

## What is Active Choices?

Active Choices is a six-month telephone support program that empowers participants to increase their physical movement by pairing them with a personal Activity Coach. Together, participant & coach build an individualized physical activity plan based on the preferences & abilities of the participant.

Activity Coaches support participants in meeting their physical activity goals through:

- ✓ **Regular phone calls to track goals & progress**
- ✓ **Mailings of health tips & newsletter articles**
- ✓ **Offering suggestions & support**
- ✓ **Building a physical activity plan that maximizes convenience, adaptability & appeal**

## Build an activity plan that is:

- ✓ **Convenient**
  - ✓ **Flexible**
  - ✓ **Appealing**
- to the most important person-**

**YOU!**

Active Choices was developed by the Stanford Prevention Research Center.

For more information please go to:

[http://www.activeforlife.info/key\\_partners/stanford.html](http://www.activeforlife.info/key_partners/stanford.html)

Active Choices is a component of *Healthy Choices New York*, a statewide initiative funded through the federal Administration on Aging, the New York State Office for the Aging and the New York State Department of Health. The *Healthy Choices New York* initiative is jointly sponsored in the Capital Region by a four county collaborative including the Area Agencies on Aging in Albany, Rensselaer, Saratoga and Schenectady, and coordinated in partnership with OASIS Lifelong Learning Programs.

Would you like to have more  
**ENERGY?**

Want to increase your memory,  
improve your mood & maintain  
independence?

It's Your Choice...Make an

**Active Choice!**



*Active Choices* is an ongoing telephone support program for adults aged 60+ proven to increase physical activity & its associated health benefits

**To find out more, contact:**

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**Healthy Choices  
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## True or False?

Physical activity is only beneficial if you are younger and in good physical condition.

**Answer: False!**

Regular physical activity benefits all people regardless of age or physical condition.

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**All Active Choices participants can expect to receive:**

- Six months of ongoing telephone support from their personal Activity Coach
- A customized physical activity based on participant preferences, resources, and abilities
- FREE pedometer for easy tracking of progress
- FREE mailings of health tips & newsletters

## How can you get involved?

**WHO:** Active Choices participants are people aged sixty years and older who would like to increase their level of physical activity and movement. No prior experience with exercise is needed & Activity Coaches can accommodate all fitness levels.

**WHAT:** Through regular phone calls and mailings, participants & Activity Coaches will

- Develop a personalized plan for increasing physical activity based on participant needs, abilities & goals
- Track progress & problem solve difficulties
- Discuss other ideas for lifestyle improvement

**WHERE:** Participants in the Active Choices program can get on-going support from the convenience of their own home: no travel is required. The participant & Activity Coach schedule an initial face-to-face meeting and then support continues through phone & mail correspondence.

**WHEN:** Active Choices is a six month telephone based support program & calls are scheduled according to mutually agreed upon times that are convenient for both participant and Activity Coach.

### Expectations . . .

To maximize the benefits of Active Choices, participants should:

- ✓ Feel comfortable receiving support over the telephone
- ✓ Be willing to explore new things & try lifestyle changes
- ✓ Share feedback & ideas with their Activity Coach
- ✓ Track progress in the provided Active Choices physical activity logs

**Are you ready to join us? Do you have more questions?**

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