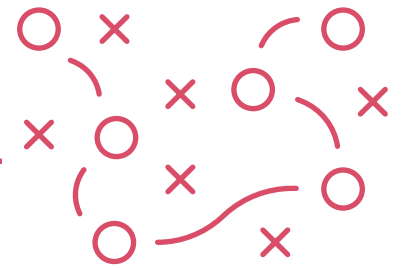


# COMMON BEHAVIOUR CHANGE STRATEGIES

**ACT NOW**



These are the things that can be used to help your clients start and sustain exercise/physical activity programs. There are thousands of behaviour change strategies which have been researched and shown to be effective (for a comprehensive list, download our full index of Behaviour Change Strategies).

When it comes to enhancing physical activity there seems to be 4 strategies that consistently work and could be a good starting point:



## 1. PROMPTING

Set up a system of reminders for the survivor of stroke (such as an alarm)



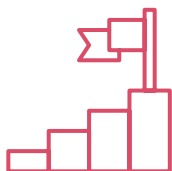
## 2. SELF-MONITORING

Encourage them to keep a record of what they get done, maybe use an activity diary. If this is hard for them to fill out, you could ask a family member or friend to help



## 3. PERSONALISED MESSAGES

Accountability works! If they have someone who is 'checking in' and also sending some positive messages this may help



## 4. GOAL SETTING

Help set clear goals, most importantly they should be written by, and meaningful to the survivor of stroke. You can use the Action Plan.

So maybe start here, and if there is limited success have a look at the other strategies in the ACT Now Behaviour Change Strategies resource.