

Supplementary Material

Physical Activity for Cognitive Health: A Model for Intervention Design for People Experiencing Cognitive Concerns and Symptoms of Depression or Anxiety

Supplementary Material 1.

Detailed Results of Thematic Analysis:

Five main themes emerged from the interview data. Data from both middle-aged (aged 45-60 years) and older (aged 61 – 80 years) participants contributed to all themes. Multiple sub-themes contributed to each theme, as summarised in narrative form below, with supporting quotations in the table following.

1. *Being informed to enable change*

Understanding dementia risk reduction beyond healthy lifestyle knowledge

14 participants reported awareness or understanding that engaging in PA or maintaining physical fitness can reduce dementia risk. Most referenced physical activity as part of awareness of the benefits of a broadly healthy and active lifestyle for brain and general health. Very few participants emphasised the importance or superior supportive evidence for physical activity compared with cognitive activity or other lifestyle related dementia risk factors. No participants acknowledged depressive or (potentially) anxiety symptoms as dementia MRFs.

More specific procedural knowledge regarding PA for DRR was overall lacking. Some participants described a need for PA involving cognitive challenge, such as complex activities or variation. Both incidental PA and regular (e.g., daily) PA reaching a threshold amount or intensity were suggested as important. Only a few participants reported knowledge of a specific role for strength or resistance PA, balance or stretching activities.

Sourcing knowledge

Participants generally sourced existing knowledge from personal social networks, including speaking with family and friends and observing older relatives, and from the media, particularly newspapers and TV. A few participants also mentioned speaking with ‘professionals’ (implying health professionals) or attending workshops or seminars.

Improving knowledge and enabling behaviour

Several participants reported a specific wish to have more knowledge or better understanding of the rationale for PA to reduce dementia risk. They believed that greater knowledge of the benefits of PA for DRR, greater understanding of the underpinning rationale and greater understanding of specific requirements would translate into greater PA engagement.

Four participants also specifically noted that greater certainty in research findings, and better understanding of both the details of guidelines and the rationale for them, would all increase ‘motivation’ (i.e., intentions) and behaviours.

2. Skills and confidence to make and enact intentions are vital

Skills for behavioral regulation

Self-regulation skills, such as action and implementation planning, goal setting and self-monitoring were frequently discussed as key. Many participants attributed sedentary lifestyles and specifically failing to turn a wish to be physically active into changed behaviour patterns to perceived deficiencies in self-regulation skills. Conversely, several participants who had successfully adopted or maintained PA emphasised strong self-regulation skills.

A number of participants believed that PA becoming a habitual behaviour facilitated more successful maintenance. Of these, some highlighted that habits remained vulnerable to disruption for an extended period, with navigating any change to the habit context particularly challenging. Others described lacking skills to break unwanted habits. The latter closely linked to lacking skills to break or replace unwanted habits of emotional regulation for several individuals and recurrence or worsening depressive symptoms were identified as disrupting healthy habits by a few.

While not all participants believed that cognitive complaints impacted PA, those who did commonly described this as occurring through problems with self-monitoring and developing useful habits. Strong self-regulation skills appeared to mitigate the impact of memory complaints on PA for others.

Emotional regulation patterns

Habitual use of unhelpful behaviours for emotional regulation was prominently described as a mechanism through which the experience of depressive or anxiety symptoms was linked to physical inactivity and sedentary lifestyles. People described behaviour patterns involving withdrawal and avoidance in response to depressive or anxiety symptoms. Other participants implied that they generally lacked useful emotional regulation skills so rapidly felt overwhelmed by depressive or anxiety symptoms and were not able to use skills usually available to them to implement PA intentions.

Physical capacity and limitations

10 participants described physical capacity as the main barrier to participation. All referred, more specifically, to a physical injury or health condition impeding physical capacity. Musculoskeletal conditions were most commonly cited and perceived lack of physical capacity due to these was closely linked to anticipating falls, further injuries and pain. Individual participants also referenced fatigue due to a 'gut issue' or a 'lung problem and asthma and things'. In contrast, one participant described specific advice to continue alternative PA during a period of recovery from an injury and opined that this approach meant physical capacity did not act as a barrier.

Self-efficacy

PA Self-efficacy varied considerably across participants. This was frequently linked to informal subjective appraisals of physical capacity or self-regulation skills. Low self-efficacy inhibited some people from even considering adopting PA. For some participants, low self-efficacy was closely related to depressive and anxiety symptoms, with a bi-directional relationship noted. Low PA self-efficacy generated demoralisation that exacerbated mood and anxiety symptoms. In turn, demoralisation was described by some as a core symptom that itself diminished PA self-efficacy.

3. Individual attitudes can support urgency for change

In principle attitudes

Most participants reported general willingness to adopt PA for DRR: many described this as a strong belief, even if the outcome was partial risk reduction or slowed dementia onset/progression; only a few participants added caveats that they required more definitive evidence; and only one participant acknowledged that depressive symptoms would mean they would be entirely unwilling to adopt PA. However, more nuanced attitudes were revealed in participant beliefs about dementia prevention, perceptions of the threat of dementia to them as individuals and their expectations for other positive and negative outcomes from PA.

Perceived personal salience of reducing dementia risk

Prominently, most participants emphatically described dementia as a very bad outcome. However, beliefs about the personal salience of dementia risk were more varied, despite all participants already living with multiple modifiable risk factors. Many did not see themselves as at increased risk of dementia, and awareness of cognitive impairment did not impact perceived risk. In contrast, where it existed, a sense of being at increased risk was described as strongly increasing 'motivation' or intentions regarding PA. Some participants erroneous understanding of the roles of genetic and modifiable risk factors, or on generalizing observations of family and friends. Others based their judgements regarding risk status on subjective comparison of current cognitive function between themselves and their peers. Finally, some participants did not separate beliefs regarding the effectiveness of DRR from beliefs about the need for this, and reported needing more evidence of effectiveness to subscribe to a need for DRR.

Outcome expectancies

Participants described expecting a broad range of both positive and negative outcomes from engaging in PA. Most participants expressed a belief or hope that DRR is possible, including beliefs that dementia progression may be slowed, or onset may be delayed. Only two participants reported definitive opinions that dementia risk cannot be reduced, but several more described overall uncertainty. Some of these participants attributed their uncertainty to conflicting research evidence, conflicts between expert advice and their personal experiences with family and friends, or placing greater emphasis on the impact of genetic risk factors than MRFs.

Improving or maintaining general health and the specific mental health symptoms they experienced were prominent as expected positive outcomes. Overall, these were necessary but not sufficient for participants to develop PA intentions. Some explicitly noted that expecting these benefits was not sufficient to prompt adopting or maintaining PA by themselves, particularly when symptoms were more significant. However, other participants described not expecting benefits, particularly health benefits and immediate enjoyment of the activity, as significantly diminishing 'the impetus' (File 1054.12.12.20).

While some participants Expecting some negative outcomes from PA, particularly discomfort, pain, injury or other adverse side-effects, were often described as more definitive barriers to adopting PA. Only two participants described concerns about embarrassment that they linked to subjective memory

complaints. Similarly, only one described concerns about adverse mental health consequences, specifically that failing or being embarrassed may exacerbate mood or anxiety symptoms.

4. Access to reliable, flexible resources can help overcome barriers

Preferences for information and tools

Participants were most interested in informational resources and in tools, aids or other resources to support self-regulation, particularly those that could increase a sense of accountability. Most already had some access to at least information. They demonstrated a strong preference for easily accessible and reliable information. Most described a preference for online sources, citing well-established patient education websites such as 'Dementia Australia' and 'The Mayo Clinic', although several also wished to be able to print hard-copy resources. Several participants also highlighted that information resources should include specific behavioural guidance, including programs, picture and video demonstrations of unfamiliar activities or exercises, and summaries of the supportive evidence.

Participants also prominently sought tools and resources to help translate intentions into actions, support PA self-monitoring and maintenance and to navigate environmental barriers. Many described generating a sense of accountability as key to all three. Specific suggestions included apps with specific programs that facilitated 'check-ins', positive messages and tips, email and SMS reminders, and, again, picture or video demonstrations and regular online classes that could also be accessed asynchronously. A few participants also emphasised the importance of access to physical resources, such as gyms or other appropriate and accessible spaces and equipment to use for PA.

External barriers and facilitators to using local resources

A couple of participants described having no previous opportunity to access DRR information or resources. However, most reported relatively few external barriers to adopting and maintaining PA. The availability of appropriate spaces, including transport to these spaces, was highlighted as a key issue by a few participants who either resided in small houses or in communal living environments (retirement villages), bad weather was described as a key barrier to regular physical activity outside by some but not all participants and excessive cost was described as a potential barrier by nine participants. Finally, 10 participants commented on access to adequate time was a barrier to enacting intended PA, with several referencing work commitments, childcare and changed caring commitments due to Covid-19 pandemic related public health measures as specific competing commitments. A number of participants who described access to adequate time as a barrier to adopting PA for DRR also highlighted the potential for technology-based solutions.

5. Access to social opportunities

The benefits of helpful social norms

Similarly to perceptions regarding the benefits of tools and resources, most participants described a sense of accountability due to participating in group PA or PA-related social norms that they found helpful for overcoming self-regulation deficits. PA-related social norms were also used by some participants for peer-comparison for informal subjective appraisals of dementia risk and self-monitoring of PA levels. A small number of participants also highlighted the importance of social norms by describing the negative impact of a sedentary behaviour in social network on individual PA.

The benefits of social support

Many participants highlighted specific support from social networks beyond the benefits of social norms. This included opportunities to enjoy social contact as part of PA, group trouble shooting and practical support to accommodate competing demands such as childcare and domestic chores. Despite this, several participants also commented that they did not feel any need for social support and preferred solo PA.

Most, but not all participants also believed that support from health professionals would be helpful. The main reported reason for this returned to the theme of perceived accountability. However, in contrast to resources for accountability, participants frequently expressed a preference for 'real-person' health professional support. Physically in-person support was preferred by some, but others either believed that ICT based personal support would be as good, or adequate in the setting of limited resources. Participants highlighted support from GPs, although others noted that they felt their GP lacked knowledge in this area, did not engage in preventive health work or was too busy to provide the support they believed they would require. Others emphasised roles for physiotherapists and other exercise professionals, such as gym-staff, to help develop tailored programs, troubleshoot and adapt programs to physical health problems. Finally a couple of participants discussed perceived benefits from discussions with a psychologist whom they consulted for mental health, to help devise strategies to address perceived psychological barriers.

All supportive quotations for thematic analysis:

Theme	Sub-theme	Exemplary Quotation Other supporting quotations
<p>Being informed to enable change</p>	<p>Understanding dementia risk reduction beyond healthy lifestyle knowledge</p>	<p><i>Well, I've read stuff like a healthy lifestyle, exercise, diet, doing puzzles, learning things, using your brain as much as possible.</i></p> <p><i>A program for brain health? I presume it would include diet and alcohol or not, lifestyle things, exercise. It might include vitamins that might help or other, other things. I don't know.</i></p> <p><i>I guess I realise that [to prevent] dementia you need to, it needs to be care of your body, physical, mental, spiritual, anything that can assist to keep abreast of what's happening. Just keeping a good wellbeing. I guess that's as far as I've got</i></p> <p>I think that probably obviously exercise, keeping your body in tune with, just to hold back the aging, whatever you put into your body is going to affect you so if you're eating well this will help</p> <p>Look, I think working – staying mentally active through work, social engagement, I think those sorts of things, having a stimulating social life and a work life and continuing to mentally challenge yourself.</p> <p>Diet and exercise and keeping a positive mindset.</p> <p>My belief is that it's pretty equally diet, exercise and what I've heard referred to as mental hygiene.</p> <p>Before it was, people would focus a lot on brain quizzes and things like that, suggesting that that would assist, but most academics that I have heard have come around to the view that exercise seems to be the most successful prevention.</p> <p>keeping fit, physically fit,</p> <p>Challenging something to do with your brain and physicality.</p> <p>Look, only three things that I've generally read and the message that I would have taken from them if anyone asked me about it was to basically stay active, keep trying to learn, keep engaging with things as one strategy to prevent that.</p> <p>So keeping actively involved in learning things. You know, also physical fitness and I'm pretty sure I would always bring to it some notion that there is a genetic element to it that if you've had relatives who had dementia you are probably a higher risk of developing it but that is not a very informed view, that is just ...</p> <p>I know very little</p>

		<p>I've only heard things such as keeping active, keeping your brain busy, do crosswords or activity for learning.</p> <p>training the brain and exercise.</p> <p>By trying to keep my brain more active, by reading, by interacting, by doing things that actually challenge my brain. I haven't thought so much about the exercise part of it because that's not something, I don't really know anything about.</p> <p>So I'm a firm believer that you know, if you keep your mind active and you keep your social life active and your interactions active. And you remain physically active that it's going to be beneficial over someone who doesn't do any of those things.</p> <p>Suggestions of doing exercise, which I doubt because my mother has dementia and she's been a mad puzzle woman all her life and a keen reader. And doing things outside of your comfort zone. So, if you normally drive somewhere, try going from A to B via a different route. Try and learn an instrument or do some studies that, again, take you out of your normal thinking zone. I've read that those things will help</p> <p>Yes, I mean I know if you keep your brain active doing, particularly learning new things is a good thing. Keeping physically active is a good thing. And expanding your interests is a good thing.</p> <p>The things that I, I can't think of anything that I do which would contribute to the likelihood of getting dementia.</p> <p>I probably need to read more about dementia really.</p> <p>And I haven't read a lot about it. I mean most of it, I suppose, is anecdotal, I haven't read any research for instance about it, so.</p> <p>Not really much about dementia prevention.</p> <p>I might have some knowledge.</p> <p>We had a chat about blood pressure, weight, exercise, those sorts of things. As an ex-physio, I understood the concepts</p> <p>It's not that I'm resistant to learning any more, that's not the case. I believe I have a very good understanding of what contributes towards dementia. I don't even think of it so much as dementia as just good health. Not just physical but the cognitive also.</p> <p>In general it's just keeping healthy and healthy lifestyle, doing exercises, physical, mental.</p>
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	<p>Sourcing knowledge</p>	<p><i>I guess through elderly relatives</i></p> <p><i>I've seen a few things on television, and there's stuff on there every now and then; always interesting to watch or tune into.</i></p> <p><i>Two of my daughters are doctors; that helps.</i></p> <p><i>I use it [the internet] all the time for everything ... always googling something.</i></p> <p>I think my knowledge comes from, as I said, my father having had it and ended up in the dementia ward of a nursing home, but that wasn't around prevention, so that was obviously well and truly... So, I guess my only knowledge of it is living with it or living with a close family member and watching that deterioration over time and the strategies that my mum put in place as a carer for him which she had got from the support group that she was associated with, so not my direct involvement but I saw the strategies she was putting in place.</p> <p>Trying to find out more about it, watching television programs that have dealt with dementia</p>

		<p>First-hand experience of visiting my father in aged care.</p> <p>Yeah [read up on the topic] and experienced ... And lived through quite a bit of it yeah, yeah.</p> <p>Well I follow ABC news</p> <p>I guess I go to various websites. Like... is it Dementia Australia?</p> <p>I have been to a few talks and lectures that have been given by various people on dementia prevention and probably more particularly, on Alzheimer's prevention, in the focus on exercise.</p> <p>Yes I have had opportunities to learn about dementia prevention in discussions with my daughter of course. And between just oral conversations and then reading documents. And yeah just listening in the community. So personal discussions, reading and community knowledge or community information.</p> <p>Probably a mixture. Friends, professionals and acquaintances, yes.</p> <p>Academics really. Academic journals, articles. Professor what's his name who talks on the radio at 5:30 Saturday morning.</p> <p>Two of my daughters are doctors and they pass on information. One of them in particular is very active physically, runner and things, so she, I could always go to her for advice.</p> <p>When I read The Age I can save an article if I want to, so I do that quite often, and I can go back and read it later.</p> <p>But I tend to respond a lot to, I do a lot of news feed, I spend hours on like in a week, I don't watch the news on TV so much but I do follow a lot of news feed through my phone. And I find that a lot of the articles that are in those news feed will capture my attention and then they'll, if they've got recommendations I'll always look at those. So that's a really good avenue for me to get information, whether it be about you know, diet or anything to do with dementia or you know, physical activity or holiday locations, anything like that. And then if I see anything of interest, I'll usually save that into my notes so I can refer back to it.</p> <p>Well I think initially probably because my husband's maternal grandmother had dementia that I, we were together when she was deteriorating in her home and needed to go into care ... So then I suppose with that, once you have exposure to something like that and it's sort of something that's being managed by people within your life, even if it's very much the sort of, you know, extended family, you become more aware of things.</p> <p>And so I suppose I've been very conscious of Brain health and that probably comes from, more associated with when I had very small children and found cognitive decline from lack of sleep and social isolation from having infants, and would do puzzles and things like that ... And then more recently through my work, which I</p>
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		<p>probably mentioned in the screening interviews that I actually do reporting on things to do, on some Alzheimer's research which is, you know which is in a different space than what we're talking about today but just having sort of like an understanding of what some of the discoveries, or what's being looked into at the moment of what are causes and prevention.</p> <p>And then through my work as well there's been a couple of lectures prepared for donors around dementia and dementia research. So again it's sort of, you know there's been this sort of drip feed of things where I've had exposure.</p> <p>Finding out that my dad had actually having a steady cognitive decline and his diagnosis, unfortunately during lockdown, he really struggled with the first lockdown because he was recovering from knee surgery and he's always exercising, he's always riding his bike and he couldn't do that. And then things just really went pear-shaped. So that sort of escalated appointments and discovery of what, you know a diagnosis of what was going on. And we think that for our family it's been something we've been very mindful of, him getting the exercise that he needs for, you know, the full breadth of why that's beneficial for him.</p> <p>News media stuff basically.</p> <p>I think I come across that in the websites that I visit.</p> <p>And, you know, I do try and sort of, you know I use it [internet] for research for things for myself in a sort of more informal way.</p> <p>As a journalist I am reading quite widely across a number of papers so there is occasions when I will come across something on dementia and I might have a look at it if the headline draws me in.</p> <p>all I know is stories from people whose family had experienced dementia and I did have a friend who is an occupational therapist who worked in a memory clinic. She did a secondment because she works with elderly patients</p> <p>Only things I've read in articles and newspapers about training the brain and exercise.</p> <p>No, probably mainly newspaper or radio interviews possibly.</p> <p>I've just been a little bit, with my role at the university I've been involved with the, an aging group through the MACH Organisation, and I know a little bit about dementia through that forum, probably, and my general knowledge from working in health all my life.</p> <p>But just from anecdotal things that you read in the media and articles that come up you know, articles that you see on TV about it, I do take heed to a lot of that</p>
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		<p>Probably from the media.</p> <p>Now that I've discovered that there is a myriad of exercises on video, on YouTube.</p> <p>I also keep an eye out for articles in newspapers or journals, radio, TV, whatever, because it's a pretty worrying topic for older people and the more we learn about it the better.</p>
	<p>Improving knowledge and enabling behaviour</p>	<p><i>I guess if I knew that there was a certain amount of exercise would have a positive impact on dementia prevention and what sort of exercise, maybe it's any exercise. More education about that might motivate me.</i></p> <p><i>Maybe if there was a connection and there was proof that that's what might help.</i></p> <p>If it was a positive, you know, "This is what you can do," and positively, that would positively happen, I'd be very eager to know about it [laughing]. That's for sure.</p> <p>So, there's some research I've read that would support that proposition, but [I'm not motivated as] it's by no means clear.</p> <p>Well, I'm just not convinced. I don't actually know what it is. I mean if someone said it was proven that X, Y, Z is going to prevent dementia, I would do it tomorrow because I don't want to get dementia. I'm worried that I'm on that path. There isn't anything specific that anyone has said.... well I mean... oh, you said healthy diet. I hadn't heard that before. But I try to have a healthy diet anyway. I see my doctor if there's a problem and I try to do some exercise but I think I could do more. If there was some specific exercise that someone said this is going to prevent dementia, I would start doing it tomorrow.</p> <p>You said exercise. If you could tell me what exercise I could do to prevent dementia, I would do it.</p> <p>But try and work out what I needed before I did it.</p> <p>I think the more people that are aware of anything that can be done to potentially prevent dementia is a good thing,</p> <p>Yeah, again, knowledge. To know exactly what should we do, how can we do it, how often do we need to do it. Absolutely yes. Just going to a gym, coming from respectable research.</p> <p>As I said before if I could see something that I thought would be helpful and a way to implement it I would be interested in.</p> <p>Just understanding well the connection between preventing dementia and changing my lifestyle [would help motivation].</p>

