

Trends and Challenges of Hawassa City Communities on Regular Physical Exercise Thecase of Adminstrative Civil Servants

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Abstract: The main aim of this study was to assess trends and challenges of Hawassa City Communities on regular physical exercise focus on Administrative Civil Servants (HCA). In so doing, the study is confined on eighty eight public service offices (n=88).In this study both descriptive and inferential statistics research design were employed. In collecting data,(n=468) Civil Servants were involved as sample population. Sampled populations were selected using random sampling technique particularly called probability proportion to size methods. The data was collected using questionnaire, field observation and focus group discussion. The questionnaire was framed into four main categories providing the central themes of the research explicitly tendency of participation in regular physical exercise, the main challenges of regular physical exercise, life style and adherence mechanisms of regular physical exercise. Then the data of the questionnaire was analyzed using SPSS 20 version soft ware. Data were analyzed using tables, percentage, mean score, count, log odds and logistic regression; although qualitative data were analyzed in words. The coefficients of motivation to participate in sport activities are 0.115, 1.196, 2.111, 5.417 and its odds are 0.892, 3.307, and 4.005. 2.25respectively; the positive coefficients for all category of the participant of respondents indicate that motivation to participate in sport activities and participation have positive relationship. As the motivation of participants increased from the very low to low, average, high and very high, the log odds increased by 0.115, 1.196, 2.111, 5.41, respectively. Whereas, the odds of low, average, high and very high are 0.892, 3.307, 4.005 and 2.25 times higher when compared from the very low participants with the corresponding category. The result of the study therefore, revealed that HCA civil servants whose work requires a kind of physical activity are more likely to participate in regular physical exercise; having habit of doing exercise before going to work is significantly and positively associated with participating in regular physical exercise, the participation is higher for males in comparison with females. The challenges of regular exercise are categorized into two; namely, situational and personal factors. The nature of daily routine and activities done in leisure time seem to expose sedentary life style. Based on these findings, some recommendations were forwarded.

Keywords: Challenges, Civil Servants, Participants, Life style, logistic regression

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I. INTRODUCTION

Background of the Study

Regular physical exercise, physical activities combined with a healthy lifestyle approach are crucial for lifelong health and lead quality life. However, being physical inactivity, along with other lifestyle-related health risk factors namely unhealthy diet, tobacco use, and alcohol consumption become prevalent in developing countries. Besides to these, non communicable diseases (NCDs) such as cardiovascular diseases, diabetes and cancer have risen in prevalence rapidly in transitional countries, and their prevention and control is now a major challenge for leading governmental and nongovernmental organizations (WHO, 2008).

Above all these challenges that people may incline towards sedentary life style are sitting at work longer time and change work patterns are the prominent ones. However, such practices and manual jobs have eventually been substituted by technological equipments.

Now a day, physical activity promotions become higher on the public health policy agenda in Ethiopia. Even higher officials like prime minster deliver some motivational speech on regular physical exercise for communities. By having this into consideration Ministry of Youths and Sport was facilitating capacity building training for physical education teachers' to certify in aerobics instructors. If this plat form is implemented at large scale it can bring visible change on communities daily physical exercise participation.

Statement of the Problem

In this twenty one century, we live on automated society. Most of activities have become very easy and simplified due to technological advancements; for instance, considerable number of peoples use technological outlets as a day to day activities like using elevator instead of stairs, remote control instead of pressing button, driving car for short trip, and prefer spending their spare time by manipulating mobile phone, browse social medias, and attending sport on DsTv. All these modern life style linded people's daily physical activities. Nevertheless, with all these modern life style influence and attractive situation, there are also some peoples who strive all the best to lead active life style by doing daily regular physical exercise, and physically activity.

With the above justification in mind, the researchers were designed to answer the following basic research questions:

1. To what extent regular physical exercise and daily physical activities are common practices of Civil Servant communities?
2. What are the causative factors that hinder peoples participate in regular physical exercise and daily physical activities?
3. What are the common lifestyles of Civil Servant communities?
4. How to adhere regular physical exercise and daily physical activities as life style of the communities?

Objectives of the Study

General Objective

The general objective of the study is to recognize the trends and challenge of communities on regular physical exercise of Hawassa City Administration (HCA) Civil Servants (CS).

