

## *Section 2: Client Relations and Behavioral Coaching*

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### **Chapter 3. The Psychology of Exercise Summary**

- Psychology is an important component to behavioral change and plays a key role in adopting a regular habit to exercise.
- Psychologists and psychiatrists are trained and licensed professionals who treat people with mental illnesses.
- Sport and exercise psychology is a subtopic of psychology that focuses on understanding why people participate in sports and exercise, including motives and barriers to participation.
- Extrinsic motivation happens when someone does something for rewards or recognition.
- Intrinsic motivation describes the motivation to do something that comes from within an individual; it is strongly related to long-term adherence.
- Motivation to exercise differs among individuals and will change over time; therefore, motives should be reevaluated over time.
- Common barriers to exercise include lack of time, unrealistic goals, lack of social support, social physique anxiety, lack of convenience, and ambivalence, but all barriers can be either eliminated or minimized with some basic strategies that provide realistic solutions or alternatives.
- Lack of time can be minimized by improving time management and reevaluating daily priorities.
- Setting unrealistic goals can become a barrier to exercise, therefore, the fitness professional should assist clients with setting appropriate outcome and process goals.
- Social physique anxiety refers to people feeling anxious about how others perceive their bodies and can be a barrier to exercise participation. Helping clients find activities that reduce this type of anxiety will help create a comfortable exercise environment.
- The perception barrier of exercise as inconvenient can be overcome by making the exercise experience as appealing as possible, both by providing excellent customer service in clean facilities and by helping clients find ways to exercise outside of a fitness facility.
- Ambivalence to exercise occurs when someone has mixed feelings about exercise and likely sees pros and cons to participation.
- Social influences on exercise can come from other people, the internet, or the environment; these influences can lead people both toward and away from exercise.

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