		<p>What I particularly want to understand is what the connection actually might be between dementia and exercise,</p> <p>It's more about the exercise bit that I just think what is that connection, how does it actually work?</p> <p>Definitely, yeah [knowing that regular physical activity may reduce dementia risk would help motivation].</p> <p>No, no. There is a quest for knowledge as well.</p> <p>Yes, I think I would need to know more. I don't think we ever need – we ever know enough about the topic. Not the general public</p> <p>Oh, yes of course because I think that [lacking knowledge] makes you less motivated and confused.</p> <p>Being aware of related benefits or direct benefits, yeah, I think they're the main things.</p> <p>No, I see it as a separate concerning issue, but I don't know what to do about it.</p>
<p>Skills and confidence to make and enact intentions are vital</p>	<p>Skills for behavioral regulation</p>	<p><i>I'd love to and I have actually downloaded the aerobics exercises that I used to do and they're on my computer but I just don't, especially with the cats in the house I just can't.</i></p> <p><i>If I were feeling down, then I suppose that's, it would be a bit harder to stir myself up to go and do something active.</i></p> <p><i>The walking I really enjoy but things will happen that you can't go and the habit is broken so I'm not, you know maybe inside you, you're always looking for a little quiet excuse to get out of it.</i></p> <p><i>But I have trouble remembering. I make a lot of lists.</i></p> <p>I do need to go and check out the exercises I'm doing because I'm a bit achy after the exercises and that's becoming a little bit of a pattern so I'd need to do something about finding out why.</p> <p>Maybe I'm going at it, doing it too much, I don't know, I need to go and see someone about it.</p> <p>It's no good just going on with the same thing and getting the same result, you have to be willing to give it a go.</p> <p>I'm sure it would. I have to confess at the moment that I've, I've had this depression, I pray and I do hand things over, so that's, the way I was and the way I am now is, it's chalk and cheese.</p> <p>I think it's just that motivation to keep going.</p>

		<p>Yeah, perfect. Just need a bit more push, motivation.</p> <p>I think it's harder to get motivated [with depressive symptoms]. So as much as I say if you are in a bad mood and you go for exercise it improves it, you're also probably less likely to do that if you're feeling low or anxious. It's harder to get yourself up and out the door, so probably, yes, I think it would have an impact.</p> <p>Like most people I get discouraged because of constant distractions and things.</p> <p>No, there's not very much, I'll be honest. Exercise is not in my repertoire, it's never been a strong point. I go through phases where I will run for a few years with a friend that that was a long time ago. In the last 10 years since having my daughter, there's been Pilates for a few years and nothing else.</p> <p>Can't quite get to it.</p> <p>Yeah. So the only downside is pushing myself to do it when I'm really, when I'd really rather not.</p> <p>Not necessarily. No, and that's why I say, I know the things I should be doing, but I'm not necessarily doing them and I got through spurts where I might go to the gym for a while and then I lose interest.</p> <p>Then I go through phases where I can be really good for quite a while and then, I'll fall off the wagon.</p> <p>And it started really good. I'll go off and start losing weight, but I lose focus pretty quickly.</p> <p>I know what I should be doing, but sometimes I'm just too lazy to do it.</p> <p>You've already got the information, you've sought the information you need, it's about then translating that into action, right?</p> <p>I wouldn't even say a health scare necessarily because I've had the health scare and it was an impetus for quite a few months, and then, you know, I plateaued. I just sort of say half/half.</p> <p>So, I went there and one of the things was so that I could run on the treadmill and get a bit more aerobic fitness, and then it died down, my interest died down</p> <p>Sometimes, I might push myself to do something, like I'll go, "You have to go for a walk", but just as likely to go "Nah, can't be bothered".</p> <p>It's just getting yourself out the door.</p> <p>Yeah, my evil partner's going to be here this afternoon, so I probably won't go for a walk. I thought, "I've got to get my walk in, at lunchtime" ... If I can get one done at lunchtime, at least I know I can tick that off. It's just the one after work is when I go and do a decent walk.</p>
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		<p>Just do it sort of thing.</p> <p>So I suppose I've really treated this year as a get, you know get into really good habits because then you can kind of go harder and stronger once you've really strengthened your back, lost the weight and all that, and become more flexible.</p> <p>I thought about what are my barriers for doing the stretches. And it is actually something quite simple, it was about the exercise gear, or getting into the right clothing to be able to do it. And so I started just putting on my stretchy clothes on the weekends and then suddenly I was able to start regularly doing the stretches on the weekends</p> <p>The area of activity, all things being equal, is not one that I have an issue with, what I need to try and do more is in between those times where I actually can't do activity for reason of injury or something like that, I need to just go and have a walk or something. I'm not very good at gentle exercise, put it that way.</p> <p>When I do a gym program, I do a four week gym program and then I have to change it.</p> <p>Yeah, and I'm not a great morning exerciser, so the problem with that is sometimes I will plan to go and exercise in the afternoon and something gets in the way. And sometimes that can be a source of frustration and sometimes it's just like, okay, I'll go tomorrow or whatever.</p> <p>So I don't know what can get me from the willingness and the doing.</p> <p>In terms of exercise it would be about time and prioritising me and prioritising that time ... and actually scheduling and putting it in my diary and saying 9:00 to 9:30, what you will do is your pick her up after school and walk her home.</p> <p>It's about scheduling that and committing to it. Spontaneous exercise will not happen with me.</p> <p>Exercise has always been an issue, it's got to be planned so it's never been a big thing.</p> <p>It's the thought that in transfer to action.</p> <p>I just haven't made that, I do a little bit very irregularly, but haven't really got a set program.</p> <p>Mm, make notes, I make lists.</p> <p>When I have those low moods I tend to find it hard to do things that I know I was planning to do on a day. The day seems to slip by and I often think, "What have I done? I was going to do this and this and this, but I haven't done any of it."</p>
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		<p>Well before the pandemic because we have a house in Melbourne as well, before the pandemic I was, I made a conscious decision to walk to work because our office moved and it was within walking distance. So that was probably a 25 minute to half hour walk each way. So I knew that I had four days a week regularly half hour there and back, if I was running late it would be 20 minutes of high tailing it along. But because I could do that, it forced me to have that regular walk so I went for months and months without driving my car to work, rain, hail or shine I was doing it. And it was just, it's like I said I need that motivation and that commitment to say okay this is what you're going to do. Whereas you know, without that I just wouldn't do it so yeah.</p> <p>You know I'm a procrastinator.</p> <p>And you know there are a number of things I do in my life that are of that nature, and that's why I talk about a self-destruct but I don't want to be suicidal or anything silly lie that, but it does seem strange that I deal with the problem. To get me to change my lifestyle is a really big deal. Exercise, I like exercise, so telling me to do a different type of exercise, yes, I may well do it, all right. That's not a ... that's something I want to do anyway. But if there's any resistance the procrastination element comes in. And you're smiling but I think it's ... I think it's actually it ruined my life really, that I just don't follow through.</p> <p>If I can't do that, he'll tell me, well why don't you do this, this, this and I'll do it. But as soon as it starts getting better there'll be lapses.</p> <p>Lack of self-discipline.</p> <p>So motivation, the motivation is there, I will do intense ... the other thing I do, I describe my personality and my whole lifestyle, and I don't want to get too graphic, but there's a series of spurts, okay, so I do things in spurts. If I do intensive exercise very rarely will I do exercise that goes over an extent, I will sometimes, but generally speaking, say I'm rowing a boat, or something like that, I will work my butt off to do a short distance very, very fast, so that I can then slack off. To me that is like a description of my life. I will work incredibly hard to get something done as quickly as I can and then slack off. Rather than say building up and then gradually letting it go down. And I think that's ... that analogy applies across the board. So for example, your comments about dementia, if I knew what to do, yes, I would approach it with great gusto, and then you're talking two weeks, or a month, or whatever, and well I was really good for two weeks, and then gradually back to the old ways.</p> <p>[Memory concerns cause problems] to get out of habits in my case.</p> <p>No. Well intellectually, yeah, this is the difference. Intellectually I can clearly see things that are the right thing to do, but on a day to day basis I lapse.</p> <p>Yes. And it's more than a physically can't be bothered, it's also a mentally can't be bothered. Where is it getting me? It's not getting me very far at the moment, so ...</p>
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		<p>Probably, although I don't know that my memory changes have been so bad that I can't, say for example, recall what I have eaten or what I need to eat or what exercise I haven't done or should do.</p> <p>I would take notice of it in theory, but whether I would do it in practice is another thing</p> <p>There's one thing that I think I probably should do, and I've thought this for a long time. I think I should go swimming because that would help my lung problem, but I haven't done it yet. And I've thought about it for years, but I haven't done it ... I mean I think if I was serious, I should go to an indoor pool and swim, but I don't ... Probably once I did it, I'd be fine. It's doing it the first time that's ...</p> <p>But having said that, I test myself by going up a hill most days to see how I go.</p> <p>Because I'm lazy ... And I'm usually doing, and sometimes I think, I should've done that, but no, I'll do it tomorrow morning. Then tomorrow morning I forget, so.</p> <p>And my, as I said, I was really not well and my breathing was terrible and I just thought, well, I have to do it. I can't just sit here on the step and wait. So, you do what you have to do.</p> <p>I've been going out most days ... Exercises I've done probably most of my married life. Probably at about 60s I introduced the Pilates because I went to a Pilates thing for a while and introduced that and I've done weights for, the little program, probably 30 years or more. On and off, it's more regular now because I don't have so much to do.</p> <p>Yes. I think you have to feel you're getting something out of it. For example, I started doing a yoga class about a year ago and I only lasted a couple of classes because I just couldn't do it. It was too difficult for me. I needed something at a lower level and so I just stopped. I didn't persevere because it wasn't really at the level I was at. It was a beginners but it wasn't as suitable for someone my age.</p> <p>I know I should be doing them but I just completely lack motivation to do them, and I will think up all sorts of reasons why I really can't do that today.</p> <p>I'm starting to go back. I'm just starting. I did a 25 meter jog. I know that's nothing.... the other day, and that was okay so I'm just going to build up gradually. I'm quite comfortable dog walking now. I don't feel any pain or anything.</p> <p>I could, just a matter of giving myself a push, I think.</p> <p>I would know how to do the other muscular stuff, whether I had the discipline to sit 20 minutes a day and do it, is a different issue.</p> <p>I think anxiety seems to make one a bit more disorganized.</p>
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		<p>So yes, exercise is very important but I would have to say in that respect, I might be a little bit lazy sometimes.</p> <p>I sometime have to push myself. Yes, I do get lazy at times but overall I'm a pretty active type of person. I really never stay still, I'm always doing things around the house, the garden, etc, etc. But yes, sometimes I do want to just relax and chill out and do nothing. Some days I don't feel like doing much at all.</p> <p>It depends how far it [memory concerns] goes. If you don't remember names, people, events, dates, it does effect on your life.</p> <p>It's implementation rather than the knowledge, I think.</p> <p>There hasn't been that there. There's knowledge in my head that doesn't get transferred to action, really.</p> <p>Yeah, laziness and lack of motivation [would stop adoption of PA].</p> <p>Otherwise I think it's just a matter of getting into a routine and doing it often enough that it just becomes a habit.</p> <p>So, I think it's just establishing a habit and a routine.</p> <p>No, I don't think long-term [mood symptoms would be a barrier] because I think you'd probably start to see the benefits once you got into that routine. I don't think long-term that it would stop, would impact you doing it.</p> <p>As I said, when I'm going to the gym, when I get into that rhythm, because it takes me a while, one, to get there the first time and then get into the pattern of going, you know, because it's very easy to go "I might just cancel tonight because I can't be bothered" after you've been working. So, I've got to get into the pattern/the habit,</p> <p>Yes I don't know whether at my age it does become a habit.</p> <p>That that's your lifestyle, you know, rather than... I mean I don't do like dieting or... I don't do that. It's more about trying to ensure that you're living your life the way that's going to be beneficial for the long term, not just to reach a mark.</p> <p>I think of exercise wasn't part of your life, regular exercise or fitness wasn't part of your life, it's very hard to then change that 30 years later. So if I regularly do exercise from when I was 20, I probably did pump classes at the gym for a couple of years but it was never something of part of who I am. That's what I struggle with because it's an old habit.</p> <p>The only downside of them is getting into a routine and doing them on a regular basis and sustaining it. So, keeping up, not doing for a short period of time and then stopping, to have it a regular ongoing thing.</p>
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		<p>Because I'm not self-motivated so and it's another reason I like to work is because I need that routine in my life</p> <p>Yeah sometimes you've just got to put it aside.</p> <p>Yep, you get into a pattern and you've got to break it, start again reset.</p> <p>I did like the routine of that walk every day because it had, I guess the difference is it had a purpose.</p> <p>Well, self-control [would help], for a start.</p> <p>I'm okay with repetitive stuff. In fact I'm quite good with repetitive stuff. I can get into a pattern and I like the pattern. I like organisation.</p> <p>I did have quite a good routine, certain days a week of going and doing certain things, and it was a fairly ... it was a well-observed, or a regular routine.</p> <p>And I know there are things to do online and I know what time I can do them and with whom, but then I haven't actually put that routine in either</p> <p>Motivate, what motivates me is probably a lifetime habit of ... up until only a few years ago really, usually having somebody else to shop for or with and cook etc. So, at the moment ... it's an interesting question. I think habit and the ... yeah, at the moment, knowledge and habit.</p> <p>Break in routine [is a barrier], it's good to have a routine.</p> <p>I guess. If I started to ... if I became depressed, seriously depressed – and I know some people do, you know, or yeah ... I think there would have to be a change of mood. My life is quite – I organise my life quite well now, so something would have to interfere with that ability to organise my life, you know, remembering to do the things you have to do like pay your bills and put the rubbish out, and all those routine things that you don't even think about. I know they become harder for people. So, I think it would have ... so if it's a change of mood, well that probably means that I need to do those things even more. It's a catch-22, isn't it?</p> <p>It's not something that I force myself to do. It sort of comes naturally with our background. It's part of our life.</p> <p>Probably routine [would help motivation].</p> <p>Yeah, probably having like a guide or, what do you call them, a coach initially while getting into a routine.</p> <p>You know, I know what I should do, I just don't do it and I find excuses.</p>
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		<p>so I've had some time to reflect and realise that I was like, I'm lazy, [laughs] that's my issue, and that why can't I motivate myself and thinking that it's always there, you've got to change Carmel, there's benefits, but I'm lazy.</p>
	<p>Emotional regulation patterns</p>	<p><i>Yeah probably because I think you can tend to be you know, like on the treadmill a bit and you get into a cycle and it's hard to change that and it's hard to break it. And you know, I'm thinking in terms of work and then work causing anxiety and then less activity and you know, it just spirals downward you know. And I think sometimes you know, you'll put off holidays because of the anxiety of what you've got to do and all of that sort of thing. But once you break that cycle, things improve really quickly so yeah, I think so.</i></p> <p><i>I might be feeling flat and tired and use that as a reason to avoid going for a run.</i></p> <p><i>If I'm feeling bad, then I'm not going to go and do anything necessarily.</i></p> <p><i>The anxiety thing of starting something new can be incredibly overwhelming ... If you can just get started, if you can just get that little leg up and you're welcomed and you feel safe and you're not making enough fool of yourself like on a golf course then yes.</i></p> <p>I think when I'm stressed you can often skip meals or skip your exercise and then it compounds and you get overtired and definitely that can relate to your mood and your memory, and as you get older it's harder to get that recharge back, and harder to get the motivation to exercise and to get the diet right. So, stress, definitely not helpful in being focused to do anything about it.</p> <p>I mean, you get so depressed by all that's going on in the world and I do get very depressed sometimes about, and for instance I've been online constantly since the start of the American elections and it's really stressed me out and I will be stressed until we've got a decent result hopefully [laughing]. So things like that impact what I do during my day, you know. And I get quite depressed about, I worry about climate change and my family and what will happen in the future. So those sorts of things affect my motivation I suppose.</p> <p>So fear, there was huge fear in me and that's just, it's dissipated, you know, we have fear, of course we do, but nothing like it was and it's, I can put it in its right place now, acknowledge it, dismiss it.</p> <p>It [mood symptoms] just makes it harder to get up and do them.</p> <p>It's very hard to find the motivation yeah and the energy to do it, yeah.</p> <p>No and if something happened in your life that you became overwhelmed with something else and became house bound or in some, you know, more dark instance like that that you couldn't go out or you just didn't feel you could do it and yeah. That loss of hope stuff sort of thing, yeah.</p> <p>Yes. People can become very anxious about, you know if you're worried about your memory it might be overriding everything else that you're not able to focus on other things yeah, yeah.</p>