Specific Objectives

The Specific objectives of the study include:

1. To identify the tendency of community's participation in regular physical exercise and daily physical activities.
2. To identify the main challenges that hinder physical exercise participation.
3. To assess life style of Civil Servants commonly practiced.
4. To suggest the adherence mechanisms of regular physical exercise and daily physical activities to the Civil Servant communities.

Significance of the Study

It is important to realize that health is an obligation on the part of each individual and government itself; to enhance productivity of the communities, responsible stake holders must take responsibilities by facilitating some fertile ground to make regular physical exercise and physical activities as day to day routines in communities' life style.

Cognizant to this, this paper may contribute the following benefits.

1. It provides valuable information for stake holders (Bureau of Youths and Sport Affairs, Universities, civil association). To contribution for the implementation of 'Sport for All' particularly mass sport in different sites of the city.
2. It will be curtain-raiser to make regular physical exercise to take as trend throughout the communities.
3. It may create the awareness of regular physical exercise and physical activities to the Civil Servant communities.
4. It will help as a spring board for conducting further study related to the issue.

II. MATERIAL AND METHODS

2.1. Description of the Study Area

The study area is HCA. Its aim is to assess trends of communities commonly called the Civil Servants regarding on trends of regular physical exercise and physical activities. HCA the capital of the Southern Nation Nationality of People Region State is located relatively 275Km south of Addis Ababa, the capital city of Ethiopia. The city was founded in 1952. It lies on the shore of Lake Hawassa located in the Great Rift Valley. According to the Statically Abstract of Ethiopia for 1967/68, the city has an absolute coordination of 72°60.000' N and 3828' 0.120' E. The city is one of the fastest growing cities of the country and booming infrastructural and rapid increase in the population (Cited in Tafesse M, 2013).

2.2 Population of the Study

Based on the result of housing and population census of May 1999 and in 2003E.C. the projected populations of HCA reaches 309,479 people, out of this, 156,675 are males and 147,804 are females. Of these 191,817 people, live in urban area, while the remaining 112,662 people live in the rural area of the administration (Assefa G. *et al*, 2003). The annual population growth rate is 4.02 - 4.8 in the urban and 2.8 in the rural administration. The population density of the city is 3,300km² (Tafesse M, 2013). Even though, a lot of people live in HCA, the target populations of this study people are working in the government offices as the Civil Servants of the HCA. According to HCA Public Services Human Resource June30, 2008 E.C report, there are 8293 Civil Servants. Out of these 4,418 of them are males and 3,875 are females.

2.3 Study Design

The researchers selected Civil Servants population using random sampling technique, particularly, probability proportion to size (PPS); since, the population is large it is appropriate to select sampled population randomly using PPS sampling technique to give equal chances and infer whole target population.

Therefore, the study used the designed inclusive and exclusive criteria that is.: the inclusive criterion was all Civil Servants who work at permanent basis in HCA. Thus, sample sizes of the population were 500 Civil Servants from the total target population 8,293. Nevertheless, 468 of sampled population properly filled and returned questionnaire.

2.4 Study Methodology

The study uses primary source of data. Primary data is collected through employing multitude of data gathering techniques including questionnaire, focus group discussion (FGD) and field observation. Valuable data was collected from Civil servants by using questionnaire, while FGD was conducted to gather information from key informants. The implementation of these entire data collection instrument could ascertain the reliability of the data collected from study population.

2.5 Method of Data Analysis

The study adopted a quantitative research method with some qualitative component and employed descriptive method of analysis such as percentage, Count.

Logistic regression model belongs to the class of generalized linear models. Logistic regression modeling is commonly used as a strategy in analyzing data which have categorical dependent variable and the explanatory variables can be continuous and/or categorical. Detailed discussion on logistic regression model can be found on (Hosmer, D. W Lemeshow, S. 2000).

III. RESULT AND DISCUSSION

The total sample population figure was (n=468). By using descriptive and inferential method of data analysis the result was discussed as follow:

Participation of the civil servants in regular physical exercise

Regarding participation of Civil Servants, table 1 revealed the positive coefficients (1.174) for male respondents indicate that gender and participation in regular physical exercise program has positive association. The participation of males is increased by one unit; the log odds of the participation are increased by 1.174. The odds of participation in regular physical exercise program of male respondents are 3.236 times higher as compared to females. This result is also consistent with the finding of Ammouri *et al.*, (2007), sex is the most dependable attribution when correlate with physical activity behavior. In adolescence boys are more active than girls.

