



topic YOUR.BIG.READ
def: a subject of conversation or discussion

Weekend
detours

Readiness to change is a key factor to success

How to realise your resolutions



JUST as sure as the sun rose to signal the beginning of 2011, many would have rolled out a string of New Year's resolutions.

An array of lofty ambitions centred on eating less and exercising more. From cutting back on alcohol, to joining a gym, eating less fatty foods, eating more fresh foods or simply losing a few kilos, New Year's resolutions are the ultimate "I'll start on Monday" promises.

The difference between a lasting resolution and one that fades within the month is our ability to adhere to new behaviours and more importantly, our readiness to do so.

The Stages of Change model describes five stages of readiness: precontemplation, contemplation, preparation, action and maintenance and provides a framework for understanding

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behaviour change (DiClemente and Prochaska, 1998).

These stages of change and the characteristics that define each are summarised in the included table.

Behaviour change usually occurs gradually, with most people progressing from being uninterested, unaware, or unwilling to make a change (precontemplation), to considering a change (contemplation), to deciding and preparing to make a change (preparation).

This is followed by definitive action, and attempts to maintain the new behaviour over time (maintenance). People can progress in both directions in the stages of change.

It is definitely worth evaluating your readiness to change before resolving to do this or that. For example, many people want to lose weight yet may have no real interest in giving up their favourite foods.

They may even resent having to stop eating the way they like to and would not consider going without sweets and fatty foods.

If this is the case, it may not be the right time for them to focus on weight loss as continually trying without success



may damage self efficacy and lead to them giving up altogether.

Evaluating your readiness to change might be as simple as asking yourself, "how ready am I on a scale of one to 10 to do X in order to achieve my goal?"

Having a candid conversation with yourself about the actions you are prepared to take to change behaviours will be more valuable than making bold statements about achieving this or that in the new year.

Bec Josey is a journalist and

qualified personal trainer. Bec now supports others to get in shape for life as well as events and can be contacted on 0424 080 321 or via perfect.fit@bigpond.com. For more information visit www.perfectfittraining.com.au.

Strategies to handle the various stages of change

Precontemplation: The person is not even considering changing. They may be "in denial" about their health problem, or not consider it serious. They may have tried unsuccessfully to change so many times that they have given up.

Strategy: Educate on risks versus benefits and positive outcomes related to change.

Contemplation: The person is ambivalent about changing. During this stage, the person weighs benefits versus costs or barriers (e.g. time, expense, bother, fear).

Strategy: Identify barriers and misconceptions and address concerns. Identify support systems.

Preparation: The person is prepared to experiment with small changes.

Strategy: Develop realistic goals and timeline for change and provide positive reinforcement.

Action: The person takes definitive action to change behaviour.

Strategy: Provide positive reinforcement.

Maintenance and Relapse Prevention: The person strives to maintain the new behaviour over the long term.

Strategy: Provide encouragement and support.



Laughing Our Way Into 2011

Comedic genius, Akmal is bringing his new show 'The Life of Akmal' to Gladstone Entertainment Centre for one night only.

The Egyptian migrant at an early age recognised the difference in his Arabic heritage and the Australian way of living, paving the way for his comic career.

Originally performing under the name Peter at RSL's and clubs it wasn't long after that Akmal began to display his uncanny gift to walk on stage and instantly have the audience eating out of the palm of his hand.

In his latest act Akmal continues to display an incredible ability to deal with hot topics in a non-offensive way which has resulted in his illustrious career.

The Life of Akmal will be filled with hilarious memoirs and extracts from Akmal's debut book, which touches on topics from growing up in Egypt to migrating to Australia, being kicked out of the Coptic Orthodox Church to finding solace in his new found religion of comedy.

Akmal will have the audience in stitches with his "as he see's it" humour.

Please note this performance has age restrictions, all audience members must be over the age of 15 and parental guidance is recommended.

The Life of Akmal is at Gladstone Entertainment Centre for one night only, Tuesday 15 February at 8pm.

Tickets are on sale now for just \$39.90 for adults, \$34.90 for Students (15years only) and \$34.90 for groups of 10+.

To book, go to our website at www.gladstonerc.qld.gov.au/gec or phone the box office on 4972 2822.

I hope to see you at the Centre soon.

Leanne Buchholz

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Gladstone Entertainment Centre is a community initiative of the Gladstone Regional Council.

