

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

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
NEW YORK
www.albany.edu/aging/healthychoices

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.

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?

Please contact Karen Revitt
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