

# Why don't you exercise?

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## Exercise is beneficial, but hard to maintain

Our research to date has involved people living in bigger bodies with a range of health conditions who have participated in fully-supervised, one-on-one exercise interventions held in our research gym at the University of Queensland (UQ). During the study, people stuck with the exercise program, enjoyed it and got health benefits from it. However, once the research finished most people did not continue with the exercise in the long term. **We need your help to understand the challenge of maintaining exercise habits in the long term & find ways to overcome those challenges!**



Pictured: Shelley Keating

## Our questions for you

What are the **top three** things that make it challenging for you to maintain an exercise routine? Choose from the list below or add your own!

Low energy	High fatigue/sleepiness	Pain in muscles, bones &/or joints	All over body pain
Cost	Transport	Competing priorities (family/work/caring/travel)	Not knowing what to do
Lack of time	Low motivation	Dislike of exercise	Don't have the right clothes/shoes
Fear of health event (e.g. fainting, heart attack)	No access to exercise equipment or facilities	Not being accountable to anyone for doing exercise	Fear of injury

What questions do you have about building long-term exercise habits that could be explored through research?

*If you feel comfortable doing so, please indicate on your post-it notes if you identify as a person living in a larger body.*

## Future involvement opportunities

- Who:** People living with a condition known as non-alcoholic fatty liver disease (NAFLD) or sometimes called just "fatty liver".
- What:** Any of the following: Co-design partner on a 'exercise for NAFLD' Consumer Representative Steering Committee; focus groups; surveys.
- When:** October 2022 and ongoing
- Where:** Online (virtual focus groups, email communication, online surveys) and/or in-person at the St Lucia campus of the University of Queensland
- How:** Various: from 15 min surveys to 2-3 hours focus groups with remuneration for focus group participation either via cash or gift card.
- Why:** After our last study, we heard powerful stories from the participants about the impact of exercise on their health and wellbeing, and how difficult it is to maintain. Those stories are driving us to better understand what people need to maintain exercise in the long term. By working with people with lived experience, we want to design a research program that will make a real difference to people living with NAFLD



Scan the QR Code to get in touch with Shelley about consumer involvement on this project.

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I acknowledge the Traditional Custodians of the land where I work and live. I pay respect to Elders past, present and emerging.

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