		<p>As I said before, if my mood is a bit low I might be unmotivated or actually do the things I know I should be doing.</p> <p>Yes. Stress. The irony of it. When you actually, you know you kind of need to exercise more when you're stressed, even if it's because it forces you, depending on what the exercise is, it forces you to breathe more and get more oxygen. Stress is such, you know like the tightening of the chest, the inhibiting, the feeling, the pressure of having to do particular things, it might not be the exercise. But stress is definitely a barrier. If there are stressful things going on around me, and I tend to absorb the stress of people around me, then it is harder to take care of myself first. Even though mentally I know that's when I need to make it a priority.</p> <p>So even though that could fix it, but I think I'm just too lazy or I'm just feeling down, I'll just rest and watch TV and I won't do exercise. I think that's a huge barrier to me doing those things that I know in turn would improve my state. So I take the easy option.</p> <p>You know, then you get anxious and you get angry and irritable and you know, all of that so I guess it, generally overall yeah, that would...</p> <p>I'm up one minute, down the next, well again I would put it differently. I'd say it's a series of spurts. Spurts of activity and then a run off where I'm sluggish. And then spurts of activity, again run off sluggish. If I get a good night's sleep, which doesn't happen often, but if I get a good night's sleep there's no question the next day, or the next two days, I'll see improvement. And I'll even see it dropping down because something has gone wrong, or whatever, as I had two days ago, no sleep incident, and that I paid a price. When I was young it would take me 24 hours, now it takes 48 hours to recover.</p> <p>And treating a bit too often, it's very hard not to do that when in you're in a certain circumstance. How can I make myself feel yummy?</p> <p>It [depressive symptoms] sort of paints a negative wash in your brain, and you think, 'Well, I know I ought to be doing this,' or, 'I ought to be eating that way,' or, 'I ought to be exercising today,' but when one gets into such a frame of mind, you know you can go for help, you know what to do in order to help these things, but there's something about that period of time that thinks, 'Well, you know, fair enough, let other people do it. It's not working for me today. It doesn't make sense for me today.'</p> <p>I do sometimes suffer from anxiety. I worry about everything and everybody, particularly during these arduous times. So yes, I do feel that sometimes my anxiety is no good for me, it just impedes on my progress ... I get all confused and that's when I maybe forget things because I'm too worrying, anxious about something or other. So all my brain cells are focusing on something instead of something else.</p> <p>No, because I think it's a low level. I guess if I was severely depressed, I wouldn't be able to do anything. But no, I don't think it prevents me from taking up something healthy.</p>
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		<p>The things is also, if you're feeling a bit crap, which is essentially what we're talking about [with depressive symptoms], well, then I will be slack or I'll go "I can't be bothered walking".</p> <p>Definitely [mood symptoms make adopting PA more difficult]. I mean, that's what I'm saying, it's a vicious circle because if you're not feeling great, then it's really hard to push yourself to do the right thing, even if you know you're going to feel better afterwards.</p>
	<p>Physical capacity and limitations</p>	<p><i>So I don't know that I could do any more than I'm doing. As I said, with exercise I can't do gym classes or anything like that because I've got a very bad neck which they wanted to operate on two years ago but it seems to have settled down, but I just have to be very careful. I've had various joint replacements over the years and things like that. So I am riddled with arthritis and I have to be, especially in my neck and lower back, I have to be really careful. So I can't do any gym classes, that sort of thing.</i></p> <p><i>Then I jogged for about 10 years until something happened to my knee, so I stopped.</i></p> <p>Right, okay, it might be, you know maybe if I for some reason a spine went or something like that, some physical thing that might prevent me from walking because I've watched that in other people and I always, I just feel great sadness for them when they can't walk because I find that wonderful. It would be something probably physical that happened.</p> <p>It would probably be something physical within me that maybe prevent me from doing it, yes.</p> <p>So some sort of health ... Health issue.</p> <p>And ended up with nerve damage in my right sciatic nerve and that combined with the plantar fasciitis has meant, and probably to do with cognitive issues as well, has meant that my sense of balance is not what it used to be. I wanted to get back into bike riding when we, my younger daughter and I moved to this house three or four years ago because it's all quite flat and quiet streets around here and I really wanted to get back into bike riding which was something that I did ferociously with my brother when we were adolescents, we just rode all over the eastern suburbs, kilometers at a time ... And I really wanted to get back to that because I thought that riding a bike would help to retrain my balance and I was just so unbalanced on the bike that I was just [laughing], and too scared of falling over and, you know, smashing my knee on a concrete kerb or something and ending up more disabled than I already was.</p> <p>I can't do a lot of exercise because of my arthritis but I walk and I garden and that's better than sitting inside watching TV [laughing].</p> <p>So my frustration at the moment is, so specifically at the moment, is injury. So I would like to run more than I am at the moment but I've got this problem with my adductor that every time I rested for a week and then I go for a run and it flares up for a bit, so that is limiting doing that a little bit.</p>

		<p>I do like to do weights as well but legacy of old injuries, I've been restricted by that with some shoulder problems.</p> <p>I mean, there was a couple of weeks there where I was running four times a week and then I kind of had this ankle problem and then I didn't run for a few weeks.</p> <p>Because also due to the gut issue means that I get tired more.</p> <p>I then do need to rest and have time out and it could mean that I sleep a lot of that time.</p> <p>But prior to that I was doing a little bit of that gym stuff just on a Sunday with my good friend, doing that circuit type stuff, then that all stopped anyway and I had to stop because I couldn't do my shoulder, because of my shoulder. I had to [0:24:35.3] that, trying to take up swimming. I've never been able to swim properly, and I was thinking about getting lessons, and I'm still thinking about that when things get better.</p> <p>Well, for instance, because I've got the lung problem and asthma and things, I find going up hills isn't always easy</p> <p>But then I injured a muscle in my hip which it is slowly recovering but I knew I had to stop the jogging for a while and skipping with a rope.</p> <p>People stopped doing things because they can't do them physically</p> <p>And he said, "Look you're doing well. Just don't stop walking. If you're tired just sit down on your walker for as long as you like, get up and walk a bit more." And that made quite an impression on her and that's what she did. Whether it's like most people, she felt she was robbed of her dignity getting out on a blooming walker anyway. But those words, it doesn't matter how little you do, just keep doing it.</p> <p>Well over the last few years on separate occasions, broken toes which was just a blooming nuisance and that gave me a taste of what it's like to be disabled. They came good after 3 weeks or something but anyway, that made me I remember on both occasions, very cranky.</p> <p>Well not ... well I had a horrible moon boot, so I walked a little, but I was told I think on both occasions, not to go running around and only use it as necessary to do what you have to do. Oh, I could do other things, you know, like anything that didn't involve weight on the foot actually. So just physical stuff. Stuttered exercise. So, not that's all. Fortunately, I haven't had any.</p>
	Self-efficacy	<p><i>I am fairly confident because I want to basically.</i></p> <p><i>But I just can't see myself getting back to that level of exercise again. I'd love to and I have actually downloaded the aerobics exercises that I used to do and they're on my computer but I just don't,</i></p>

		<p><i>I mean I don't dwell on it [anxiety], but from time to time I do think this is never going to get better, in fact, it's going to get worse as I get older because your lungs don't repair themselves. So, no matter what you do.</i></p> <p>Yes I'm confident, yes.</p> <p>Yeah, very confident.</p> <p>Oh, it depends what it is. I mean, I certainly, no, I don't think there'd be a lot of anxiety because I wouldn't take on anything new unless I thought that I could handle it.</p> <p>Yes, depending on the severity of the illness. Absolutely, yes. I would want to [return to PA]. The quicker the better. So I would do my very most to progress.</p> <p>The anxiety thing of starting something new can be incredibly overwhelming. Or in my case it can be and I just think, too hard, can't do it, can't do it, I need someone to come with me, no one can come, where am I going? Yeah.</p> <p>You know what? It's just laziness. I don't know how to get to that, I'll be honest, that stage to just motivate myself to just go, Carmel, just walk around the block or just pick her up, don't use the car. So I've tried and I have been better in the summer. And I don't know what would make me, because I would be doing it if that was the case.</p> <p>But whether my body, my mind will allow me to continue in this fashion, I suppose only God knows. Myself, yeah, I'll put in the work if necessary. It's just the body whether anything could happen really.</p> <p>How confident am I say, increasing my physical activity? Again, I'd probably say 50/50 ... As I say, sometimes I need a bit of a push and until I get that push, I can be quite stagnant and I know it, as much as I know it's irrational.</p> <p>Probably [confidence is] somewhere in the middle. I mean, I need a bit of a push, I guess. Somewhere around the middle, pushing towards more positive to make that change.</p> <p>So, that would probably be the most, that I would find the least difficult. Going to the GP would probably be next. If I could work out with the GP exactly what's needed as far as the dementia prevention goes and then, probably the exercise.</p> <p>Well, I wouldn't be doing it [adopting PA] with a view to reducing the possibility or dementia. I'd be doing it just for another experience.</p> <p>Yes, as long it weren't ridiculously onerous, I would [feel confident], yeah.</p>
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<p>Individual attitudes can support urgency for change</p>	<p>In-principle attitudes</p>	<p><i>Anything that would aid the onset of it [dementia] and hopefully one day it may be eliminated depending on, well we see wonderful things happening so why not?</i></p> <p><i>I don't think I would do it if it wasn't proven but if somebody said to me, it's proven that it does work, definitely.</i></p> <p>I think you have to try, not really, I think you've got to try and see ... There may be but I'm willing to try.</p> <p>Definitely willing [to adopt PA], yes definitely.</p> <p>Well, I think having seen, if it's proven that it [PA] can prevent dementia and having seen what dementia does to somebody, I would absolutely.</p> <p>Reducing my [dementia] risk would be enough.</p> <p>I don't think it would need to be guaranteed. I think if it's worded to say it will help, then I think that would be sufficient.</p> <p>I think to a very large degree we're responsible for our own physical and mental health. Even emotional health I would say although a lot of people find that harsh</p> <p>Okay. Yeah so of those three factors the diet and exercise is fine.</p> <p>Very willing, yeah totally willing. Very willing.</p> <p>But if there's anything that, there's things that I can do for my own health that means that, like delays or avoid the burden of care on my family then I would want to do it.</p> <p>I would be open to it.</p> <p>Definitely, I definitely would like to make a change to it [PA] and it's something that I need to do.</p> <p>Yes, I would be willing to take that [strength training] up.</p> <p>Mm, if there was something that was recommended and suggested.</p> <p>Well, extremely.</p> <p>I'd be very willing.</p> <p>Yeah, I mean I do that anyway. So, yep, that's okay.</p>
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		<p>If you're half smart you know the things that are going to impact on your health: physical, intellectual, all sorts of ways. So, I mean unless you're silly, you wouldn't do things that are going to impact you negatively so, and it's just something that happens as you progress through life, I think.</p> <p>Very willing, and to a large extent I have in the last say ... I just want to keep doing what I should have been doing.</p> <p>I'm motivated to ... take the dog for a walk and do my jogging.</p> <p>I probably do them anyway but maybe I force myself to continue doing it because of dementia. The risk of dementia, absolutely. I don't want to slack down. I want to be more progressive.</p> <p>Interviewer: Would you be willing to do certain things if it was only a small chance you could reduce your chances? Participant: Yes.</p> <p>Very willing.</p> <p>Well if there's something else that I can do that would be beneficial, I certainly would.</p> <p>Yes, if I were convinced and there was good scientific reason. Yes.</p> <p>Depends what it is, you know. If it's a drug, probably not [willing] unless it's a vitamin pill or something like that. I mean, a lot of people say, for instance somebody was telling me just the other day, "Oh, you should take ginkgo. Ginkgo tablets will stop dementia." I'd never heard that one before.</p> <p>I don't know. I mean, I haven't discovered anything so far that I think, "Well, this is a definite thing I should do." So I can't answer that one. I really don't know</p> <p>I'm assuming that you're looking at healthy lifestyle-type activities but I don't know that I could do any more than I'm doing now.</p> <p>I can't think of anything that I would willingly give up.</p> <p>Well, yes, I'd be interested.</p>
	<p>Perceived personal salience of reducing dementia risk</p>	<p><i>It (DRR) would be vital actually because yes, because I know that through dementia the person is gradually lost to the people around them and they're lost to their environment so yes it would be vital to be able to prevent it.</i></p> <p><i>I mean I'd give up something that I do if you could prove to me that it was deleterious to my likelihood of becoming demented.</i></p>

Yeah so at least for this year while I've been getting all this physical exercise and everything else I'm just trusting that, I can read my body quite well and I know that you can't sense high blood pressure for instance but I can read my body quite well and I think I may have these things if somebody measures them but they're not actually affecting me in any negative way.

Personally within my life it probably wouldn't be because we have no history of dementia on my side of the family.

I think I'd be more concerned about dementia and my memory, I think I'd be more concerned about those things if I wasn't able to compare notes with other people, and virtually everyone I know has different levels of memory problems [laughing]. Some are worse than mine and some are much better than mine, so you know, it makes you put it all into perspective really.

I suppose it [experiencing memory complaints] encourages me to do it, to do all of these things.

To avoid it happening, yes. I guess it's a fear within most people to lose control and, yes.

No, quite happy to help because as I said I've seen the sadness of dementia. My brother is 88 and he is in aged care and not through, he has Parkinson's so it's not dementia, but you see it in there. Being a child of older parents and them being the youngest in their family I've been around, yes. Anything that would aid the onset of it and hopefully one day it may be eliminated depending on, well we see wonderful things happening so why not?

Having seen what it [dementia] does to somebody and what it takes away from their life, quality of life, anything that can be done, it's incredibly important.

Yeah... I think, for me, it's more motivating to say it could prevent dementia than directly saying it could help your memory. One seems a lot more serious to want to prevent than memory... I think there's a perception that I'm just getting old, it's just a memory and it's a little bit of a... I've got to start writing lists... rather than associating that with potentially dementia and other, more serious illnesses.

Because there's a lot of stuff that I would like to do. A lot of craft work for instance and garden work, you know, that I haven't been able to do because I've been working or looking after children. I've still got an awful lot that I want to achieve so yeah I don't want to end up being demented to be able to do it.

I'd say nine and a half, nine and three-quarters, ten out of ten. Yes, pretty important [to prevent dementia].

But my husband has a huge history of dementia. So it would be vital from that point of view of our future together and what's going to happen in the next, in our lifetimes, yeah yes.

