

## Getting ready to present

Using **signposting language** helps you to organise your presentation, to focus on particular points and to sequence information. Here are the transcripts of the extracts, fill in the missing expressions and decide what they refer to.

### Extract 1

Good afternoon. The subject of today's presentation is the determinants for people doing physical activity, which are important for health professionals to understand as they may increase likelihood of adhering to or avoiding physical activity in their daily lives.

These factors can be, erm... can be categorized into two main groups: reasons for being active and barriers to an active lifestyle. We can see that the first reason for being active includes good health, erm, a reduction in stress, and social benefits like meeting people and extending your social network. Erm, it also helps with managing your weight, and of course, for many people it offers fun and enjoyment.

### Extract 2

OK, how many people here take some kind of exercise on a regular basis? Hands up. OK... And how many people don't take regular exercise, but would like to? Right, quite few... And who doesn't take any exercise and is happy with that? OK, not so many... That's good.

Well, **as we can see from this first slide**, in today's presentation I'm going to talk to you about the determinants or factors influencing whether or not people engage in physical activity. What is that, what is it that makes some people maintain an active lifestyle and, and not others? Now... these determinants are particularly important for health professionals to understand because they provide an indication of what it is that increases the likelihood of people actually sticking to, or avoiding, physical activity. OK, so ... **moving on to the next slide**, the reason for having this is, here we have an image that shows some of the positive factors influencing people in terms of exercise. We'll come back to this image in a little bit. **I just want to have a look at** the determinants in more details. **Is it OK to move on?** OK...

Now, next, **if we look at this third slide**, we can see that these factors can be categorized into two main groups. The first group is reasons for being active and the second group is some of the possible barriers to an active lifestyle. So... **looking at this first category**, we can see that the reasons for being more active include – these are pretty obvious – better health generally, an overall reduction in stress, and social benefits like meeting new people, but also doing things together, you know, with people... this is known to be really important for well-being. And there are of course other benefits... weight management becomes easier, active people tend to have more energy... and there are simple things like fun and enjoyment, you know. So, **I want to look at these one by one in a bit more detail**. **Let's look at the first point:** improvements in health...

### Extract 3

**I'd now like to move on to the next slide:** the key determinants which affect an active lifestyle. These can be divided into three key categories, which **as you can see here** are environmental determinants, personal determinants, and behavioural determinants... so that's basically where we are, who we are, and what we do.

**If we look at the first of these**, environmental determinants, these are made up firstly of social factors, that's things like cultural influences and the influences of peer group and the family... And then also physical factors, and these include both man-made and natural features.

**Turning to the next point**, under social factors we have, for example, social support, which is provided by peers, family, er, friends, or by other significant people in an individual's life. This can take a number of forms – it can be personal encouragement to take part in sporting activities or outdoor events, actual physical assistance, or information given by individuals or groups such as charities... and the help they give can vary in frequency, durability, and intensity. So... so that's social factors...

**OK, the next point is** physical factors. These can influence physical activity patterns both actively and passively. The physical environment is obviously a major factor in increasing physical activity, as it has the potential to influence large groups, or even entire populations...

**Next, if we look at** the sub-heading: supportive physical factors in the environment. These include features like parks, cycling trails, and footpaths. These obviously provide opportunities for sport and leisure activities in urban environments where green space, or usable outdoor space, is limited. Many towns and cities still lack such amenities, which along with busy roads, congestion, and safety concerns, can actively discourage physical activity. Obviously, access to such amenities is easier in the countryside, but even there, lack of facilities can also be a barrier to activity.

OK, **moving on. Let's take a look at** our second key category: personal determinants.