The coefficient of motivation to participate in sport activities are 0.115, 1.196, 2.111, 5.417 and its odds is 0.892, 3.307, and 4.005. 2.25 respectively; the positive coefficients for all category of the participants of respondents indicate that motivation to participate in sport activities and participation have positive relationship. As the motivation increased from the very low to low, average, high and very high participants, the log odds increased by 0.115, 1.196, 2.111, 5.417 respectively. Whereas, the odds of low, average, high and very high are 0.892, 3.307, 4.005 and 2.25 times higher as compared from the very low participant with the corresponding category. This result supported by the result from City of Vaughan (2013), among many challenge to participate in sport included a lack of motivation.

The result of this study showed respondents who had a life style are about 2.5 times more likely to participate in regular physical exercise in comparison with those who do not. Similarly respondents with no health status, sport activity program with colleague, life style and comfortable areas are 2.5, 24, 0.6 and 5.5 times more likely to have regular physical exercise than those who are with health status, no sport activity program with colleagues, no life style and no comfortable areas respectively. These results agree with the study conducted by Werner W. K. Hoeger, Sharon A. Hoeger; (2009), Mathews AE *et al.* (2010), Werner W. K.

Hoeger, Sharon A. Hoeger; (2009), perceptions Trost *et.al.*(2003), Ammouri *et.al.* (2007), inactive life style, health related problems impede physical activity. On other hand, social support was positively associated with physical activity.

: Results of the participation in multiple logistic regression models

Variables		B	S.E.	Wald	df	Sig.	Exp(β)
Sex	Female (Ref) male (1)	1.174	.401	8.572	1	.003	3.236
Age of respondents		-.057	.022	6.576	1	.010	.944
motivation to participate in sport activities:				29.082	4	.000	
	very low (Ref)						
	Low (1)	.115	.441	.068	1	.006	.892
	Average (2)	1.196	.465	6.609	1	.010	3.307
	High (3)	2.111	.7101	.000	1	.009	4.005
	Very High(4)	5.417	1.151	22.167	1	.000	2.25.
health status:	Yes Ref No (1)	.913	.381	5.728	1	.017	2.491
current physical status and fitness:	Very low			20.919	4	.09	
	Low	1.252	.997	1.576	1	.209	.286
	High	.363	.908	.159	1	.690	.696
	Very high	.430	.887	.235	1	.628	1.537
	Excellent	4.471	1.529	8.554	1	.08	87.469
sport activity program with colleagues:		3.192	.495	41.637	1	.000	24.332
	No(Ref) Yes						
life style:	No (Ref) Yes (1)	.503	.225	4.982	1	.026	.605
comfortable area:	No (Ref) Yes (1)	1.714	.407	17.756	1	.000	5.553
	Constant	-2.018	1.143	3.115	1	.078	.133

Challenge to do regular physical Exercise

A. Work requires physical activity

Description of work requires physical actively we can summarize that overwhelming (72.2%) Civil Servants working position do not require some sort of physical activities. This result is similar with the finding of Commonwealth of Australia (2014), Inyang M, & Stella O (2015), Badwin (2004) and Physical Activity Guide, (1998), among the many factors that may lead towards physically inactive at their work are sitting at work due to change of work patterns, day to day chore at work place this is because manual job is substituted by technological equipments like mechanization, automation, computerization such access enhance sedentary lifestyle.

Sport facilities accessible in your work area

Regarding sport facility available in working area more than half (56.6%) of Civil service offices have no sport facilities available in their working areas or office compounds. This result is in contrast to study reported by Doyle, J. Andrew (2002), affordability of facility and accesses of safety location are key consideration to do physical exercise. Moreover, before deciding to do physical exercise, we should consider distance of location from working place, school, and home. Once we give strong emphasis to these factors increase the likelihood of adherence to exercise. Apart from this we can increase our sense of easy and safety if we feel comfortable with our surrounding, find the staff of facilities friendly, approachable as well as sensitive to our needs.