		<p>And then of course when you look at society and the immense pressure to support, to help and then to finance dementia. It's going to impact everybody.</p> <p>Well it's, you know, increasingly I would have to say that because of this year and my dad's diagnosis that I have, in addition to my father-in-law getting diagnosed with myeloid leukemia, and he's now remission, but it's really brought to my attention the importance of taking care of things now. And certainly one of the lectures that I'd gone to that was for donors was talking about, was really talking about prevention and identifying things as early as possible because by the time there's obvious signs, it's too late for the kinds of things that could help earlier.</p> <p>Well I think it's, I mean having seen what's happened ... with my father and the stress that causes, particularly for my stepmother is the only one who lives with him, I think it's pretty important to do what you can. It's not just for yourself but for the people who end up being responsible for caring for you.</p> <p>I think that would be awful to be alive but not there for the people who are around you and certainly the depictions that I've seen of dementia which, mainly through films and I don't know how accurate that is necessarily, but it would be something that I would like to avoid if I could.</p> <p>That would be extremely important to me because I have elderly parents and I've seen the impact on people around me. So anything to prevent it [dementia] would be amazing.</p> <p>Those sort of, you just hear some sad stories about the impact on the patient as well as the carers and others.</p> <p>I think it would be great to prevent it and I haven't had any personal experience with anyone I've known, but certainly have heard other people talk about dementia that they've had with their family and being a nurse, I've seen people with dementia, so I know how tragic it can be. So, yeah, I guess, just from a public health perspective, I do take note of the things that might help to reduce or prevent it and I think any research that can be done in that area is a really positive thing to do.</p> <p>Just because as you get older I think that one of the saddest things that happens is that people can remain moderately fit and well, apart from developing dementia, and I've got a couple relatives in the past who have developed dementia, and they're otherwise physically well; they just lose their marbles and so I would very much like for my family too, particularly I'd like not to end up being one of those people who becomes dependent on others just because they lose their brain power.</p> <p>Massive, it's [dementia] my biggest fear, of all the things that could go wrong with me including all the nasty you know, physical diseases that someone might get, it's number one on my list.</p> <p>So that's the only one that I fear and I fear it from the point of view that of all the things that can go wrong, it's the one that takes away who you are, you know. So it's my biggest fear, yeah.</p>
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		<p>And obviously as people get older the fear, the enormous fear they have. My age it's cancer, the next stage it's dementia and [0:02:18.6] obviously.</p> <p>If I do cop dementia well then that's going to affect the things that I really enjoy, and I'm aware of that, and that's why I'm also motivated to try and actually get my act together.</p> <p>Extremely important, because it's bad enough one has to grow old – although lucky enough I suppose, put it that way – without being a burden on someone else, without feeling that you've become silly, or part-senile, or very forgetful that you have to rely on other people to sort things out for you. It's really an imposition on yourself.</p> <p>Extremely important [to prevent dementia].</p> <p>It would be very important [to prevent dementia].</p> <p>I think the more people that are aware of anything that can be done to potentially prevent dementia is a good thing.</p> <p>Extremely important. Because dementia is one of the worst diseases of older age, and younger age too sometimes. I'm 73. My father had dementia. I experienced it first hand with him. I've got a first cousin who has dementia, who got dementia I would say in her late 60s and I've witnessed what's happened to her and if it was preventable, it would be fantastic.</p> <p>Because anyone that's seen dementia first hand would be motivated not to get it.</p> <p>It's of utmost importance of course. I see my mother with Alzheimer and I certainly don't want to be like her. Don't want to become like mum, forgetting things and people and memories. It's not a nice thing, no.</p> <p>No, must admit when I saw the GP, he did say I could go to the Dementia website but then I got scared off and I didn't.</p> <p>Having seen families with an older person with dementia and how terribly distressing it is for the person and for the families; it's not something you would want anyone you love to go through, or yourself to go through.</p> <p>Yeah my mother's mother had dementia and, for quite a few years, and ended up in a nursing home and yeah ... And I've had my own great stressors through marital breakup and single motherhood and all that so I'm aware that, you know, processes have already probably been taken place organically which I may not notice as yet but anything that I can do to counter balance that ... I'm more conscious of the health benefits of what I do on a daily basis this year which is why I can be, have a bit more equanimity about doing the hard physical work because I know that despite the pain it is probably doing good for me.</p> <p>It [family history of dementia] motivates me.</p>
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		<p>I'd like to think that I'd be very likely to do it, but then I look at the reality and I think, well, I should be better at it now, especially given my parents. I should be out there doing more exercise and I should be already eating better.</p> <p>I'm probably not great at going to the GP. I mean, I know I should, given I know I've got to go and have a cholesterol, no, what is it, glucose fasting test in March and I'm usually a bit anxious about that because I'm always a bit borderline cholesterol/blood sugar.</p> <p>So, I go through phases where I try and eat really healthy. I might, like I went through, last time when I got my blood sugar results, got a bit of a scare, so I got a low GI book</p> <p>It's hard to say because the thing is, I have had, besides the fact that, I know I've got a mother with Alzheimer's and I should be better at what I eat, I wouldn't even say a health scare necessarily because I've had the health scare and it was an impetus for quite a few months, and then, you know, I plateaued. I just sort of say half/half.</p> <p>So, it makes me a bit anxious if someone says to me, "Oh, you've told me that" and I try not to react. I think that may have spurred me a bit at the start with the exercise.</p> <p>Well prevention, if you were susceptible to dementia, that would be the massive, that would be the massive driver. And just as we get older, to be aware of what is happening with your body and your mind and keep on top of things instead of ignoring it</p> <p>I have an investment in that (DRR) ... I have an investment in that given my age.</p> <p>When I turned 50 last year I thought you really need to take care of yourself because, yeah, it makes a difference.</p> <p>Yes, I would say that when I do suffer with some memory loss it makes me aware of doing something about it and that if weight training or diet would help with that, I think that's a pretty good reminder that if you can make some changes or prevent it getting worse, yeah, I would certainly try and focus on that more.</p> <p>It [memory complaints] makes you want to do something about it.</p> <p>I think it [memory complaints] makes it [PA] easier ... It's a motivator.</p> <p>Having had a family history of it, I'm really conscious of it and you know, I try to improve on previous generations in that regard hoping that will make a difference.</p> <p>It is, and because I'm, you know I consider myself to be a relatively healthy person and physically active, I don't see that there's anything else that would be, you know a problem for me.</p>
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		<p>Yeah to beef up all those other things definitely because it is such a fear.</p> <p>It [memory complaints] wouldn't stop me from doing those things because if anything it will motivate me to do more.</p> <p>Get scared.</p> <p>Conceptually yes, clearly it would. The reality is though some of the issues that I'm talking to you about, which is why I accepted this study, you know, memory is not what it was, and I can actually see issues. And my wife is constantly reminding me of particular issues, including today's meeting. That makes me aware that there is an issue, or there is the onset of an issue.</p> <p>I think they're important because, to be reminded, to know that you have the chance to avoid getting dementia or associated diseases, if someone points you in the direction and it's a bit like someone being told, "Look, if you don't change your lifestyle, you won't see Christmas," or something to that effect, you know? If you were told, "You need to do these things otherwise, with your genes and with this, and with that, you are looking dementia in the face," I don't think it hurts to be told those things.</p> <p>But certainly, on the maternal side, and if I were to be told that yes, you're in the direct line for getting the same thing, I would pull out all stops, actually, if someone said you need to do this, that and the other to delay the onset.</p> <p>I think when I realise I've done something silly or not done something I should have, and I blame it on my memory, that motivates me to ooh, you know, I've got to keep fit and healthy. I've got to keep my brain active.</p> <p>Because it's [dementia] so close to me, yes. One generation, yes, indeed. It's always at the back of my mind.</p> <p>Getting older and realization that we're not always young, agile and healthy. So you really have to start working on yourself, on your body and mind because we age. The body ages, the mind ages. When you're young, you think you're never going to reach it. It's so far away isn't it for you? I remember being young and saying 'That people get older, I'll never be old.'</p> <p>Yeah, very much for granted we do. So as you get older, one gets maybe wiser. Also, life becomes more precious because you know that you don't have that luxury of time.</p> <p>Well for me, personally, I'm very concerned about my memory and so if I could find some tools or ways to assess, that would be helpful.</p>
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		<p>Yeah. Anything I can do. Yep ... Well certainly it [memory complaints] helped me put my hand up for this study. If, occasionally, I come across an article or something about possible ways to reduce the risk of dementia, then I'll certainly follow that up.</p> <p>No, I think it [memory complaints] increases the motivation [for PA].</p> <p>Well, I never do anything with the idea that it will reduce my possibility of being demented. So, I mean maybe it's in the back recesses of my brain, I don't know. I've never consciously done it with that in mind.</p> <p>Again, look as I've said, it's never at the back of my thinking when I make a change but maybe it should be, I don't know. But I certainly don't do things with a view to reducing my likelihood of getting dementia</p> <p>Possibly, though, it might take a major sort of episode to do so.</p>
	<p>Outcome expectancies</p>	<p><i>Anything that I can do to counter balance that ... I think will help to at least, you know, delay proceedings ... And perhaps not make it as bad as it could be.</i></p> <p><i>Yeah. Enjoyment, if I enjoy something, there's no question, I seek enjoyment. And there are things I do in my life that I really enjoy, and there's no trouble motivating me at all if I really enjoy it.</i></p> <p><i>And I know how much better you feel when you do these things and it really is as simple as that. On a daily basis. I mean overall, you know bigger picture, I just know that it's better for you overall but over a lifespan but on a daily basis I just feel better.</i></p> <p><i>As I said, I just am very careful about what I do. For instance, I can't lift anything too heavy. I've been told I mustn't reach up high into high cupboards and things like that because of my problems in my neck, so I'm a little bit, well, I'm very cautious about that sort of thing. I mean, you could easily show me what to do but then I'd have to toss up whether I thought that was a good idea to attempt it or not [laughing]. Nuisance there.</i></p> <p><i>Exactly and then I guess the downside of that is if for some reason you're going through a phase where it's been difficult to either do what you need to do or even difficult to motivate yourself to do what you need to do. I'd be fearful that then would cause an anxiety or a fear, you know feeling of failure or something.</i></p> <p>And certainly reduce the extent of dementia too.</p> <p>A little bit of cognitive decline I can accept but, you know, just so long as I can still keep doing the creative work that I long to do.</p> <p>And I'm in a dragon boat team that we train two nights a week ... Yes we're going tonight as well and we've had some lovely paddles, it's been great, I love it.</p> <p>I think so, yes. I mean, if preventing dementia is the acme, isn't it?</p>

