



## Intrinsic motivation key to behaviour change



According to motivational interviewing expert Dr Mark Wallace-Bell, the key to changing behaviour is '**igniting intrinsic drive**'. Speaking at a recent Active Canterbury Workshop, he provided some practical insights into how we can support people become more active by helping them shift from extrinsic to intrinsic motivators.

Below are FIVE strategies to add to your toolkit that can help the people you work with build a lifelong activity habit.

### Tips for igniting intrinsic drive

1. Put the emphasis on strengths: Everyone is good at something! Use a strengths based approach to build confidence and inner belief.
2. Freedom of choice is important: People are resistant to being told what to do or being coerced. Offer ideas respectfully and guide rather than direct.
3. Remember that change is not an event: Developing new behaviours takes time and involves a process. Be realistic and expect some setbacks.
4. Empathise! Be a good listener and show you really understand their story.
5. Use 'change talk' to shift the narrative: We tend to act on what we think about ourselves. The narrative needs to support the shift in behaviour.

For more information about motivational interviewing check out:

- *Motivational Interviewing, Helping People Change*;
- [books by William R. Miller](#); and
- [books by Stephen Rollnick](#).



## Motivators - What's the difference?

Intrinsic motivation represents our internal drive toward behaviour, while extrinsic motivation includes factors such as rewards or punishment.

- Many people begin an exercise or physical activity plan because they are motivated by **extrinsic factors**, such as a desire to lose weight or to get in better shape. Unfortunately, body-related motives are not usually sufficient to sustain regular physical activity. Individuals will often become unmotivated and drop out of an exercise programme when they are no longer seeing the reward (weight loss) for their effort.
- There are many **intrinsic motivators** to be active, such as improved health, enhanced personal skill and ability, increased energy, and decreased stress. People who successfully maintain a physical activity plan learn to shift their focus from long-term external outcomes, such as losing weight, to more positive internal experiences that occur in the short term, such as feeling good or performing better.

[Check out the article Motivation for Exercise by Paige Waehner](#) for more information about the different types of motivation and tips on how to set up a motivating environment.



The **Summer Activity Provider Workshop** held on Saturday 28th February was a blast with 56 local providers coming together to learn, network and grow their skills. Here's what attendees said:

- *"Fantastic fun with a bunch of liked minded others..."*
- *"Great to meet others, share ideas and get support and access to people with experience..."*
- *"Awesome information, excellent presenters, really enjoyed".*



**greater christchurch**  
sport & recreation guide

## Have you listed your details in the new Activities Directory yet?

Simply click on the button below to be directed to the online form.

[Check out the FAQ section on the Sport Canterbury website for more information.](#)

[Add my details to the Activities Directory](#)

### [Education, Training and Development](#)

**FREE Autumn Activity Provider Workshop: Mark the date!**

**Date and Time:** Saturday 15th June 2019, from 12.30 to 4.30pm.

**Location:** Pioneer Recreation Centre.

Don't miss our next workshop – designed specifically with community activity providers in mind. It will be practical, fun and help you take your classes, activities and programmes to the next level.

**Registrations will open on 1st May.** Contact Workshop and Training Coordinator Kris Tynan for more information (021 262 8886 or kris.tynan@xtra.co.nz).

### [The Exercise Association Roadshow 2019](#)

**Date and Time:** Wednesday 19th June 2019, from 9am to 1pm.

**Location:** The Tannery (3 Garlands Road, Christchurch)

**Cost:** \$99 per person for ExerciseNZ or REPs members, and \$149 for non-members.

The Roadshow is designed to help grow and support businesses in the exercise industry. There will be two streams, a mini keynote session, two sessions delivered by industry guru Ian O'Dwyer, and a round table discussion with the featured presenter and industry leaders. **Early bird pricing ends 1st May 2019.**

### [Community Exercise Foundation Course](#): Date change!

We have moved the dates of this popular foundation course to later in the year due to feedback. **The course will now be held on Saturday 22nd and 29th June 2019.**

If you would like to know more about the principles of exercise, health and safety, planning classes and other helpful tips then this course is for you! No previous exercise or instruction experience required.

[Register online today for the Community Exercise Foundation Course.](#)



**Walk to Work Day on Wednesday 13th March is an opportunity to celebrate walking** – it's as easy as taking your favourite walk to work, shops, school or play, using the stairs, parking your car further from your destination, or hopping off the public transport a couple of stops earlier.  
[Post a photo of you walking on the Living Streets Facebook page](#) and be in the draw to win a special t-shirt.



### **Surprise Te Reo Māori finding**

New research from the Healthier Lives National Science Challenge has found people who speak te reo Māori have a reduced risk of progressing from prediabetes to diabetes.

The ground-breaking research observed more than 14,000 participants with prediabetes. The findings suggest that **language and cultural identity are positive for health**, particularly in Indigenous communities".  
[Read the full article online.](#)



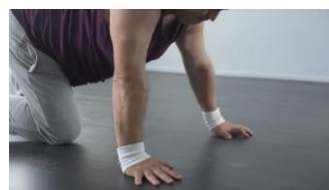
### **Walk for Dementia**

**Date:** Sunday 17th March.  
**Time:** 10 to 11.30am.

**Location:** Ngā Puna Wai (Augustine Drive)

This fun walk is a special opportunity to walk in memory or support of a loved one with dementia, plus raise funds to support Dementia Canterbury's work in the community. Come and walk as many times as you would like around the fantastic new athletics track at Ngā Puna Wai.

Online registration is open until noon on Friday 15th March. [Visit the Dementia Canterbury website for more details.](#)



### **Assessing CVD risk using push-ups**

Researchers have found that men able to do more than 40 push-ups are at a 96% reduced risk of CVD events compared with those who were able to do less than 10 push-ups.

Push-up capacity was more strongly associated with lower incidence of cardiovascular disease events than was aerobic capacity as estimated by a submaximal treadmill exercise test. **This could be an easy, no-cost method to help assess CVD risk in the future.**  
[Read more on this research.](#)



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We welcome your feedback and comments.