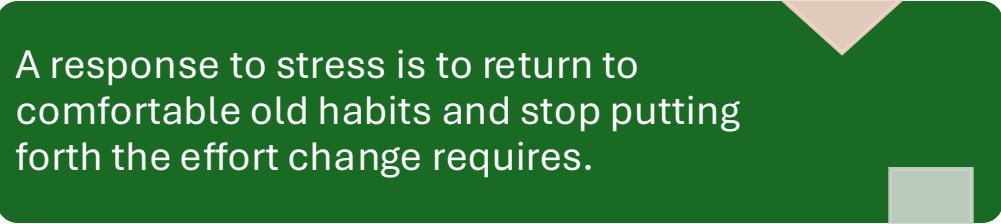


RELAPSE/RECYCLE

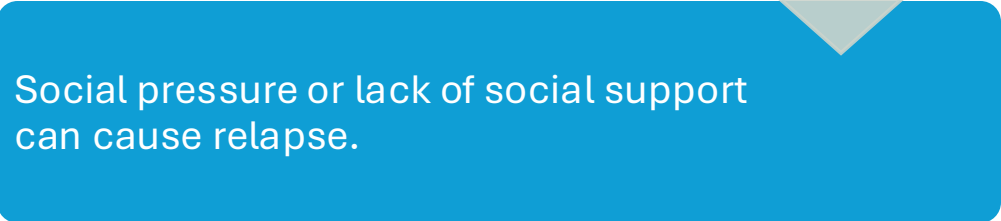
Stress can cause relapse.



A response to stress is to return to comfortable old habits and stop putting forth the effort change requires.




Social pressure or lack of social support can cause relapse.



USEFUL TECHNIQUES

Set an expectation in the beginning of an intervention that a lapse is likely and can be overcome.



Help the person see the return to old behaviors.



Call it a slip or a lapse, rather than a relapse.

USEFUL TECHNIQUES

Remind them
of the progress
they made up
to the point of
the slip - most
people lapse.

Encourage the
person NOT to
beat up on
themselves.

Feeling guilt
and shame is
not useful.

Move forward
by revising your
plan based on
what you
learned