		<p>But if you can delay it somewhat, when I think it's probably an inevitability of the human condition, to be honest now. If it can be delayed somewhat or mitigated somewhat –</p> <p>I am hopeful that it [dementia] can be [prevented], that it will be. I'm very positive about it. I'm sure that with some help I guess, maybe, we can slow down the process I believe. Can't really stop it I don't think, altogether, but maybe just slow it down somewhat.</p> <p>I think to some extent, maybe not a lot but I guess anything helps.</p> <p>I believe now that yes there are ways to do that [reduce dementia risk], yes.</p> <p>I think you can [reduce dementia risk], I think you can.</p> <p>Reducing my risk would be enough.</p> <p>Yes, yes I do, yeah.</p> <p>I like to think so. I'm not 100 percent sure that I can [reduce dementia risk], as in I might still do all the right things and I may still get it. So, there's no guarantee and also, as much as I try to do the right things, sometimes that just doesn't work.</p> <p>I'm sure you can [reduce dementia risk], I'm sure you can.</p> <p>Very. Very, [PA can] keep the blood circulating and the coordination. You lose your coordination. It diminishes as you're not doing things that makes you be coordinated and follow instructions.</p> <p>Well if you don't use it, I feel if you don't keep doing things, you lose your skills really quickly. You know it's like spelling, because you're not using your language all the time and writing it down, you go to spell something and you think...yeah hang on, which way.</p> <p>You know sustaining all those complex mechanisms that make us function and by not exercising them there is decline.</p> <p>We know that even as a simple thing of sitting in a funny way and getting a numb foot and it's just, you know, or recovering from an illness when you haven't moved, been able to move, of the work you have to do to get back to where you were. So I just feel there's a kind of a common-sense element behind it.</p> <p>I would hope so</p> <p>Yes, I think so.</p>
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		<p>So, if you're tired or overworked or whatever, then your memory tends to suffer a bit more in relation to that. If you're eating well and you're exercising, then I could see how that would help.</p> <p>Yes, I'm sure you can.</p> <p>From what I know, it's [PA] worth doing.</p> <p>I constantly hear that you know, anything is better than nothing and anything improves the mood, and I've believed that for a long time.</p> <p>Because we will age regardless but slower maybe and better. That's all we can aim for.</p> <p>Not really, no. I cannot understand how so many scientists all over the world are studying this topic, Alzheimer's and other things and still have not come up with any cure for it.</p> <p>And I also think like, physical illness, maybe there are certain things that just happen in your brain, regardless, you know. Deterioration. You can't do anything about those I believe.</p> <p>[Family history] does cross my mind and I often think why my dad, was there something he did or could have done?... so I try not to dwell on it because it's like getting cancer or anything else. Luck of the draw, I think.</p> <p>Look, I think it's [PA] important for health as a whole. I'm not sure about dementia prevention, because my dad was a farmer, so he was very physically active his whole life and still got dementia, so as much as I think it's important because I think it goes across all elements of health but I'm not sure that it specifically prevents dementia. I don't know.</p> <p>To be honest I don't know [how important it is]</p> <p>You know, we can still learn things, but really that's just things I've heard thrown around. I'm not sure about the validity of those things.</p> <p>I don't know, but what I read and hear tells me that there are opportunities to actually do my best to try and prevent it [dementia]. I think I watched something on SBS a while ago?</p> <p>To be honest I don't know [if dementia can be prevented] but I live in hope that doing those things will help</p> <p>Well, I've tossed the idea [of dementia prevention] around quite a bit, that perhaps you can delay it a little. We are all – humanity is living longer, and so some things are bound to go bang in the night. I think the idea of exercise and keeping your brain active in whichever way, are all very useful things, but I don't know if these things could completely stave it off.</p>
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		<p>But you know, I hear people saying "Oh well, keep the mind active, learn a musical instrument, do your Sudoku, learn a language, do dancing" all these things. It possibly helps but you know. I'm not sure it helps, I'm not sure about that.</p> <p>I don't know.</p> <p>I would like to believe it. Let's put it that way. I'm sufficiently of the belief that I carry on doing these things in the hope that I will retain my cognitive skills.</p> <p>I know it's been seriously studied, however, as with preventing a lot of things, I believe perhaps incorrectly that you put down paths earlier in your life, you know, it's no good trying to fix your lungs if you've been smoking until you're 80. So sometimes I think, what are the bad habits I've accumulated that have made it too late to do anything about dementia? So, it is important to me. It would be, yes.</p> <p>Yeah, I think ... something that made it a bit of fun, that you got points or rewards or something for seven consecutive days. Things like that. I think something like that to try and make it a bit more interesting</p> <p>Yes we're going tonight as well and we've had some lovely paddles, it's been great, I love it.</p> <p>You know, we've suddenly finished work so wouldn't it be delightful if we could actually enjoy a bit of time for a while.</p> <p>I actually know that I enjoy it, I feel the benefit of it.</p> <p>Exactly and things of interest, rather than just randomly going for a walk.</p> <p>And I can't remember what that was called, but I might look up Mensa and see if they're got baby Mensa.</p> <p>I don't know that it would encourage me to the physical. It might, I have no idea, but I think that could be fun. For instance, I really enjoy jigsaw puzzles ...</p> <p>I would be prepared to do a little bit more exercise if it was enjoyable.</p> <p>As far as outdoor exercise, yeah, I always feel happy when I'm out there doing it. I can sort of say to myself this is a good thing and I'm enjoying it.</p> <p>Well obviously it would combine cardio, strength, balance and coordination. Of course balance and coordination become more important as you get older. They're the things that.... variety, and fun.</p> <p>And it's wonderful thinking time. The don't take a radio or anything with you, it just lets your mind go. I think I've learned that by doing long walks, you know</p>
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		<p>Well it would be enjoyable. It would be fun; it would be something I'd look forward to.</p> <p>When I was recommended to do more weight bearing exercise, I was recommended by my GP to go to a, when she prescribed a gym where I could have a personal trainer develop a program for me, which I tried to follow in the gym. I don't enjoy workouts in the gym at all. I'd prefer walking or aqua aerobics rather than a gym. There's too many young people in lycra.</p> <p>I guess, I guess I'm motivated by going out and talking, when I'm walking I'm talking with people, I'd go with a partner, I might, yes.</p> <p>A local group in your community is very motivating because the time's set and it's social so you go because you know you're going to meet this one and that one and you can do it together.</p> <p>But also it provides socialization because I walk with other people. So the socialization aspect is really good. And we move to a new town, so it's been great to meet people.</p> <p>Sometimes it's motivation that's needed because if I've got somebody to walk with it's much better than if I, like I went and walked yesterday by myself and I was very proud of myself afterwards [laughing] because I find it hard to motivate myself when there's no-one to chat to.</p> <p>That's [meeting friends] really what gets me out of the house on a regular basis.</p> <p>Now that I'm the age that I am, having other people who want to accompany me and we have a coffee afterwards and stuff like that, that's really a big part of my life.</p> <p>I've never played team sports and I've never belonged to a gym, I just don't find that inspiring. It was the social aspect of it, it was the collegiality and the fact that we worked in the same office just helped, it just helped bring this other element to how we worked. 'Cause we're like punching each other really and, you know, sweating and you know it sort of brought this different human side, and we talked about life outside the office and so that's probably the only reason that I did it.</p> <p>But in turning, I suppose in turning the exercise into socialising it then is more attractive. So for some people the motivation is money, they get their gym membership and they say well I have to get the most out of this. So that money, the spending of money or the getting the most for my money is never going to work for me, it needs to have something, you know, some other benefit for the self. So the socialising</p> <p>So yeah, in summer we should be walking every night. She would love to do that. Now I'm using things as excuses. But now there is some motivation.</p> <p>That one I wasn't so, I wouldn't have connected that to dementia.</p>
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		<p>Purely because it will give me that motivation to get out regularly and I think that sort of thing is beneficial from the point of view as I said before of not just keeping physical active on a regular basis.</p> <p>As far as outdoor exercise, yeah, I always feel happy when I'm out there doing it. I can sort of say to myself this is a good thing and I'm enjoying it. Keddie's enjoying it, which is what it's all about.</p> <p>Look, I think it's important for health as a whole.</p> <p>Yeah, definitely – weight loss, health, physical fitness.</p> <p>Even if they don't benefit anything, they're still going to be good for you,</p> <p>It's keeping my muscles and bones strong.</p> <p>Well I've lived long enough to know that I feel better when I do [laughing]. I literally feel better when I do.</p> <p>Yeah I just know how lousy you feel if you don't exercise</p> <p>Someone of my age and fitness level. I think it would be very good for me.</p> <p>But I mean I also know it's good for me because when I get out there, I know I'm unfit. I'm looking at trying to convince myself to go back to the gym and that's more for a general health, not just mental, but physical as well.</p> <p>Yeah, that's what I was saying about, you always feel much better. Not so much when you're doing it, but after you've done it. It's hell when you're doing it, but after you've done it.</p> <p>It does because also, I start to feel more toned and also, probably lose some weight and then as soon as you're not carrying that around, you know, because I'm probably about my heaviest now, when you're carrying that extra weight it's a bit of a chore. So, when you're lighter you just feel emotionally lighter, I think too.</p> <p>That's also too, sometimes now when I'm walking, one of my knees aches and I think "Well, I think that's because it's dealing with too much weight".</p> <p>but once I'm into it, I will feel better, I know I'll feel better</p> <p>I probably do it from the general point of view</p> <p>Overall physicality...overall health of course is the major thing and that's probably the biggest driver because we don't realise how quickly we could fall into something that's much more insidious, i.e., diabetes or something like that and then it all compounds very, very quickly yeah. So it's more so your general health</p>
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		<p>When you're kind of doing all those taking care of yourself things and you're in as good a shape as you can be, you just, you know I feel better and you contribute more to the world and help look after other people.</p> <p>Or if it's above just getting out the house and being on my own for a bit, walk or jog, there's got to be some kind of benefit that I feel in myself.</p> <p>Look it hasn't... in a way it's almost propelled me to take better care of myself in that regard because ... I've been mindful of the need to, you know, to be an able bodied, physical and mental, to be, you know, a pillar of strength for these two young people who have some pretty horrific things to deal with in the midst of a global pandemic.</p> <p>So those, you know to really, to try and simply answer the question, those stresses have highlighted the importance of taking care of myself because if I were not exercising, as much as I am, it would be atrocious not only for my mental health but I would feel physically poorer and then that's just harder to be motivated to do the things I need to do to help support my family. So it hasn't made it harder. It's kind of, it's probably a bit of a propulsion.</p> <p>I would much rather be a 90 year old who can walk down the street than a 90 year old who can't ... I think you can very easily just, in the same way that you can let your mind just atrophy, you can let your body atrophy and I don't think you need to necessarily accept that decline of your physical body beyond the things about ageing that you can't do a lot about, that your head goes grey and all that sort of stuff, any more than you need to accept that beyond a certain time in your life you can't learn new things and you can't be challenged by embracing new ideas.</p> <p>I don't really do those things because I've got dementia foremost in my mind, I do them because I think, you know, as we age there is no necessary reason that you have to succumb to physical and mental stasis, I guess. If that helps dementia, I'm all in favour of it.</p> <p>I don't like the feeling of carrying a few extra kilos, I like to be fit.</p> <p>Part of the reason I ride a bike, because I can't understand taking half an hour to get somewhere when I can get somewhere in five minutes.</p> <p>But I like exercising and I like the feeling that comes with it and I like, you know, feeling fit and looking okay ... I would be lying if I said is that excellent part of it.</p> <p>My dad's side of the family have Parkinson's so he has brothers and sisters with Parkinson's and I always, I know that is a little different, it's on the spectrum but I am always am concerned that that's something that I will be afflicted with so there is that personal interest as well.</p> <p>Yeah, I was pregnant when I started and it was about posture and fitness,</p>
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		<p>I just hear generally that physical activity is extremely important as you get older, to try and maintain your overall health, whether it's physical or whether it's mental doesn't matter; it's an important thing to do to keep you mobile, to keep you as an active and interested part of society in the community.</p> <p>Just general physical fitness, I think would be a good thing. Always helps.</p> <p>Yeah, to the extent that I can with my stupid shoulder. I'm very keen to try and do that for general core fitness, about being stable on my feet in the future and all that sort of thing.</p> <p>Both, to keep my mind and body moving, yeah.</p> <p>I have certain dietary things I do, which assist my overall general health, and I believe mental health is just part of overall health. And, oh, it's not part of it, it's certainly a ... it's just another arm I believe of general health. And I have a heavy input, and almost excessive input of fresh green vegetables.</p> <p>Okay. So I'm a strong believe in it, but from my overall health, so I suppose mental, if you accept the proposition that mental health is just an extension of overall health, I'm fairly sure it is, not all, not exclusively, but I think there is definite correlation put it that way, but I can't prove it. Yes, I do feel being physically active is very, very important. And I, with that in mind, try to be physically active at least every second day, and that ... look, I don't always succeed, but generally I do. And the main reason I do is just because on the days that I don't I can feel the affect and I become sluggish, I find it hard to deal with paperwork, just to deal with life generally. Whereas if I've been out and about the previous day and I'm just tired, or at the moment I've got sore knees and sore shoulder from doing exercise yesterday, I sort of feel that's a positive. So, I'm assuming that would help my mental health as well.</p> <p>No. I do it for a different reason, mainly weight loss, I think you might say – oops, I don't know what I've done with this again – although I know it does contribute to brain health.</p> <p>Also, I need to feel that I'm getting something out of it ... Not too difficult for me but I need to feel the benefit as I go along ... Well, the physio gave me a couple of exercises to do some time ago and they're kind of strengthening the core because of my back issues. I can feel that those exercises are doing me good and so I'll continue with them because I can see the benefits. I know that if I didn't do them, I'd probably have trouble getting out of a chair if I've been sitting in that too long.</p> <p>I was in my 40s and I started jogging for the first time in my life. It was a bit difficult. I was doing it with a friend and I improved fairly quickly and I could see the benefits of it</p> <p>Well I believe if you're physically healthy through exercise, diet, regular GP visits and attention to your general health, that enables you to do stuff, particularly when my hip was very, very sore and it was a real trial to even take Keddie for a walk. I did it every day but it hurt.</p>
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		<p>I like being physically fit, I like being able to reach and stretch and move comfortably.</p> <p>I personally think that maybe physical exercise is good but in general for health it is good.</p> <p>I want to live longer and I want to be healthy of course. I don't want to just grow old and accept it. I just want to grow old but in a healthy sort of way so I can enjoy my life for as long as possible.</p> <p>Just for general health.</p> <p>Exercise obviously has a lot of other benefits as well, particularly, I was diagnosed with osteoporosis, so my GP recommended that I do weight bearing exercise, and obviously that's good for cardiovascular health as well.</p> <p>Also, having my grandchildren and I know not everybody does, but for me, having them is a real motivation to staying well and staying bright, staying active, staying healthy.</p> <p>I think it would probably encourage me if I was anxious about my lungs curtailing my lifestyle, I'd be more likely to do something to help with it.</p> <p>I want to live longer and I want to be healthy of course. I don't want to just grow old and accept it. I just want to grow old but in a healthy sort of way so I can enjoy my life for as long as possible.</p> <p>Just wanting to live as long as possible, I suppose, as well as possible.</p> <p>At my age and knowing what I know and seeing what I've seen yes, it's [anxiety] a motivation to want to keep active in body, soul and spirit really, yes.</p> <p>I find that to do, after I've walked or done exercises I feel, my mood lifts, it's palpable, it's just amazing, I can go from [0:23:01.0] to just thinking right, okay, the endorphins kick in and I'm feeling a lot better.</p> <p>If you're talking about daily [PA] yes it does [improve mood], and I guess if I do it daily then it's the ongoing benefit from doing it, yes.</p> <p>I think both that if I don't exercise or don't get out and get fresh air, then it does impact my mood and vice versa, that if you are in a bad mood or feeling anxious or whatever and you go for exercise, you actually do feel better. I think that one, definitely.</p> <p>More exercise would put you in a better mood and I think eating more healthily would perhaps stop the cravings which is a bit of a vicious circle. If you're in a bad mood and you [0:15:50.7] and then you feel revolting because you've eaten junk food, and so yeah, it would break that cycle of the mood.</p>
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		<p>Definitely. Short-term would be like that quick fix, quick hit, of endorphins if you go and do some exercise, and then longer-term, your physical and mental health.</p> <p>I did aerobics and I even became quite addicted to it because it was just such a physical rush to get that level of mental, of physical fitness.</p> <p>And I'd come home from a full day work in the city, I'd come home at night and exercise again for another couple of hours and I felt great. I just felt so, so good</p> <p>But I mean I also know it's good for me because when I get out there, I know I'm unfit. I'm looking at trying to convince myself to go back to the gym and that's more for a general health, not just mental, but physical as well.</p> <p>Also, weight reduction and also the thing with the gym is, you used to come out with a more euphoric feeling after you finished.</p> <p>Produces endorphins I think from exercise and so, there's one, the endorphins that are produced</p> <p>Yeah, that's what I was saying about, you always feel much better. Not so much when you're doing it, but after you've done it. It's hell when you're doing it, but after you've done it .. [Long-term] I start to feel more toned and also, probably lose some weight and then as soon as you're not carrying that around, you know, because I'm probably about my heaviest now, when you're carrying that extra weight it's a bit of a chore. So, when you're lighter you just feel emotionally lighter, I think too.</p> <p>I'd say probably 80/90 percent of the time I would feel better. The thing is, I always know I'm going to feel better.</p> <p>But once I'm into it, I will feel better, I know I'll feel better and it's the same thing if, if I'm eating healthy, I know I will feel lighter and I will feel healthier and whether that is related or it's just a feeling of feeling better. But it's also probably, if you're not eating gluggy food or whatever you want to call it, starchy food, I'm not necessarily saying it makes your mind feel better, but you somehow feel lighter in yourself. So, I would say, yes, I would.</p> <p>If I'm feeling you know stressed or anxious or low, a walk does me wonders. It does me absolute wonders. Yeah to get it all out of you ... You know if you get up and you feel yuck, you think get outside, put your shoes on, go for a walk and you'll feel much better, much better yeah.</p> <p>I think it does yes, yes definitely.</p> <p>Yes, definitely</p> <p>Oh, I don't know. I can't really say about that. Long term? No, not really.</p>
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		<p>And I know when I was at my heaviest and depressed it's a lot harder to care for my kids. So you just, you know there's more joy in being healthy than there is in being uncomfortable with yourself because you're not in, you know you're not in a healthy state of both body and mind.</p> <p>So those, you know to really, to try and simply answer the question, those stresses have highlighted the importance of taking care of myself because if I were not exercising, as much as I am, it would be atrocious not only for my mental health but I would feel physically poorer and then that's just harder to be motivated to do the things I need to do to help support my family. So it hasn't made it harder. It's kind of, it's probably a bit of a propulsion.</p> <p>It has in that as I was talking earlier about how you feel in yourself that by addressing those things and taking care of myself and keeping up the exercise, you feel better in yourself, you have more joy and more energy.</p> <p>I do use exercise as a ... I don't know if it is a cure. You know, so sometimes when you're feeling down or a bit depressed or a bit overwhelmed or something, I will choose to exercise as a way to deal with that because I know that the positive endorphins you get from that can help alleviate that feeling.</p> <p>I like that feeling so I try, it's one of the incentives to go and exercise and in fact it's one of the incentives that I have to go and run over swimming. So I do often find that after swimming I don't feel the same kind of, I mean, I feel tired like I've exercised but I love that feeling of going out and running, it's part of the reason I go running when it is really hot. I love that feeling of just sweating stuff out and the heat of it. I'm not as good at running in winter.</p> <p>You know, sometimes just be feeling kind of flat and tired and think I really need to go out for a run</p> <p>So I think if I did physical activity it would improve my state</p> <p>Committing to eating better, cooking and activity. Even activity, when you say exercise, even social activity and making sure that the catch up with someone, that improves my mood ... I think there would definitely be a long-term impact, a positive impact,</p> <p>If you do go for a walk, you definitely feel less stressed</p> <p>If you eat well, you definitely feel less stressed and more able to cope with the day. I guess, seeing the doctor is also, when you're stressed, to alleviate any of that stress through whatever means is beneficial as well.</p> <p>To me, it [depression] would be a motivator if I thought that there as going to be some ability to address some of those things.</p>
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		<p>Definitely ... I'm a big believer in ... Yeah, look I think random just you know, walking and things like that have a small impact but for example if you are away and you're doing it regularly every day, I think that's when you notice that you know, things improve very quickly.</p> <p>Okay. So I'm a strong believe in it, but from my overall health, so I suppose mental, if you accept the proposition that mental health is just an extension of overall health ... Yes, I do feel being physically active is very, very important. And I, with that in mind, try to be physically active at least every second day, and that ... look, I don't always succeed, but generally I do. And the main reason I do is just because on the days that I don't I can feel the affect and I become sluggish, I find it hard to deal with paperwork, just to deal with life generally. Whereas if I've been out and about the previous day and I'm just tired, or at the moment I've got sore knees and sore shoulder from doing exercise yesterday, I sort of feel that's a positive. So, I'm assuming that would help my mental health as well.</p> <p>And there are some activities in my life which I believe help my mental state,</p> <p>And some days when I'm a bit tired, I think I really should get out there and do it for my brain, because I know it's good for treating – well, good for staving off depression or helping ... getting out in the fresh outdoors, that sort of thing.</p> <p>But certainly, it improves the mental health, for sure.</p> <p>Yes. Yes, it definitely does. It definitely does.</p> <p>I think it [depressive symptoms] would probably encourage me if I was anxious about my lungs curtailing my lifestyle, I'd be more likely to do something to help with it.</p> <p>Yes, because I don't want to feel like that.</p> <p>Yes. I get very, very ... I just don't feel good if I don't do that, preferably in the morning before I start doing other things. That would be one of the last things I'd give up, I think.</p> <p>It's a mood thing as much as anything else.</p> <p>I feel bad. I actually feel a bit physically hunched up. I feel depressed, a bit anxious and antsy, but I know as soon as I do, just go out and shut the door and walk 40 minutes or something, it normalizes everything. It's almost – it's very crude analogy – it's almost like going to the toilet [laughs].</p> <p>It would increase the lethargy or lack of motion, lack of motivation. I'm less likely to say, 'And I go for a walk, you'll feel better when you come back,'</p> <p>It really does put your mind somewhere where you can't do that sitting in a chair, it's being out and slow, it just resets all the emotions and all the senses, I think.</p>
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		<p>It's a reward I think. That's what it feels like to me. I'm rewarded for my hard work. So yes, I love when I finish a yoga class or if I've gone for a walk on the beach, I feel much more fresher and content and energized.</p> <p>Well, I'd feel happier about myself, for example, if I knew that my diet was improved and maintaining a healthier diet, that would make me feel better and probably sleep better.</p> <p>Yes, I definitely feel better after I've been to Pilates or a Yoga class.</p> <p>Exercise does [impact mood]. Sometimes you're halfway through and you think, is this ever going to end? But you feel better afterwards.</p> <p>I suppose, the self-satisfaction that you've done something and no matter how little you've done, like the one I do is only a 45-minute session, you always feel quite self-satisfied after you've done it.</p> <p>It was satisfying to see what you've done.</p> <p>Yeah, I'm pleased with myself once I've done those things.</p> <p>So I try not to let the stressful, well I work hard to ensure that the stressful circumstances don't make me decline. I try to... it's almost like improve yourself in the face of adversity. It's like a challenge in a way.</p> <p>It's an interesting challenge. Yeah, yeah, and I like a challenge. I like a challenge. It's an odd motivator.</p> <p>It does now ... If I get satisfaction out of achievement, no matter how small, that really drives me.</p> <p>The sense of achievement was marvelous and knowing that people – and being an ex-teacher – knowing that I was needed in my role that I just slipped into so easily, provided tremendous mentor kudos,</p> <p>Look, I think the brain health is the end product. I think feeling good about yourself, knowing you're needed and suddenly you retire, and you are not needed ...</p> <p>Balance is terribly important as you get older. I mean I know a lot of people fall when they get, I think in my entire life I've fallen about twice and I'm very conscious of where I am in space when I'm out. I know when I went overseas the year before last by myself, quite a few people said, "aren't you scared?", and I said, "well, we'll see ... and I wasn't and actually I did a few things really totally by myself which scared me a bit, but I still did it because I had to get from A to B on my own, and I managed, so. And my daughters said to me they weren't worried about me because I'm very aware of what's going on around me at any given time. So, that's a positive.</p> <p>As far as outdoor exercise, yeah, I always feel happy when I'm out there doing it. I can sort of say to myself this is a good thing and I'm enjoying it. Keddie's enjoying it, which is what it's all about.</p>
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		<p>There's always something that I want to do to finish, to accomplish, to start. I always have ideas in my mind to do things. So yeah, very, very seldom that I would have a day like chilling out, lounging around, watching TV, very, very seldom. But I like those days. In lockdown it's easier because there's not much else you can do so it does force you to stay indoor, watch a movie maybe in the afternoon.</p> <p>I used to do it every day but I've got a bit bored with that lately.</p> <p>No, not really. I mean, boredom gets in the way for me with the type of exercise I do but not the fact of it, for example. So I wouldn't be very good at swimming three times a week for example. I'm dreading the day when someone says you really need to stop going for a run, it's bad for you, you really need to swim and that's your only form of exercise. So –</p> <p>Yeah, well I just find running is just a time efficient thing and I quite enjoy it.</p> <p>I don't find it interesting working in the gym, I find it so boring. I'd rather play chess.</p> <p>I tried the one-on-one in the gym and I hated it, and someone at work said it's great, I love it, I feel so good afterwards. But I was like, I do not like it. I spent the whole time wondering when is he going to stop telling me do 10 of these, I find it pointless.</p> <p>Half an hour of boring stuff is my limit.</p> <p>Sometimes the gyms push you into stuff. Although there is a [0:29:13.8], I was on a [0:29:15.5] year ago and we were interviewed specifically about any injuries we might have and the program was tailored so I just probably wouldn't go off to a gym and do it</p> <p>And I really wanted to get back to that because I thought that riding a bike would help to retrain my balance and I was just so unbalanced on the bike that I was just [laughing], and too scared of falling over and, you know, smashing my knee on a concrete kerb or something and ending up more disabled than I already was.</p> <p>Yeah. I mean, it's never excruciating, but sometimes I might get halfway around and I think, "Oh God, now I'm going to start limping". So, I'd been putting off, because usually on the weekend I do a fairly decent length walk, maybe seven/eight k's or something, and I did go,</p> <p>Sometimes I do things and then I think "Oh, I shouldn't have done that".</p> <p>And I'm even a bit nervous about doing things like Pilates because although I hear that's quite a good thing to be doing, I just don't know whether the people who take these classes are aware of what they're trying to work with me, if you know what I mean, whether they're of the right medical background. I've got friends who do all these sorts of things but ...</p>
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		<p>I've had a knee replacement but I'm starting to get pain in my other knee now even when I walk and I've been told that the deterioration or the degeneration in that knee is pretty bad as well now. So that makes me a bit nervous. So yes, I have to deal with all of that.</p> <p>As I said, I just am very careful about what I do. For instance, I can't lift anything too heavy. I've been told I mustn't reach up high into high cupboards and things like that because of my problems in my neck, so I'm a little bit, well, I'm very cautious about that sort of thing. I mean, you could easily show me what to do but then I'd have to toss up whether I thought that was a good idea to attempt it or not [laughing]. Nuisance there.</p> <p>It's like weights. They looked like weights, that shape, but they were filled with air and you had to push them down into the water in the pool and I knew that that would upset my neck doing that, having to use that force to do that. So yes, I am aware of some things that I shouldn't attempt at all but there might be other things that would be okay. It's a bit hard to know.</p> <p>Yeah, yeah, rather than pushing myself where, especially at my age being a non-sporty person, you know, at risk of injury, really at risk of injury by going too hard too fast.</p> <p>The downside of the gym is just that soreness you get sometimes after a couple of days where you can't move all that well and you feel uncomfortable.</p> <p>I am at such a poor level of fitness that I don't want to be so exhausted at the end of it that I don't enjoy it.</p> <p>So, finding the happy medium of getting good exercise without injury risk or fatigue where you just don't want to go back.</p> <p>As long as you don't want me to run up a hill or anything like that.</p> <p>Well, for instance, because I've got the lung problem and asthma and things, I find going up hills isn't always easy</p> <p>But look I have been known to run up and down my stairs a few times, but also because of my lungs one minutes of going up and down the stairs knocks me out, so.</p> <p>Yeah, I thought I'm not getting anything out of this and I could do damage to myself.</p> <p>Yeah, that's something, I am very risk averse, always have been. So if there was an element of risk involved in the changes to be made, I would hesitate</p> <p>People stopped doing things because they can't do them physically.</p> <p>I'd be physically worn out, and I don't walk in heat, so if it's going to be a really hot day, I have to do it early.</p>
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		<p>But whether my body, my mind will allow me to continue in this fashion, I suppose only God knows. Myself, yeah, I'll put in the work if necessary. It's just the body whether anything could happen really.</p> <p>A severe illness. I could break a leg or something, an injury. Absolutely yeah. That would be maybe what would obviously stop me from doing things, advancing.</p> <p>I suppose if the exercise was too demanding, physically and I couldn't manage it, that would hold me back.</p> <p>Because I've had hip problems, I've had hip replacements and hip dislocations, I can't really do high impact exercise, which is why I do the aquatic and walking. I'd like to go back to tennis, but I think that's high impact if you've got, that's a bit, but yeah, if there was something ...</p> <p>And so it's very direct instruction and the more passive instruction of kind of, you know, observing through video, or even if it's interactive, they're not, you kind of, it's a different experience. When you're in your own comfortable space if someone's giving you instructions through video it's different. But even more so if you're just observing. There's no, you know there's less sort of embarrassment or discomfort about getting things wrong while you're trying to figure it out.</p> <p>I don't see a downside other than the embarrassment of trying to play the trumpet when you can't.</p> <p>I'm conscious I am not a natural at any of those things and it will take a while, some quite embarrassed. I get very self-conscious of the fact that I am uncoordinated.</p> <p>It [memory problems] makes me worry that I might do silly things, like this morning for example I got up smart and early, I woke up at 6:30am believing that I had a little meeting on here at 8:00am so I got up early, had my breakfast and chop, chop got dressed and then I walked out the door to go to the meeting and I suddenly realised, 'Was that meeting today or Wednesday?'</p> <p>I think sometimes it can be if I've got work to do and I sort of know that going for a run is going to push that back too far and I need to get this done and maybe the mood is related to trying to avoid doing the work as much as anything. And sometimes it can just be, because I've got two kids, it's like I've got to, I might feel in a mood that if there was nothing else putting demands on my time that I would like to go for a run but I can't because I've got to take the kids somewhere or something like that will cook dinner for them.</p> <p>So I booked it that one night, but then I realised that that one night is for me to catch up with friends and I would prioritise that over exercise.</p> <p>Yeah, otherwise mentally I would not be in a good place if I didn't have that day, and I don't necessarily always catch up with people, I just need that me time. And because I'm a manager as well, you are on the whole week, you are just on and on so I prioritise rest over exercise.</p>
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		<p>And what would help is of someone, yeah, she wasn't here for a couple of hours. And I sound really guilty saying that because she is my priority and everything, but that is the honest truth, it's that she is here and it is just us two.</p> <p>So, there is a risk with me that even though the ideas are good unless they're simple and don't involve something that I define as inconvenience, which isn't necessarily natural, I'm remarkably self-destructive.</p> <p>To be honest I would love to be able to say yes, I love exercise, but being totally honest with you, exercise has never been my thing.</p> <p>And that was a time factor and show us that I didn't enjoy it.</p> <p>I have a pretty good social life anyway and I mean there would be a social aspect to croquet obviously, but I might joint a club and hate the people and never go back again, so ... Because I've got to the age and stage in life, I don't continue with things that I don't like. I think there's too much good stuff going on to waste time doing that. And you do, you get to an age where you start to think about your longevity, or possibly not your longevity, and so life's too short to waste time.</p> <p>I think if the U3A or something directed more at seniors, probably would have been better for me. I would have been able to do some of it more easily and I would have enjoyed it more. You can't do something that's too difficult for where you are.</p> <p>So I was really very disappointed yesterday that I didn't have the positive feeling that I had hoped to have had. Maybe because I'm still looking at that long list.</p> <p>I can't see any blockage in our lifestyle at the moment, I can't see that would interfere with it ... There's no down side to it. So, you eat healthy and you do some exercise – even if it doesn't prevent it, there's no down side.</p> <p>No [downsides]. Definitely not.</p> <p>No, there couldn't be [downsides].</p> <p>But look, once I've done it, I'm sure I'll be fine and they're scrupulous, so I'm sure I won't be in danger.</p> <p>I mean I'm not saying that that would happen but there's potential for that, sometimes you beat yourself up over all sorts of things particularly if you know, you're going through an awkward patch or not sleeping or whatever, that's when I tend to beat myself up over things. Yeah, oh I'm quite upset about that or you know, and if I fail to meet the guideline, I possibly could feel a little bit ... so I don't know</p>
<p>Access to reliable flexible resources can</p>	<p>Preferences for information and tools</p>	<p><i>Online probably. But as long as it's a trusted source.</i></p>