C. Motivation of the subjects to participate in sport activity

Based on above description we can conclude that two third (67.1%) of Civil Servants workers motivation level seem very low and low to do regular physical exercise. One of the challenges to do regular exercise is lack of motivation to enhance our level of motivation according to Doyle, J. Andrew (2002) and Anna Moschny et. Al., (2011), if we lack interest to do regular exercise we should look someone who has exposure to new activities in safe environment then we can do all our best what we like to do. Once we find our interest, we should attempt all our best to accustom at regular basis.

D. Reason to be” Low” and “Very Low” motivation

The aforementioned description implies that significant proportion (73.3%) of respondents reported they are reluctant to do regular physical exercise since, they do not know what to do in sport. This result in agrees with the study conducted by Hyoungsook P. and Namhee K. (2008), Hyoungsook P. and Namhee K. (2008), previous

habit of physical activities appeared as consistent forecaster of present physical activities. By the same token Doyle, J. Andrew, (2002), reported that, forming good habit starts at early stage of our life then these habits reflect our current behavior.

E. Physical exercise partners of respondents

With regard to the habit of doing regular physical exercise about (46.7%) of the respondents they seem to have experienced either with their friend or families. According to a cohort experimental study, Neumark- Sztainer et al. cited on Anna Moschny et. Al., (2011), Anna Moschny et. Al., (2011) Ammouri et al., (2007); Neumark-Sztainer et al., (2003); Trost et al.,(2003),found that influence of parents, peers, and teachers, directly associate with our physical activities. When we compare with other, parents influence has less impact on physical activities. Whereas peer and teacher influences has significant impact on our physical activities. And also our personal perceived self efficacy has indirect impact on our physical activity participation. In general, lack of accompany has great role for older man and women as long as they get the guaranty for their safety

F. Suitability of living area to do regular physical exercise

From suitability of living area to do physical exercise analysis we can implied that more than half (56.0%) of the subjects is their living area could be one of barriers for Civil Servant Communities for lagging behind to do regular physical exercise. This result is in contrast to study reported by Hyungsok P. Namhee K. (2008). Van Der Horst *et al.*, (2007) the study found that physical environment such as availability of facilities could be one of variable; Nevertheless, study found that there was no significant association between access of facility and adult physical activity According to researchers’ personal experience and practical observation, HCA almost all sub city and Kebles are very suitable to do regular physical exercise; Squares, Main Streets, parks are also suitable to do regular physical exercise.

G. The communities’ role in promoting individual participation

Regarding Societies positions the majority (73.5%) of the Civil Servants’ participation seem to be discouraged by the societies in regular physical exercises. This results is in contrast as per Doyle, J. Andrew (1999) finding, constant social support is very crucial all along the stages of change continuum. Having and maintaining the support of family and friends is serious if we are going to faithful and to adhere to exercise program. Once we maintain our social supports, it is very easy to avoid other activities which may interfere schedule of exercise program.

Table 2: Major challenge of participation in regular physical exercise

Variable	Categories	Count	Column
A. Work requires a kind of physical activity	No	338	72.2
	Yes	130	27.8
	Total	468	100.0
B. Sport facilities accessible in your work area	Gymnasium Weight lift room	24	5.1
	Football Field	122	26.1
	Volleyball court	33	7.1
	Table Tennis / Tennis Court	24	5.1
	None	265	56.6
Total	468	100.0	
C. Motivation to participate in sport	Very low	178	38.0
	Low	136	29.1
	Average	99	21.2
	High	22	4.7
	Very High	33	7.1
Total	468	100.0	
D. “Low” and “Very low ”, possible reason	I do not know what to do in sport	198	73.3
	It is not important for me now	8	3.0
	I feel that it takes time	25	9.3
	There is no place to do physical exercise in my living	38	14.1
	Total	270	100.0
E. Physical Exercise Partners	Alone	85	39.7
	With group	15	7.0
	With friend and families	100	46.7
	With Coach	14	6.5
Total	214	100.0	
F. Suitability of the Civil Servants	No	262	56.0

Living Area	Yes	206	44.0
	Total	468	100.0
G. Communities' role in individual participation	Encouraging	124	26.5
	Discouraging	344	73.5
	Total	468	100.0

Life style of civil servants communities

A. Respondents' leisure time activities

This implies that a considerable number of Civil Servants look like spending their leisure time by watching TV, go to recreation area and just go to church or mosque . Such sorts of activities do not require physical exertion. This study is also supported by previous studies such as Inyang M, & Stella O (2015). Based on the study results 82% of respondents replied more than 10 hours per week of driving a car and 23 hours per week of watching TV. Such activities do not require vigorous activities and hence expose to cardiovascular disease like ischemic heart disease, coronary artery disease, and stroke among others.

