

Appendix 2

HEALTH ASSOCIATIONS EXERCISE

There are no right or wrong answers for these questions. You will use them later as a guide and reference point. Answer them quickly and honestly. Write down all associations and thoughts that come to your mind. Be authentic and remember you only get out what you put in. Be true to yourself!

1. To me, health is...
2. To me, fitness is...
3. To me, exercise is ...
4. Healthy people are...
5. Obese/fat people are...
6. Things I heard about obese/fat people when I was young include...
7. Skinny/lean people are...
8. Things I heard about skinny/lean people when I was young include...
9. When I hear the word fat I think of...
10. When I hear the word muscle I think of...
11. The reasons I may not become healthy and fit are...
12. My greatest fears about my health and fitness are...
13. My greatest fear about getting old is...
14. What are some of the challenges your mind comes up with in respect to becoming fit and healthy...
15. To me, food is...
16. To me, stress is...
17. To me, sleep is...

18. Write your definition of what being healthy means.
19. Describe how you would feel when you are in an optimal state of health.
20. What are some of the things you would like to do if you had abundant energy?
21. Are there any reasons why you wouldn't be able to obtain this optimal state of health and well being?
22. How would you like to change your body shape? List details.
23. Would you like to change your weight? If so how?
24. Can you list a few things you would need to do to improve your health?
25. Is there anyone close to you (friend, family, work colleague) who has the body shape you want?
26. Do you think they would share some of their success stories and lifestyle strategies with you?
27. How would you rate your attitude towards starting a therapeutic lifestyle change (TLC) program? (1-10)
28. If you have any apprehension, what are they?