help overcome barriers

No, I think... That's difficult because there's a lot of health and exercise diet sites which, to me, are different from medical advice sites, so it's almost something that sits in the middle. It covers the medical side of it but gives you advice on the health and the diet and exercise side. There seems to be, it's all exercise programs and you can download apps to do all the amazing, every sort of program you want, or the diet stuff, or then on the other side you've got all the medical, the proper medical sites. So somewhere in the middle would be good.

I think structure or guidelines, so for physical activity, if there was an app or something that walked you through what you should do each day and mixed it up and gave you a variety and you could sort of tick off, yes – done that, done that.

No, I haven't really had any opportunities to learn.

When I read The Age I can save an article if I want to, so I do that quite often, and I can go back and read it later.

I am always cautious about what sites I do go into so I'd need to know that it was safe and certainly if it was recommended, I'll tend to respond, I don't know if this helps or not. But I tend to respond a lot to, I do a lot of news feed, I spend hours on like in a week, I don't watch the news on TV so much but I do follow a lot of news feed through my phone. And I find that a lot of the articles that are in those news feed will capture my attention and then they'll, if they've got recommendations I'll always look at those. So that's a really good avenue for me to get information, whether it be about you know, diet or anything to do with dementia or you know, physical activity or holiday locations, anything like that. And then if I see anything of interest, I'll usually save that into my notes so I can refer back to it.

Well, I probably need to read more about dementia really. And I haven't read a lot about it. I mean most of it, I suppose, is anecdotal, I haven't read any research for instance about it, so.

I use it [technology] for emails, connection with people, I use it for prayer, I use it for our church service, I use it for information,

I use it [the internet] all the time for everything ... always googling something.

Sick to death of them [Zoom and Skype], but yeah [laughs]. Yeah, no, I think they've just become a way of life now.

Oh quite comfortable [using the internet] ... Yeah. I [laughing], yeah I probably spend too long on it.

I use it [the internet] a fair bit anyway.

I mean, I Zoom my friends. We have Zoom catch ups. We have a Zoom work meeting catch up every morning and then obviously Zoom meetings randomly throughout the week.

		<p>I've had three or four Zoom sessions a week with different groups of people, and I do my book club on Zoom and stuff like that. And I read the newspaper online now. I mean, this iPad gets a lot of use.</p> <p>I mean, I use emails a lot. I'm involved with a charity where I, I mean, I do have to print stuff out then because I do all the rosters and stuff like that for our charity. So that's about the only time I print anything these days. I mean, if I have an interesting article, as I said, I just save it online.</p> <p>Yeah, I mean it's such a core part of my work and it's been a core part, good timing, it's been a core part of my social life this year.</p> <p>And, you know, I do try and sort of, you know I use it for research for things for myself in a sort of more informal way.</p> <p>Well I know, like for example I have participated in virtual dance parties, so that is a form of exercise, where my friends and I set up a Zoom to chat beforehand and then we keep the Zoom going while we all log in with our tickets to the virtual dance party. And then we dance. So we're listening to the same music. It's a little bit out but, you know, you adjust your sound, and then we continue to kind of chat and share the experience.</p> <p>Certainly it's [technology] been a much larger part of the way I've worked in some respects. So for instance, this morning I had a media training session which was online and normally that would be face-to-face, but also I've been a freelance journalist for 20 years so I've sort of use that, the Internet, as an avenue for that even when I was going into the office or into the classroom to do stuff like that. So I might be using the Internet to prepare for those things or researching places where I can potentially write articles or information about,</p> <p>I do use Internet all the time.</p> <p>I use a lot of technology with work and with COVID, so I'm very familiar with Teams and Zoom.</p> <p>Once, I started this job in May after being in quite a different role, and it was right, everything had closed down and it was all via Zoom; I'd never heard of Zoom really before that.</p> <p>Yeah seeing I haven't had a huge experience with it [ICT].</p> <p>I use the internet all the time.</p> <p>I'm fine about it. Although, I'm not on any social media – except LinkedIn, and that's only to keep in touch with people that I have, friends I've made in profession, where I've taught and so on. And quite a few contacts have been made through that, but I don't go on there commenting or ... unless there have been one or two ex-students on there who have come from nothing and are now excelling, and I'll interact with them, which is wonderful.</p>
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		<p>Well, I use it for banking and for browsing, for locating information, good books that I could read, but I don't use it as a social media platform at all, really.</p> <p>Yep, one son uses one of them [ICT], which I can't remember what ... he's information technology, electronic engineer so he knows one that he can use that no one else can have access to. He can say what he likes, and it won't go anywhere. The don't use Facetime but they use something else, which is fine. I've not been on Zoom before. I wouldn't have minded joining one of those – some of those choirs that they've been having, which would have been fun but I wasn't, in that place and time, ready to do it, I don't think. So, I'm quite familiar with using all that stuff.</p> <p>We try to work it out before we go to the internet</p> <p>I love it [technology] ... And I do things like I make photo books of my trips and I use apps for that and it's very time consuming but it's very, I hate this expression, it's so rewarding. I mean when you get the book in the mail and you think, "oh, I've done quite a nice job here", and so I really enjoy that ... The other thing I enjoy is there are apps you can get for making templates for cards and things like that, just once in a while, because I knit baby hats, and somebody asked me recently to send three of my baby hats to different people because they were having babies. So, I made little cards which had a picture of a baby pram and stuff. So, that was quite fun. I've got to knit baby hats ...</p> <p>I'm not used to using Zoom</p> <p>Well I never had to use Zoom before Covid. I have a friend who lives in Austria who used Skype a lot when she lived in Melbourne, with her family in Austria. She said to me "Oh you've got to get Skype." Because she then moved back to Vienna. I got Skype, she didn't. I've never used Skype. She's been back there about three years now. Every now and then I remind her about Skype and she has some issue about her technology or something like that. Anyway, she's never got round to it. So I've never used Skype. I don't use Facetime, any of those. Zoom is the only, this sort of technology that I've used and I'm very comfortable with it.</p> <p>Well always the internet, always emailing, internet, paying bills, banking that sort of stuff, booking tickets. I've moved along with each change that I've needed to but I haven't sought stuff just for the sake of stuff. I don't spend a lot of time on it and I don't use it at night, and I don't turn screens on at night because I heard an expert on sleep saying the worst thing you can do is turn a screen, is go to sleep with a screen in front of you or wake up at 2:30am and turn something on, so... I think it works for me, I don't work for it.</p> <p>I teach a couple of classes, three classes actually on Zoom and it works out pretty well. Actually I'm so used to it now that I don't want to go face to face.</p> <p>I do Spanish on Zoom. I do French on Zoom. I do my yoga classes on Zoom, Pilates.</p> <p>A dinosaur [with technology] I can do basic things.</p>
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		<p>I use it [the internet] all the time ... Zoom's good. I don't do, I'm not any social media, so I don't do any. I just steered clear of that right from the beginning. I just thought I'd waste too much time on it. But emails and Zoom and banking; all that sort of stuff, I do on the internet.</p> <p>Probably, look I'd probably look online for the information and also because I'm in that age group just talking with, sharing with friends, conversations that come up that might lead me to know something new about it. I guess I'm not grabbing books from the library and studying it because I think that's changing but current stuff often comes through something that might appear on television to check, you know, it would have to come from a worthy source that you could verify, yes.</p> <p>For dementia information I might look at the internet but might go and, check with my Doctor what he might suggest and talk to people. Reliable friends who I know are my age and who I could trust, yes.</p> <p>Maybe national health or some big organisation that, is the Mayo Clinic still operating? ... Somewhere like that that I would, university stuff or something like that ... Yes, not someone advertising book me in and I'll, yes.</p> <p>Yes that could be helpful, and also to share it. If I found it useful I would want to share it with other people.</p> <p>Google or an app.</p> <p>I'd love to say no [printed information isn't important] but I do love to print things out [laughs]. No, I think, honestly for this purpose, I think an app that you could record stuff on an app would be the most beneficial. As much as I love printing, I think for the purpose of this, and it might be an app that records how far you walk or whatever, so you can actually always have it with you.</p> <p>I'm still of that generation where I like to see things in [laughing].</p> <p>I use Google for anything and everything to search, but I know at the same time there are certain places like, The Baker Institute and CSIRO that have info, particularly on high cholesterol and heart disease. I know there's Dementia Australia and Alzheimer's Australia.</p> <p>I'd probably Google first to see what comes up, but then at the same time I know these ones exist and I know, I can't think of the name, but there's one in the States, the name of which escapes me now ... Oh yeah, Mayo Clinic. I know that places like that exist, but then also, I probably don't get into reading research journals or anything like that, it's usually, I mean, I've even looked on the Vic Government website, various health things.</p> <p>Where would I prefer to go? For dementia prevention, probably online to read. Yeah if you can get some recommended readings yeah.</p> <p>Yes, guidance in...because then you know they're a noteworthy, trustworthy site.</p>
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		<p>Not necessarily [need printed information]. No I've nearly got over that. As long as I can read it, if I can just bookmark it so I can come back and read it at different points. It doesn't have to be printed anymore yeah.</p> <p>Oh, I suppose newspapers that I trust because I read the newspaper online every day and there's a lot of interesting articles there. I know you have to be careful on Facebook so I sort of treat it with a pinch of salt if I read something on Facebook. But if it seems interesting and it comes from a reliable source, like I don't know, somebody with a science background or, for instance I'd much rather trust Anthony Fauci than this new guy in the White House, whoever he is. He was apparently some sort of an alternative health guru [laughing]. I don't know what he is. Nothing to do with science, that's for sure. So I think I'm fairly skeptical but, you know, you can be taken in and I guess that could be a worry, but ...</p> <p>I don't do a lot of printing ... Yeah, I'm happy with online. If I have something hard copy, it's just going to get lost in my house. Someone's going to pick it up and dump it somewhere and I won't be able to find it when I need it.</p> <p>Well I think there is an organisation called Alzheimer's Australia I think? I think probably somewhere like that ... Yeah, a representative body</p> <p>Depending on what it was, I may look up a bit of information online, I'm not averse to double straining on that front. So for example, I had a shoulder problem a few years ago, I went and saw a surgeon about it and I went and saw the osteo but actually also looked up a bit about what they were saying was the problem after they had described it to me just so I kind of understood it a bit more, the mechanics of it. So I would probably tend to do a bit of both.</p> <p>So I would probably do, I think with that shoulder thing I looked up rotator cuff tear and stuff came up and I think I just read the first half dozen that came up, I'm a bit of a slave to Google algorithms in that respect ... I would probably do the same for dementia to be honest but I am aware of some general organisations, so I might, if I did a Google search one of those would probably come up first anyway.</p> <p>I think I would google but to be honest I would ask my friend who works with elderly – the occupational therapist I was telling you about at the memory clinic. So I would ask her.</p> <p>It's [Mayo Clinic website] probably the only place I would go unless I asked someone else or the doctor.</p> <p>I would really Google to be honest and then see if there were any government body sites. I'm really skeptical of people who Google things and don't, yeah, fake news and all those things. And the amount of people, I've heard people talk about guts and things and I think, it's so wrong based on what my gastroenterologist has told me. So I'm very skeptical. It's like people taking vitamins, a lot of those things that they don't need, so I'm quite skeptical so it would always be a government body or something that was certified or recognised ... So it is about trust of my sources.</p>
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Because I would never do it I don't know if I would ever Google. Yeah, I don't know because I don't know. If you go to the gym you would ask the instructors, but even then I don't, I'm a bit wary of some of the advice. I don't know, I don't actually know where I would go. I don't know what I would trust.

I think, well, from the internet, I guess. That would be where I'd look for it, but I guess reputable websites that were either Government sponsored or as I said, the health, I've had a mental blank now ... and newspapers as well. I've read the newspapers, so if there's an article about something in relation to anything like this, I would read that and take information from there, and books as well.

One of the things is more information, it would be good to know more information about how dementia works/how it manifests in people and when should people start looking at these things. I guess, I know what it is, but I don't know a lot about the progress of it and things. So, just in the context of what you're saying about the things to prevent it, whether there's information about when you should look at those things or whether that's a lifetime thing.

I'm very keen, I'm happy to read stuff, I'm happy to look things up on the internet, I'm happy to watch stuff if it was available, all of the above ... If I was thinking that I wanted to particularly save something which may be a set of instructions, "Do this to improve your mental health," I would just save it and go print it.

I'd even be happy to read journal articles and things, technical ones, because I do a lot of that at different times. I'd actually like to scientifically understand what the issues are and how to address things. I do have a background in health, and understand a lot of stuff that maybe one of my kids wouldn't, for instance, because worked in.

What I'm saying is I'd prefer not to have simplistic sort of stuff that might suit some people; I'd rather really understand the science, and that would help me to be motivated.

No, using technology would be fine. To me it's about what's going to be the most effective thing with the time available. I wouldn't want to be in a group class doing something particularly, but certainly something via video or something, written or something that get, send me something and I've got to do it. I don't know.

Oh I'd probably, yep now do you mean, if I was ... Always through the internet yep.

So yeah, that's probably, as a source of information with you know, a headline that grabs my attention, that's something that would be of interest anyway.

I do like to have printed things depending what it is, you know I think I probably, yeah I probably still in a way like things printed particularly if I need to refer to it you know, from time to time or regularly. And I think that would increase as I got older, it's nice to be able to just pick up whatever it is and work through it. Having said that, you know printed matter isn't huge in our lives anymore. As I said I just you know, even with books I just listen to them, probably my iPhone is my greatest tool. But yeah, it is helpful, yeah I would say.