B. Civil servants' daily routine

From the description Civil Servants daily routine we can conclude that considerable number of Civil Servant Communities daily routine seem to accommodate health life style. Even though, Civil Servant Communities of HCA accustomed with health life style and yet habit of doing regular exercise according to our study is finding below the average. Therefore, this result was in contrast to study reported by Hyoungsook P. & Namhee K. (2008) which showed that alcohol consumption and smoking was inversely associated with physical activities (PA). This result is supported by the result from, Hyoungsook P.Namhee K. (2008). Previous habit of physical activities appeared as consistent forecaster of present physical activity (PA). De Bruijn et al. “found that previous PA and sedentary preferences were strongly associated with PA but were strongly associated with physical activities but weakly associated with accelerometer. PA. Higgins et al. found that adolescents who smoke and consume alcohol tend to be less physically active”

C. Diet related condition of the subjects

The above description is regarding on the practice of using balanced diet the majority (60%) of Civil Servant communities of HCA intend to have good practice of eating balanced diet as per their economy. Doyle, J Andrwe (2002) reported the effect of nutrition, sleeping and healthy eating have also great impact in our exercise routine. Thus our daily meal recipe should comprise of sufficient complex carbohydrate to our body.

: Means of expressing life style of civil servants communities

Variables	Categories	Count	Column No. %
A. Respondents' Leisure Time Activities	Just Watching TV	141	30.1
	Walking, Playing football, etc.	67	14.3
	Just go to church or mosque	130	27.8
	Go to recreation area	87	18.6
	Other	43	9.2
	Total	468	100.0
B. Civil Servants' Daily Routine	Use a balanced diet	261	55.8
	Usually drink alcohol	24	5.1
	Smoking cigarette	2	0.4
	Doing a physical exercise	92	19.7
	Other	89	19.0
	Total	468	100.0
C. Diet Related Condition of the Subjects	No	187	40.0
	Yes	281	60.0
	Total	468	100.0

Adherence mechanism physical exercise

A. Means of transportation of respondents

From above description we can suggest that around half of Civil Servant Communities of HCA use motorized transportation. This result is consistent with the result of Deanne McArthur (2014), Commonwealth of Australia (2014), the number of people who travel on foot and cycling gradually dwindled. Such scenario may lead to reduce physical activity. On the contrary, these practices directly change personal preference of individual that is, instead of walking, cycling preferred to use motorized transportation.

B. Sport facilities easily available work area

Regarding sport facility available in working area the majority (56.6%) of Civil service offices in HCA seem do not have sport facilities in the office. Nevertheless, the result of the study revealed that sport facilities and equipment are not available in HCA Civil service offices. The result reported in literature unlike the present study in accordance to U.S. National Physical Activity Plan Alliance, (2016) & Doyle, J. Andrew (2002), increasing availably of sport facility and equipment for instance schools, workplace, health care services enhance the value of life and access to economic opportunity; decrease energy consumption; and strength social net work. Apart from these facilities increases the likelihood of adherence to exercise. According to researchers personal observation there is a few accesses of sport facilities. And yet there are enough spaces to accommodate sport facilities.

C. Respondents’ leisure time activities

This implies that a considerable number of Civil Servants look like spending their leisure time by watching TV, go to recreation area and just go to church or mosque . Such sorts of activities do not require physical exertion. This study is also supported by previous studies such as Inyang M, & Stella O (2015). Based on the study results 82% of respondents replied more than 10 hours per week of driving a car and 23 hours per week of watching TV. Such activities do not require vigorous activities and hence expose to cardiovascular disease like ischemic heart disease, coronary artery disease, and stroke among others.

