

INTRODUCTION

- Inactivity is a major public health concern (1)
- Lack of motivation and a low sense of self-efficacy for exercise contribute to the problem (2)
- Effectiveness of physical activity (PA) interventions for long term PA behavior change is unknown (3)

PURPOSE OF THE STUDY

- To investigate the effectiveness of a six-week boot camp program for increasing motivations for
 - long-term PA behavior change
 - self-efficacy for exercise, and
 - improving perceptions of general health
- To gauge participants' motives for adhering to the program

METHODS & ANALYSES

- Participants: N= 27 sedentary adults ($M_{age}=30.04$, $SD=10.33$)
- A boot camp program
 - At least five days per week
 - Fifty minutes a day
 - For six-week period
- Pre-post measures:
 - Questionnaires measuring
 - Motivation for behavior change
 - Self-efficacy for exercise
 - Perceptions of general health

METHODS & ANALYSES (CONT.)

- At program completion
 - Single qualitative prompt identifying
 - Motives for continued adherence
- Paired sample t tests
- Qualitative analyses



RESULTS

- Significant improvement in mean scores for self-efficacy for exercise
 - ($M=7.21 \pm 2.2$ pre vs. 8 ± 1.65 post; $t= -2.38$, $p < 0.05$)
- Significant improvement in mean scores for perception of general health
 - ($M=3.17 \pm 1.01$ pre vs. 3.92 ± 0.7 post; $t= -4.21$, $p < 0.05$)
- Three main qualitative themes for continued adherence:
 - (1) structured aspect of the program
 - (2) accountability between the participants and exercise leaders and
 - (3) the sense of community within the program



DISCUSSION & IMPLICATIONS

- **Exercise and perceptions**
 - Results supported the hypothesis that boot camp intervention would increase self-efficacy for exercise – consistent with previous research (4)
 - Results supported the hypothesis that boot camp intervention would improve perception of general health– consistent with previous research (4)
- **Exercise and long term behavior change**
 - Results did not suggest that boot camp intervention would initiate long term behavior change in forms of exercise maintenance
- **Motives for adherence**
 - Most participants adhered to the program because of its simple yet structured aspect, social support between participants and leaders, and the general sense of community and belongingness
- **Conclusions**
 - Alternative interventions such as boot camps can help improve important precursors of PA behaviors
 - Structured approaches that can provide a supportive community and a sense of accountability may help advance the problem of inactivity

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