		<p>Well its with all the risks that that would follow from that, you know, like half knowledge is no knowledge at all.</p> <p>I will however, say, as a sign of age, I will often download material and print it out on the printer that's next to me here, rather than put it on the screen. I just I find that I absorb except in a trivial, a very lacking detail sense, what I read online.</p> <p>But I think, as time goes, more is being learnt about it, which ought to be disseminated.</p> <p>I need to be able to follow something. It's hard just to get your brain around all these things and sort yourself out.</p> <p>Well, I suppose loyalty says you go to your GP. But then I think, the poor fellow is underpaid and overworked.</p> <p>Well, if it meant putting my own thoughts and what have you on the internet, I don't think I would be happy with that ... Well, I mean if I knew which website to go to, I would certainly be happy about that.</p> <p>I do not have a printer, so ... but for me, it's very tiring all the same, having to turn on the computer and wait for it to boot up, mine's a bit old, and all of that, and scroll through stuff. For me, reading hard copy in a larger print is always something that's a ready reference, a ready thing you can go to, put it in your file, go and get it out of the file, read it.</p> <p>The internet ... And I'm very careful about what sites I get information from ... For instance, the Mayo Clinic I'd be quite happy to look at and I think there's a thing called Health Vic or Vic Health or something or other which is, but I wouldn't normally do a dot com.</p> <p>Well, I might go to the government help site, Department of Human Services, and put in dementia and see what they've got on it. Sort of any reputable health site I suppose. I could Google it and see what comes up. I'd put in dementia prevention or latest dementia research. I'm sure there's an organisation that specifically looks at research into dementia that I could read stuff there. I could find it pretty easily ... If it's a fair bit of information yeah, I'd print it off.</p> <p>Ideally for me, I would like to do face to face in a group, FaceTime thing, and I would like to get some information I can read sent to my email or something.</p> <p>I will go to what I consider to be reliable overseas sources, but I always prefer to start with what I consider to be reputable Australian sources, and often starting off with a Commonwealth or state government department can lead me to a reliable website. That's probably where I go for most information. You were saying about dementia weren't you?</p> <p>I'm still a hard copy girl.</p>
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		<p>I guess I'd like ... I could read more. I could read [overtalking] your little project.</p> <p>If you asked me to do that and report back to you next week with where would I go? Oh, I'd probably go online through the council for the aging or something that would lead me through to another ... or I might even look up dementia prevention and see what is there. And look up reputable sites, I wouldn't google it, I wouldn't even use google, I'd use another search engine, so I think I could do that.</p> <p>The internet I guess is what comes through to my mind</p> <p>I'd say mostly through Dementia Australia website or the internet generally.</p> <p>Of course yes. There's a lot of information, it's just mind boggling. Yeah, I just focus on what I need to know, what I'm looking for. It's not always easy because there's tons of information or misinformation. So I prefer to go to those sites that I can trust.</p> <p>Yes, because I'm a visual person and I think I like to see something in hard copy. If not, I know how to save it and read it later in my computer so that's not an issue for me.</p> <p>Yeah, I'd probably go online but, I mean, what other options are there these days? I suppose it'd be a Dementia site or a memory site or, I don't know</p> <p>Academics really. Academic journals, articles. Professor what's his name who talks on the radio at 5:30 Saturday morning. Two of my daughters, as I said, are doctors and they pass on information. One of them in particular is very active physically, runner and things, so she, I could always go to her for advice.</p> <p>I'm also aware there's a lot of rubbish out there. So sifting the rubbish from the facts is critical.</p> <p>I think for me, ideally it would be an app, and it would cover medical advice about the proof of if you do these sorts of things, it's proven that it prevents these illnesses. So, it had a component of the medical side, it had suggested exercise programs – everything from walking, cycling, to strength exercising, Pilates, whatever – so a whole variety of exercise, health and diet component and then that diary component that you record what you've done and what you've eaten and then perhaps a resource that you can ask questions if you need help or check with somebody as a support.</p> <p>I guess if I knew that there was a certain amount of exercise would have a positive impact on dementia prevention and what sort of exercise, maybe it's any exercise. More education about that might motivate me.</p> <p>Dementia risk, so that you could go in and look at those three components and have all the information under their banner would be good too, because sometimes you look for things on the internet and there's just so much information it can get a bit overwhelming. So, yeah, that was just something I thought of.</p>
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		<p>And even you know, things like you know, they say that when you're sitting at a computer for example and you get a sore neck, if you were to strengthen all the muscles around your neck that you know, that would be good. I think strength exercises would probably be the thing I'd like to learn more about.</p> <p>Maybe like a newsletter – not too often [laughs]. Maybe once a month, to people in certain things or some news or some ticks like you said, to follow. Or general news on the subject.</p> <p>It's [video demonstrations] very useful. I know that, yes ... It could be both [technology based and face to face], I don't know whether you can answer that but it really is both.</p> <p>Probably at this stage I'd probably like an online class just to do other exercises, yes ... Yes because one will appeal to one and one will appeal, different people will react to different things, yes.</p> <p>Maybe if there was an email, if you were on an email list or something that you got every six to 12 months and said: time to do this because here's the benefits of doing it, and really putting it front of mind, then it might,</p> <p>Well, that's where I think something like an app would be really helpful, so every day you could check in and have I done this today? Have I done that today? Something that, one app that did both would be really good,</p> <p>But it's a matter of if you had that support or that app or something that said, okay, you've had a bad day – put that behind you, now let's start again next week.</p> <p>Perhaps that app or that email, like I said before – something that prompts you ... So, somebody, me watching a video explanation.</p> <p>Yeah, I think a diary in that app, an online diary where you could record the activity you did, and something that made it a bit of fun, that you got points or rewards or something for seven consecutive days. Things like that. I think something like that to try and make it a bit more interesting.</p> <p>The app or the video, if you had that demonstration first, I think you'd need to see it somehow first before you started to do it.</p> <p>But I think with some sort of advice or tips that would perhaps help, it just gives you that little bit of added motivation,</p> <p>And I imagine a similar thing could happen with exercise if there was like an online sort of regular class or something and I'm sure that there must be plenty of them I just haven't looked at them ... But that kind of thing might help me to do more exercise outside of the work.</p>
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		<p>month and I did find it a bit annoying having to do it. On the one hand, I found it a bit annoying, on the other hand though</p> <p>Maybe a mix. As I was saying, if I had that audio thing and it was saying "Okay, [name], you need to do blah, blah, blah now", well, it doesn't have to say "[name]", but "Okay, now you need to do your 10 push ups". So, technology on that side,</p> <p>If you had someone who was checking in on you on a regular basis, face-to-face going "Okay, now [name], have you done, you said you were going to do four lots of exercise, did you do your four lots of exercise?". So, in that, sort of face-to-face, yes. But I think maybe a mix in that regard.</p> <p>A program where I can, that you check in and go righto. You could do this last week, can you do two more this week? ... You know if you've got guidelines to set that pushes you, yeah. See a little bit of competitive in here. Push yourself. If you don't give yourself a goal, you think oh I'll do four. Whereas if they say, [name] you've done four this week, I want you doing 10 next week. Okay I'll do it. And if someone's going to check on you, oh.</p> <p>I'm appalling at keeping those things [diaries], I am. Diaries suit some people but probably ... I'm not good on it. You know when you have to keep one of those, I don't know, something I've been through in some stage, gynecological and they've said, have you kept a diary. I thought oh god what you know. I've forgotten so I make it up.</p> <p>No [problems with videos], not if someone teaches me how to copy it and record it. I'd easily bring it up each day and follow it. I do Yoga online on a Thursday night. So I'd love to be, actually to be honest, I'd love to know how to record it and then set it up each morning and go right, go through these moves.</p> <p>I think that if it's just something you think about yourself it's harder to put things into place, and so I recognise that sometimes structure or discussion and tips and tricks and things can be really helpful.</p> <p>Having the regular schedule</p> <p>It kind of depends. I suppose, like I've tried doing a little bit of Tai chi by following it online and I suppose the anonymity of just watching a video and not being observed, especially when you're learning something, that's actually quite, can be quite a comfortable way to be learning something new. Because when, I mean when, like if you do something with a personal trainer then you do, in pre-COVID times, have quite physical hands-on, you know, do this, do that, maybe even manipulating your body a bit. And so it's very direct instruction and the more passive instruction of kind of, you know, observing through video, or even if it's interactive, they're not, you kind of, it's a different experience. When you're in your own comfortable space if someone's giving you instructions through video it's different. But even more so if you're just observing. There's no, you know there's less sort of embarrassment or discomfort about getting things wrong while you're trying to figure it out.</p>
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		<p>would know that I'm just following it yeah. Unless there were any other factors that you needed recorded like you know, but it makes you very accountable doesn't it.</p> <p>Yeah I think video demonstrations are good, better than just printed matter with diagrams so yeah, I think that would be useful. Yeah I think any things that are visual like that where you, I must admit I respond more to someone talking me through things, even you know, if you were talking about diet or exercise plans or something, if someone was to talk me through it. And then back it up with the printed guideline, it means so much more and stays so much than if you know, you're just told to go to a link, okay here it is, here's the information, read it and do it. But yeah, no face to face sort of delivering the steps and the actions, yeah that I find would be beneficial.</p> <p>And actually, and also I'd have to say I can go for the Zoom which is what works for me, because you know, as I said I help a lot of other people with their technology, their programs that they're using for recording information that they need to do. And you know, some people you know, particularly the younger people, you can just send screen shots through and you can say okay this is what you need to do, blah, blah, blah, they're more than happy with that and they'll just follow it and do it. I can do that to the older ones when I say older probably you know, 60 year old's and unless I actually spend an hour sitting and talking through it and getting them to do it with me, it won't make any sense. And a lot of them don't even try unless they've got that sort of situation.</p> <p>No, no. I mean the sort of feedback that you're offering is attractive to me.</p> <p>I'd rather go and see them [than have video demonstrations]. So, I've got that sort of stuff at the local hospital. I'd prefer, as I said, I prefer human contact. I can do it, yes. Do I want to do it, no.</p> <p>Well, it would be a spreadsheet, and the columns would include exercise for say, outdoor; exercise for balance; exercise for flexibility; exercise for getting your heart rate up, all those sorts of things. How long each day? How many days of the week and with a room at the bottom of each column, let's say, to give yourself a self-critical section ... where you could write – assessment, self-critical assessment at the end of each week. And so, where you think you've made a positive move, where you think you haven't worked as well – I wouldn't say failed, but not done what you've wanted to do ... Yes, but I've always been a tabular person, and I do like tables.</p> <p>A demo video yes. I don't think you need much gear, I mean if you need to use a – if you haven't got elastic strength rope or whatever you call it, which I do have ... They can always be made out of a towel or make a circle out of a towel if you want to use your legs and arms that way, on your back. But I certainly think – you can always use cans for weight but you don't. I've got a couple of little dumbbells. But I think you do need some sort of gear, yes, because it makes it a bit more interesting, doesn't it?</p> <p>But in writing them down it helps you remember, I guess, maybe.</p>
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	<p>I don't know. I don't know really. I don't need printouts, but if I see something that I really like, I will print it out so, because I have a printer, so ... for instance, I've got some printouts of exercises I can do. Mind you, I haven't done any of them, but I have the printout and that's a start.</p> <p>I'm sure if I made 10 copies and put them in front of my house wherever I'd turn, I might be more likely to do it. But I'm not going to put those up on my walls, thank you.</p> <p>Well, for me it would be a definitely strength and weight bearing exercise because of my lousy bones, and also, they're very good for my breathing as well because opening your rib cage and stuff like that, so.</p> <p>I think face to face is best ... Yep, and Zoom works beautifully.</p> <p>Well, I don't think a diary would help much ... Look I don't know because I haven't ever done that before so, I don't know ... It might make me do something.</p> <p>Yeah. I'd be happy to do something in a group with other people rather than do the exercise at home myself ... That [online group at home] would be absolutely fine. I think both would be good because if you could have something demonstrated face to face and you get sent a little video so when you want to practice it..... [phone ringing] When you want to practice it, you can do that as well</p> <p>I'm very glad I've got a puppy dog who will make sure I damn well jump right into it.</p> <p>No, I think the video has more value. Much more value. I don't think a phone call... I think you need to be able to see the face and the body. Whether coaching or getting feedback from physical activity.</p> <p>I think probably balance and coordination [help needed] maybe.</p> <p>I quite like it actually because it doesn't take as long, you know? I do Feldenkrais which I need to re-enroll in, and all you need to is put your mat and a rug down on the floor and set up your computer. So, you know, that takes – at a gentle speed – 5 or 10 minutes and then I can be there lying waiting for it to start. Whereas with the gym, there was a sort of, the rush and the talking to people and it's nice actually, at home.</p> <p>I fell out of love with printers when I realised how much was I spending on inks after I had bought my \$39 printer, so I've learned to live printerless. If I really want to print them, I can go down to the local print shop with a message you can print them out, but I've broken that habit a bit.</p> <p>Some of it, it would be nice if it had music.</p> <p>Yeah, a timetable's good, a chart visualizing the whole week. That's a help. But to the extent that if somebody says drop around for a cup of tea on Tuesday at 2 o'clock, I'll either know or can consult the chart and say, 'No I can't do that.' Whereas at the moment I'll make the arrangement and then realise I won't do the class so, it's good to make that a... more likely to be a priority if I've got a strong pattern. I'm not sure that</p>
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		<p>somebody just... well as with my yoga CD, DVD I just don't bother. Because I think I'll do it some other time, so it's the timetable thing that's [0:49:02.9] [Overtalking]</p> <p>It would be online, basically a video and an explanation of how to do it, what's going on. So I think a video would be... rather than pictures and text. I'm thinking of yoga and sometimes it's hard to know which way to go. So yeah, I would say a video.</p> <p>Yeah sure [would follow a video], strength in particular. Very important, the legs, the arms, the core, absolutely.</p> <p>No, not daily, not weekly even. Just once a month would suffice I think. And then with other links that you can follow and you can go further if you so wish, if there is more information available.</p> <p>It's unbelievable what you can do [from online videos], and you can choose 10 minutes, five minutes, half an hour, an hour. All sorts of different exercises. I don't think we need to go to the gym. I'm not a gym person.</p> <p>Yes, because it's more convenient really. Especially yoga, you don't need to be in a classroom per se. You get distracted as well when there's other people, even at yoga you stay quiet. No, I don't really see any advantage of doing face to face for yoga particularly. Maybe with Pilates it's a little bit different because you go to the studio, they have all the equipment. So you use the equipment whilst online, you can't. So you can only do limited exercises, floor exercises with a [0:35:14.6] band or with a medicine ball. But yeah, depends what you want to do.</p> <p>I'm not sure about that, perhaps if I wasn't getting swamped with words it might be helpful ... I think just a screen showing me what's included in writing that would be helpful.</p> <p>Not great online. Probably face to face. Although an online exercise program that could be done at home might work, yep, that could work.</p> <p>General waffly stuff, not. But if there was a specific program, I would print it out just to keep it, have a record of it, remind myself, follow it, that sort of thing.</p>
	<p>External barriers and facilitators to using local resources</p>	<p><i>I guess, finding the right place to do it as well. Somewhere comfortable with the right program. So, having to do a bit of footwork or research to find what's right for me.</i></p> <p><i>Private health insurance could really help in this area too because I just joined (0:21:15.8) our private health had a program with exercise that we took advantage of, which was really good, and that was focused just on a particular company. If they had a program that you could tap into ...</i></p> <p><i>And the other thing that is a challenge for me is if I was doing, let's say resistance training of some sort, that there's a cost in it, going off to a gym, and they're expensive.</i></p> <p>I probably need to maybe go to a physio or join a group to vary exercise</p>