D. Physical exercise partners

Considerable number of population suggests that the trend of regular physical exercise seem to do alone. This result argues the finding suggested by Dishman (1994), Chandler, Timothy (2002) Anna Moschny et. Al., (2011) McArthur, Deanne; Cronin, Mike et al.,(2014)& John S. Raglin (2001), according to a cohort experimental study, Neumark- Sztainer et al. found that influence of parents, peers, and teachers are directly associate with our physical activities. When we compare with others, parents influence has less impact on physical activities. Whereas peer and teacher influences have significant impact on our physical activities. And also our personal perceived self efficacy had indirect impact on our physical activities participation.

Table 4: Referring adherence mechanisms of regular physical exercise

Variables	Categories	Count	Column No. %
A. Means of Transportation of Respondents	On foot	181	38.7
	Bicycle	14	3.0
	Motor Bike	89	19.0
	By Car/Bajaj	184	39.3
	Total	468	100.0
B. Sport facilities easily available work area	Gymnasium/weight lifting	24	5.1
	Football Field	122	26.1
	Volleyball court	33	7.1
	Table Tennis / Tennis Court	24	5.1
	None	265	56.6
	Other	0	.0
C. Spend your leisure time	Total	468	100.0
	Just Watching TV	141	30.1
	Walking, Playing football	67	14.3
	Just go to church or mosque	130	27.8
	Go to recreation area	87	18.6
	Other	43	9.2
D. Physical Exercise Partners	Total	214	100.0
	Alone	85	39.7
	With group	15	7.0
	With friend and families	100	46.7
	With Coach	14	6.5

IV. CONCLUSION

In this study, the general objective served as guide in order to keep in track; to recognize the trends and challenge of communities on regular physical. At last this study has been concluded as follow:

- From the results of the study it can be concluded that respondents whose work requires a kind of physical activity or movement are more likely to participate in regular physical exercise. In addition having habit of doing exercise before going to work is significantly and positively associated with participating in regular physical exercise, from the result the researchers are suggesting active civil servants are more likely to

participate in regular physical exercise. Furthermore civil servants' with an opportunity to participate in exercise around the work place tend to engage in the regular physical exercise. Gender is also found to be significantly associated with participating in regular physical exercise, where the participation is higher for males in comparison with females.

- The trend of physical activities and regular physical exercise participations of HCA Civil Servant communities have been challenged by numerous factors. These challenges are categorized into two namely, situational and personal factors. Situational factors are working nature, sport facilities accessible, doing physical exercise alone, and lack of social support; On the other hand, personal factors like life style, lack of motivation due to low degree of self efficacy or lack of previous habit of physical activities appeared as consistent predictor of present physical activity.
- The central theme of this specific objective is to investigate life style of Civil Servants. In so doing , assessed in terms of leisure time and daily routine accommodate ;The research result revealed that significant proportion of Civil Servants lead health life style ; insignificant number of Civil Servants consume alcohol and smoking cigarette. Others, struggle to secure the best to get healthy diet/ balanced diet. Besides, the nature of daily routine and activities done by Civil Servants were in leisure time Watching TV, observing religious activities and reading book these are in passive manner such activities may lead to sedentary life style.
- Among reasons stated by HCA Civil Servants inhibit adherence in regular physical exercise are, the motorized transportation, lack of access of sport facility in their office, relatively inactive nature of leisure time, and lack of motivation are the prominent ones.

V. RECOMMENDATION

Based on the conclusions above, the following the following recommendations are made:

- Since HCA Civil Servants Community physical activities participation negatively associated with regular physical activity, the individual should set specific goal about incorporating physical activities into their daily routine.
- By identifying these situational and personal factors it is possible to maximize our regular physical exercise commitment. Each individual should set strategies to implement into action like prioritizing commitments is very vital this includes regular physical exercise. If they are financially stronger it is better to join in gymnasium. Farther more, HCA Youths and Sport office should facilitate and expand "Sport for All" Program' at larger scale at each square of main street the city.
- The formation habit of regular physical exercise and physical activities depend on two things time and repetition. Most habit takes three or four week's repetition to really to form. In scheduling workout time, HCA Civil Servants should consider other factors before and after workout (showering, changing clothes, traveling...); so that can avoid any possible time conflicts.
- The physical exercise schedule should not be overlap with other activities. It must be taking into consideration when you set your schedule. "Getting support from friends and family to "keep this personal time" can be valuable. Working with an exercise partner can also increase commitment to an exercise schedule". To be persistent with your exercise program we should get supports from friends and family. Once your social support is well established there is nothing interferes with your exercise program.