		<p>I think that is very useful because often if you can't move around easily if you can do it in your own home you don't have to actually get somewhere you're doing it, I think that's very useful and helpful.</p> <p>Yes, we're in a retirement village and there are people here who might find it hard to get to, to actually get to the local community centre,</p> <p>But if it was online, even if it could be displayed on a big screen in our community hall, just wander down there on their little frames and there it is.</p> <p>I used to, when I was younger before I married, lived in quite different circumstances, and I had a huge space at the back of the house where I could really exercise quite vigorously</p> <p>Mind you, there's a park over the road from me, so to be able to just walk out over the road is so much easier.</p> <p>The physicality might be the weather, the weather.</p> <p>Oh, especially as the weather's improving. I'm happy to go out and walk. That's not a problem at all</p> <p>And then another thing was to do with the house being cold and 'cause, you know, I just said to my husband, we just need to have, we actually just need to warm up the house in the mornings a bit more. And then it became easier, we changed the timer so that the house was warm early so that I could get up and not be tense, because it's very hard to do stretches when it's freezing because your body's all, you know, rigid like this. I said I need to be relaxed. I get out of bed and I'm relaxed and then it's freezing, so I start going like this and then I'm not doing the things that I need to do with my body. So the clothing and the temperature.</p> <p>It's not safe for older people.</p> <p>I think another barrier is getting ready in the cold for half an hour and then coming home, that's a barrier</p> <p>And I think that's what's good about this whole change where people are working from home, maybe we can start looking at exercise.</p> <p>I guess things like going somewhere, with the gym, going somewhere that's convenient, that I felt comfortable, that would give me what I need</p> <p>but with the exercise videos, I mean, the only thing with them is, I probably don't use them that much. I'm probably good at watching them, but not actually standing in front of them and doing the exercise. I'm better in a gym environment.</p> <p>Weights, if we're talking strength training, weights or one of those elastic band ...</p>
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		<p>I can't stand being inside ... So, for me exercise is fresh air, Vitamin D, sunshine, I need outside to do exercise.</p> <p>Well, from the exercise point of view, having lived through the winter here, very hard. I mean, one rugs up and gets going and I've got photos of me blown about on the coast walk on terrible, freezing days, but you can't sustain that over a season of horrible weather.</p> <p>Well, I think, no it's not number one [barrier]. But I don't like indoor swimming pools. So, and I don't think, and I certainly wouldn't be prepared to get in a car every second day and go swimming in the sea. So, well that's my excuse and I'm sticking to it.</p> <p>Sometimes when it's cold and wet I wouldn't be [motivated].</p> <p>Yes. For a while I was trying the online gym classes but that became a bit difficult because I'm working from a desktop computer in a very small office. You can see it's a very small office. There's only wall behind me and a door out into... you can actually see the next room behind me. So I don't have a big space in which to do stuff. The online gym classes, they look quite interesting but I can't carry my desktop around with me to be in a space big enough to do the stuff.</p> <p>You have to have a laptop.</p> <p>I would, as long as I have the space. That's what I started to do.</p> <p>It would be hard if you lived somewhere that was very noisy and uninviting you know when it was effort to actually go down the street.</p> <p>Some of it would be outdoors. Some</p> <p>I wouldn't want to move away from, well, some of my family live in Melbourne. I wouldn't want to move away anywhere.</p> <p>I suppose there's, if there was a group that met very close and did exercises in the park or something, I would join them. But I haven't found that</p> <p>It's geographically close. There are no close friends there. But yeah, it's only a five minute drive, which is good. It would be a half hour walk, but usually I drive. It means that I can get there and leave home a quarter of an hour before it starts, so that's good. I wouldn't drive an hour to get somewhere.</p> <p>And you wouldn't want to have to travel too far.</p> <p>They do tend to rush you through sometimes and you hold back about going sometimes because it costs a fair bit. I mean, I know you get a refund but I pay \$80 a visit down there and so you sort of want to have two or</p>
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		<p>three things to ask them about, unless it's something urgent and you have to turn up. But yeah, I don't always rush down there at the slightest little thing.</p> <p>And sometimes I make excuses such as cost.</p> <p>The cost might potentially stop me, depending what I was thinking I might like to do.</p> <p>Well they don't charge you if you don't go, but I don't want to pay for a service I'm not using.</p> <p>For me personally, it's good to do something I pay for because I'm rather mean and I don't like to spend money on something and not get my value, you know.</p> <p>It's hard to incorporate things easily and quickly, you know, not too expensively.</p> <p>If they would need, I'd need to be convinced that they were worth doing. I suppose financial things might, if things cost a lot, because I am just living on a pension from a superannuation fund.</p> <p>I think time for the exercise one. The busier you get, it's more difficult. You find yourself sitting on a stool on Zoom meetings all day</p> <p>Yeah, time. That would be the only thing to me that would get in the way would be the time.</p> <p>Yeah. I think I would prefer to do it on my own but know that that resource was there if you hit a speed hump or a roadblock and you wanted to connect with somebody but not to have regular check-ins. I think that comes back to the time issue and you'd end up just regretting it – what did I get involved in this for? I haven't got the time to do that, but if you knew it was there if you needed it, that would be handy.</p> <p>I'd prefer it to be technology based because then you can do it at a time that's convenient for you, whether it's 6 o'clock in the morning or 9 o'clock at night.</p> <p>Well, I think that's one of the things with COVID, well, I've found anyway, is that with the flexibility of working from home, you can go for a lunchtime walk because you're dressed in your runners anyway.</p> <p>I mean, that's what's going to be really hard when we go back to work ... to our office, because as I said to someone "I didn't really like working from home at the start, but I've actually now got so used to it, because I can wear jeans and runners and we don't have to get dressed properly".</p> <p>Well I guess that because this year has been very distracting and complicated because of the pandemic and then because of, and I hadn't really sort of covered the challenges that my children have, that they're both essentially special needs kids, I don't always do the kind of, you know, it takes me a while to get on top of things</p>
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		<p>Yeah and the... yeah, yeah, well probably because you then sort of like make doctor's appointments for, you know, for other people in the family become, it can become a priority over my own 'cause I have to deal with this first when in fact, you know and I try to make it I have to deal with myself first. Sometimes, yeah I think under stress you just start prioritising... it's almost like you want to clear the way to then you when it's the opposite, you do you and then you've got the energy to deal with the other stuff, yeah.</p> <p>I haven't been able to swim because the pools have been closed and I should just get on the bike and ride but the difficulty with that is you end up exercising as hard in a half-hour run as you do in a two-hour ride and I just haven't had the time to invest in that.</p> <p>Interestingly the one thing that I can do in the mornings is go for a swim, but again, often in the mornings it's just about the question of time. If you have got to get to work or kids off to school or something like that, so you know.</p> <p>I think I am using excuses such as time and having full care of a daughter that prevents me from doing that.</p> <p>I want to, it's just a matter of finding time</p> <p>And also have got to do some work I've got to clean up. I think a lot of it is time, I don't put myself first</p> <p>But I won't because I don't want to bother anyone, it's that whole pleasing and she comes first.</p> <p>The food is a work in progress, so that is my daughter and I talking about let's try this, so she is doing more of that. But it is around time.</p> <p>Finding the time because I'm still fairly busy at work. Finding a convenient time to do it on a regular basis</p> <p>Challenged with, I desperately want to try and improve my exercise and fitness. It's about the time available, whilst I'm not travelling to and from work which is a good thing, that saves time, but I just, I have no time, it seems to disappear a bit, about making that effort [0:10:49.2] exercise.</p> <p>Probably, well, I don't want them to [0:11:38.6], I don't want time to stop me</p> <p>No, I think there's so many other classes that I do. At this point in time I would prefer something that I could just tap on when the time allows.</p> <p>It's hard to incorporate things easily and quickly, you know, not too expensively.</p> <p>Time? Because I've retired, I've got a lot more time on my hands. That's not usually an issue.</p>
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<p>Access to social opportunities</p>	<p>The benefits of helpful social norms</p>	<p><i>We know that when you've got an appointment to walk with someone you keep it and it's the same with exercise, whatever it is and you just go.</i></p> <p><i>Yeah that's it, that's that commitment to others. Someone else is relying on you to come yeah.</i></p> <p><i>I do prefer to walk by myself to be honest. I mean, one, when my husband comes, he walks slower than I do and I just find it irritating having someone walking behind me, but I always feel like I've got to ask, do you want to come. Maybe I just shouldn't ask, but then if he's around, I don't tend to go.</i></p> <p>Well as I said if, if and when I do go back to work in the city I will be doing less exercise because I won't be compelled to.</p> <p>Yeah, yeah. And what sort of support from others do you feel like you have to make those changes to your lifestyle?</p> <p>Well my family cares about me so ... I mean they'd be happy to see me do it.</p> <p>Yeah it would set a good example to my children. Yeah especially my older daughter with her fatigue. She does do some yoga but yeah it would be good to have, good for her to see or to have more of that kind of self-care in terms of exercise happening around her, it might encourage her to, you know, lift herself up a bit more and, you know, push herself that bit harder.</p> <p>I know that I'm more likely to meditate for instance if I sign up to, you know, a meditation teacher or regular meditation class.</p> <p>What about with the physical activity, a similar sort of thing? What derails you there or that you find that a little bit easier to stick to?</p> <p>No, again, I'm much better when they're not here. When I'm just here by myself, I will generally go walking. I mean, I have slack days. I was going to say yesterday, but Peter was here yesterday. The day before I was very slack and I didn't go for a walk, but most days, if I'm here by myself, I'll go for a walk, but if Peter or my niece is here, you know, they're not so keen or they'll walk really slow. It's just annoying. Strangely, I think because I'm so used to being by myself that I'm actually quite good. You know, you get in your own rhythm.</p> <p>If my partner was more fitness motivated, that could be a push, or if I had a friend who said "Let's go for a walk every day". I don't know if that would make a big difference because I still think I prefer to walk by myself.</p> <p>The funny thing is, my niece lived with me for a while when she was doing her VCE and strangely it was actually good for both of us, but I think, she got into, because she was doing VCE and she was quite stressed, that going to the gym was helpful for her, but now she lives the other side of the city. When she went, I would go with her, so that would get me to go as well. So, that was actually helpful when we were both here.</p>
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	<p>The benefits of social support</p>	<p><i>But I can relate to people with my own issues. So, if there was dementia issues with people with weight problems, or a similar stage of life, not somebody who can't remember their name and whether there's somebody in the room with them, you know, that example. You know if you've got extreme patients together, I would switch off completely, 'cause it's not for me. But I am very happy to take on problems with other people, and I'm interested in their problems and solutions and how they manage them, if I feel they're similar to me.</i></p> <p><i>I think just encouragement [from my GP]. That encouragement that says you know, if you can, when you commit to this, within six weeks you will see the benefit and we will see the benefit in your blood pressure, in your something or other, maybe in your sugar, maybe in your cholesterol, my god yeah. Something like that, so encouragement is always, encouragement is always wonderful.</i></p> <p><i>I think check-ins are good. Check-ins are good because they're sort of markers as progress and so either that's motivating because you say, ooh I better do this before then, or it's motivating because you can get positive feedback and reinforcement that you're doing the right thing. So I think check-ins are really good.</i></p> <p>Husband would support me,</p> <p>Engaging, engage with people [is important], sometimes there's nobody but that's okay.</p> <p>I do a lot of walking with friends at lunch time, so that sort of thing would make it easier, the support of others,</p> <p>Interviewer: So, the right sort of support could work well? Participant: Yeah.</p> <p>I appreciate the help that I get from my social group.</p> <p>I've got a few friends who are on their own like me as well. So that's quite a good support group.</p>

		<p>It was the social aspect of it, it was the collegiality and the fact that we worked in the same office just helped, it just helped bring this other element to how we worked. 'Cause we're like punching each other really and, you know, sweating and you know it sort of brought this different human side, and we talked about life outside the office and so that's probably the only reason that I did it. I can't imagine myself doing something like that with a bunch of people I didn't know because you create a community by being part of a group but it was the fact that we are already of the office.</p> <p>But I'm just open with my friends about what I'm trying to do and I'm not, like not in a like braggy if I have success but more just openly saying well I've decided... because I want their support, I don't want them to pressure me to have a drink if I'm not drinking, or not have another drink.</p> <p>By having that open discourse they contact me and say, do you want to go for a walk? So I'm getting the, it becomes a shared objective and we become positive influences for each other.</p> <p>So I think that you can, even through the internet you can still have sort of like a social kind of delivery of something that has similarities to, you know, an in person interactive physical activity.</p> <p>But the idea of having to go to the gym with someone, just shoot me.</p> <p>It's a solo activity.</p> <p>I should just do it and I should just say to her dad, can you pick up tonight I'm going to go to Pilates.</p> <p>However, then once Eva's dad left, it made it difficult because she would have to come with me and as a child she doesn't want to sit and watch her mum do Pilates, and that's what stopped it. So I would have continued if someone was home to take care of her. I got her to come along but it was really hard, it's boring.</p> <p>Yeah, it would be really helpful in terms of exercise and scheduling that would be someone taking care of childcare or taking care of my daughter a day, coming for a few days and taking her. My mum would do that but I don't think, I don't want to bother her. She is in her 70s, that's not her role. So that is the barrier, but that would help provide someone helping.</p> <p>I would prefer face-to-face, so someone who can motivate me</p> <p>I would be encouraged by family for sure. If I said I was hoping to make these changes, I'd have a lot of support with family</p> <p>I wouldn't want to be in a group class doing something particularly,</p> <p>But it's also good to have that constant connection with someone else whether it's a peer or whether it's you know, somebody you know, like you for example that you're coming back and. That could be individually or in</p>
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	<p>a group and I think from a group situation you tend to learn more but I guess too, I don't know, not if you had somebody negative in there, that could influence the group too and you don't want to drag them down either. But you can't just turn off that person can you? I don't know, yeah I haven't really thought about it but my first instinct would say a combination so maybe...</p> <p>Okay. Well this is a bit awkward. There's no question, yes, I'm a team animal. Yeah. I'm not a good loner.</p> <p>People have come out in their walking groups and I don't like walking in groups. There's too much yapping going on and I don't like to talk and walk.</p> <p>And so, you feel a bit out of it, you see. You see people out there walking together and I'd like to, but it doesn't interest me for some funny reason.</p> <p>And do you think other things like having other people who are supporting you in that or having that social aspect, like doing croquet will be more of a social thing? Do you think that helps in terms of making some of those changes potentially?</p> <p>I have a pretty good social life anyway and I mean there would be a social aspect to croquet obviously, but I might joint a club and hate the people and never go back again, so.</p> <p>No, I have particularly two groups of friends who are about the same age and we usually work together and get the answer.</p> <p>Yeah. Yes, we try to work it out before we go to the internet.</p> <p>I mean I have done some things that were difficult for me at the time but I did persevere I suppose. But I was doing it with a friend.</p> <p>I knew exactly what to do, I could do it, and I've got a couple of friends who would support me but I don't feel like I need a support group really</p> <p>This is going to sound absolutely ridiculous. I know it can't happen. I would like to have a daughter like me in that I was able to give support to my mother. I didn't give her enough support or necessarily the right support at the right time, but she knew she had me and I could help her with lots of things.</p> <p>No, not really because I've never asked for support. I'm an independent sort of person. I brought my kids up to be independent, so they all whizzed off. They think, oh mum's okay, she's superwoman.</p> <p>My husband. He's usually very good and he does a lot of physical exercises. So he does encourage me to do things, physically. Go for a walk or do some exercises.</p> <p>Not really, no [support available].</p>
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		<p>Yes, [family and friends] would be [helpful].</p> <p>Yeah, very much so. Groups of friends, I'm in three different, three walking groups and there's a lot of mutual support there. My daughters are very supportive and we all, we're all pretty aware of good diet and good lifestyles ... I guess it would be people around about my sort of age.</p> <p>I probably need to maybe go to a physio or join a group to vary exercise</p> <p>Maybe I'm going at it, doing it too much, I don't know, I need to go and see someone about it. The physio would be the first port of call.</p> <p>I think GP is probably more serious than what I would require.</p> <p>I lived in Adelaide for about 20 years and it was at the time when I was having my children and we had a family GP there who was just the best, you know traditional sort of family GP practice, we saw the same doctor almost all the time and he knew both of my children when they were babies. Even looked after me through my second pregnancy. He looked after my mother and my father after he had his strokes so he, and he even treated my ex-husband for a while, so he just saw us through that whole 20 year period and was an excellent doctor. He wasn't sort of rigidly sort of mechanistic in, you know, a pill for everything kind of thing.</p> <p>He very well understood the mental dynamics and emotional dynamics within families and different stages of life and he was just such a good doctor. But I've seen two or three doctors in the few years that we've been back in Melbourne and they're in these sort of super clinic type things where it's a different doctor each time and they know nothing of your background. They just see you as a, you know as a symptom, and they just treat that symptom without any kind of broader context and that type of medicine to me I think can be outright dangerous. I don't like it at all.</p> <p>Interviewer: So that relationship with the GP is really important to you yeah? Participant: Oh yeah I think so, yeah.</p> <p>Interviewer: Okay and if you were offered regular Zoom or Skype calls with someone say from our research team to help you take up a physical activity program and trouble shoot as you go along would you find that helpful? Participant: Once a week, once a fortnight.</p> <p>The thing with the gym is, part of it is generally aerobic. I usually do a small group, one that they tailor on the day for you.</p> <p>No, I think it would be good. It probably would be good. It is the accountability thing. If I find myself accountable to someone and I say that, I think that would be good, because I mean, I was meant to go and see the eye specialist next month and I'm like, no, December, and I'm like "Oh my God, I'm meant to have lost</p>
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	<p>all this weight before I see him". So, I should feel obligated to do that before I see him, but then probably because it's been six months and it's sort of just waivers I guess.</p> <p>Tracking, yeah. I need someone tracking me, I think. Yes, probably.</p> <p>No I'm perfectly...if I've got someone behind me watching, I won't have anything, any of them.</p> <p>Well, my GP's pretty good about that.</p> <p>Well, I could always ask my doctor or my physio, I suppose, what they thought. But I wouldn't want another special visit there just to ask them that [laughing].</p> <p>Yeah, that's good. Okay, great. I'll just check I've covered off everything. Okay. So if we, say we had a physical activity program done by our research group, do you think having regular Zoom or Skype calls with someone from a research team could help you take up physical activity or maintain it or troubleshoot things?</p> <p>I don't know really. I don't know whether over Zoom somebody would be able to really explore my particular problems because it's a physical thing. It's not just a case of looking at what someone's doing, looking at, I mean, my MRI on my neck is unbelievable [laughing].</p> <p>Just doing something gradually, yes, to see how, I mean, my physio that I have to, I don't go to him all the time but when I do need to go for whatever reason, he knows what my problems are and he's seen me a lot over the years so I feel safe doing the exercises he gives me.</p> <p>Yeah it is mutual. I mean my GP makes sure, he's a massive advocate for a brisk walk every day, 20 minutes at least, preferably more than half an hour. And so he tends to remind me of that regardless of whether I need it not. And so that's good to have that, to have it coming from the health professional of are you doing your walking? Keep it up. Good.</p> <p>I've done both but I generally do it myself. Haven't had great experiences with people doing it for me. They just don't tend to listen.</p> <p>Well, it would be mainly the Internet, but for example if you take, so injury, I have an osteo that I've been seeing for about 15 years I think on and off so I would probably get treatment and take advice from him.</p> <p>So for example, I had a shoulder problem a few years ago, I went and saw a surgeon about it and I went and saw the osteo but actually also looked up a bit about what they were saying was the problem after they had described it to me just so I kind of understood it a bit more, the mechanics of it. So I would probably tend to do a bit of both.</p> <p>We probably already talked about this but one of the things we are thinking about for a program, a home-based program for people, is support in terms of, particularly when they are starting out, regular Zoom or</p>
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		<p>Skype-type calls just to see how they are going, troubleshoot any problems. Would that be something that would appeal to you or you wouldn't find it necessary or how do you feel about that?</p> <p>It [GP support] is my definition of the seven fires of hell.</p> <p>Also because I am not a gym person and I've tried that and I thought, well, what's something that I can do. And I would go to with a friend to a physio and I found it really beneficial</p> <p>Yeah. I'm not motivated by that, I motivated by real people and is just gentle and easy. Not all of us love it or are excited. I could never do Boot Camp. If someone yelled at me, I would just walk out.</p> <p>Someone that made me accountable that would be good.</p> <p>So someone that coaches would include accountability, and just motivation, and checking in.</p> <p>If I had a personal trainer at a gym or something like that, I'd certainly be more motivated to do that.</p> <p>It would be good to have a discussion around that, that okay you're coming to the GP for your heart health and all that, but that potentially is a prevention for dementia as well, to have that in the conversation. I mean, that hasn't come up. Maybe it does later on.</p> <p>Maybe with the doctor there could be some sort of program that ties all three together.</p> <p>I wouldn't hate it. I think that'd be good and again, I would probably think it would be better in a face-to-face, but I think any sort of reminder is always good as far as making you want to do something on a regular basis, if someone was, like saying "Did you do your exercise this week?", I mean, certainly, I would be more inclined to do it if I knew someone was going to ring up and ask me that.</p> <p>I'd probably speak to friends or doctors.</p> <p>I've got a very good friend who's a very senior doctor, particularly if I had a question I'd always ask her. I won't name her.</p> <p>It's hard to know without having had the experience of it [personal training]. If it's just about motivation and would it be useful time, I don't know, but if it's actually giving me information that's going to help me to do what I'm trying to achieve, that would be good.</p> <p>Exactly because his comment to me was when I got diagnosed with high blood pressure was he said now you're going to say to me I can lose weight, I can, because I'm not overweight but anyway, you know I can lose weight, I can do more physical activity, blah, blah, blah. And he said but really you're beyond that, you need medication and he knew that immediately that I wouldn't into that idea but just a simple comment like that prevention helped.</p>
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		<p>maybe seeing your GP a bit more regularly for particular reasons; how confident you would feel in making those changes and whether there would be things you think might impact your motivation to make those changes?</p> <p>Well, if a professional told me I had to, I'd do it.</p> <p>Yes. No, it would be, if you had a person because of my personality type is I have to be told.</p> <p>I'm not going to do it myself unless somebody tells me to.</p> <p>Interviewer: Okay. So, health coach would actually be quite useful? Participant: That would be good, yes.</p> <p>Well, I think face to face would be best but at the moment, given my dodgy lungs, for instance I've been doing Pilates on Zoom for ages. But I'm going to have to go back to the studio for various reasons and I'm very anxious about that.</p> <p>Interviewer: Is there any kind of help that you would like to receive from your GP? Participant: Not really.</p> <p>I think face to face is very good to get feedback if you're not doing something correctly. I'm quite happy to do stuff on my own. When I actually went to the gym, I avoided classes like the plague. I always did my own thing. I do my own circuit. I chat to the trainers, that sort of thing. But as far as doing stuff correctly, I know how to do stuff correctly.</p> <p>I know at my gym they were big on goal setting and attending nutrition classes, discussions, that sort of thing. I think my gym offered a very good service. I didn't take advantage of those things.</p> <p>I don't know that a phone call would motivate... well it might motivate some people but I could lie through my teeth [laughs] and say "Oh yes, I'm doing this, that and the other." [0:55:30.0] just drop 10 kilos in the last three years. And you wouldn't know if I was telling the truth.</p> <p>Maybe what I would do now I think, I might even pay a personal trainer to come in twice a week and actually go through it with me or, you know ... I think I probably would take a bit more assistance. That's how I feel at the moment, but who knows in the future.</p> <p>Well perhaps GP could be more informed. Most of them don't really know much about Alzheimer or dementia in a general sense.</p> <p>Also, give you maybe some advice, where to go, what to look for. They don't, the GP.</p> <p>I guess so. I guess that could help. Be more advantageous to some extent, to understand what you're doing and how you're doing it.</p>
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