

Promoting Exercise among Older Malaysians Using SMS Reminders

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Purpose

Answer 1

“I go walk lah, 3 times per week”

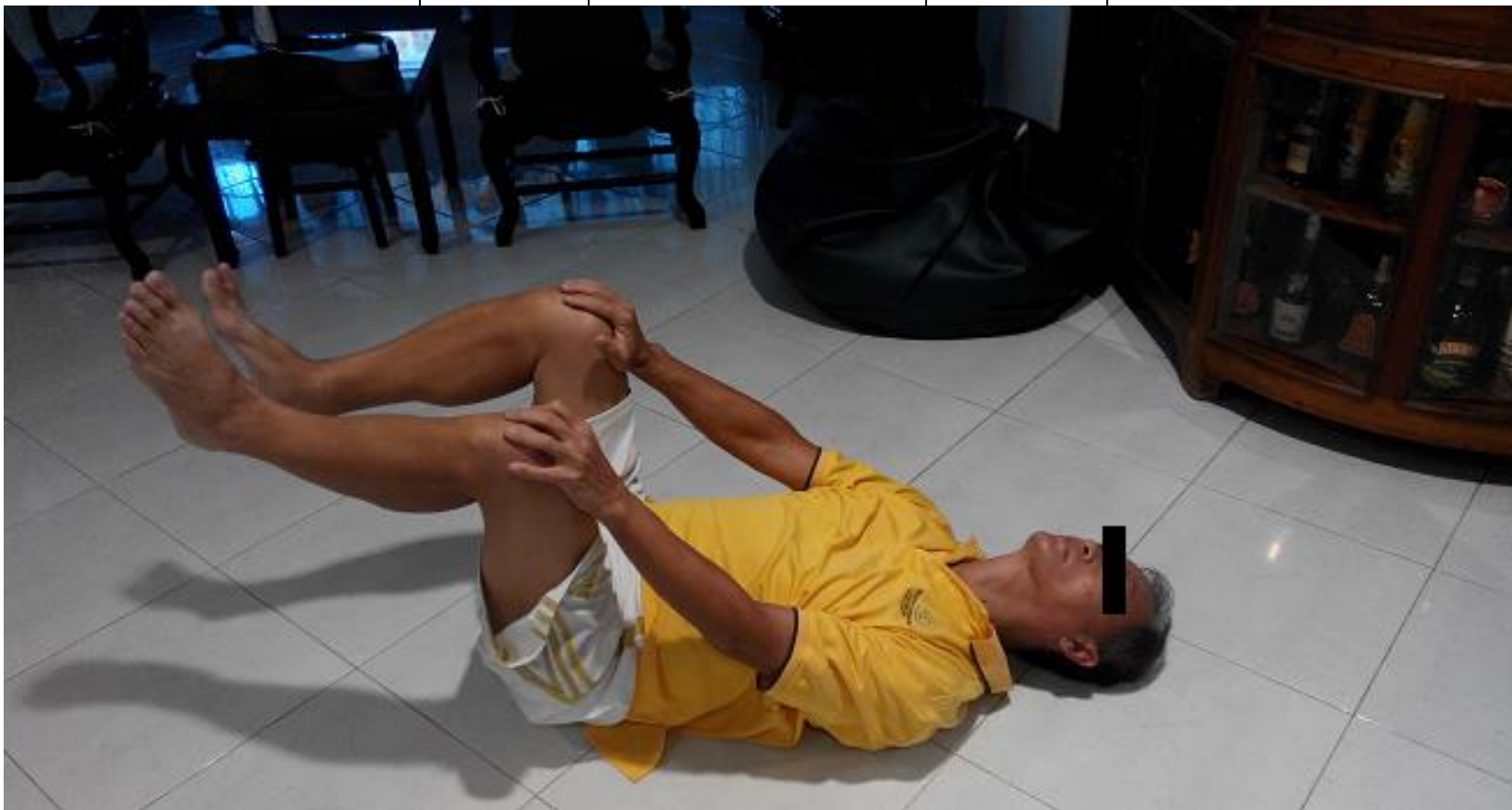
Answer 2

“No lah, I am too old. Dunno what to do lah. So, how ah?”

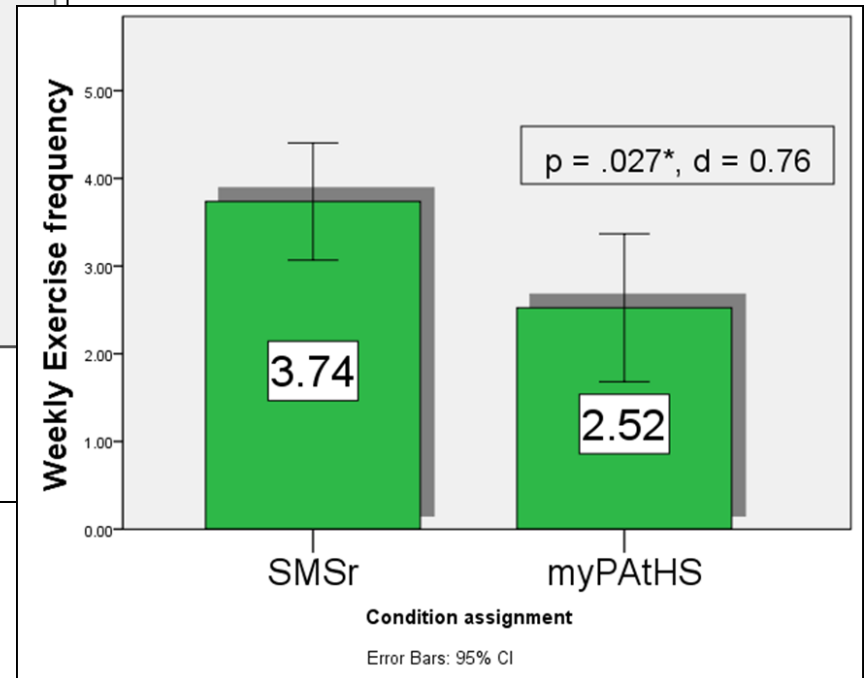
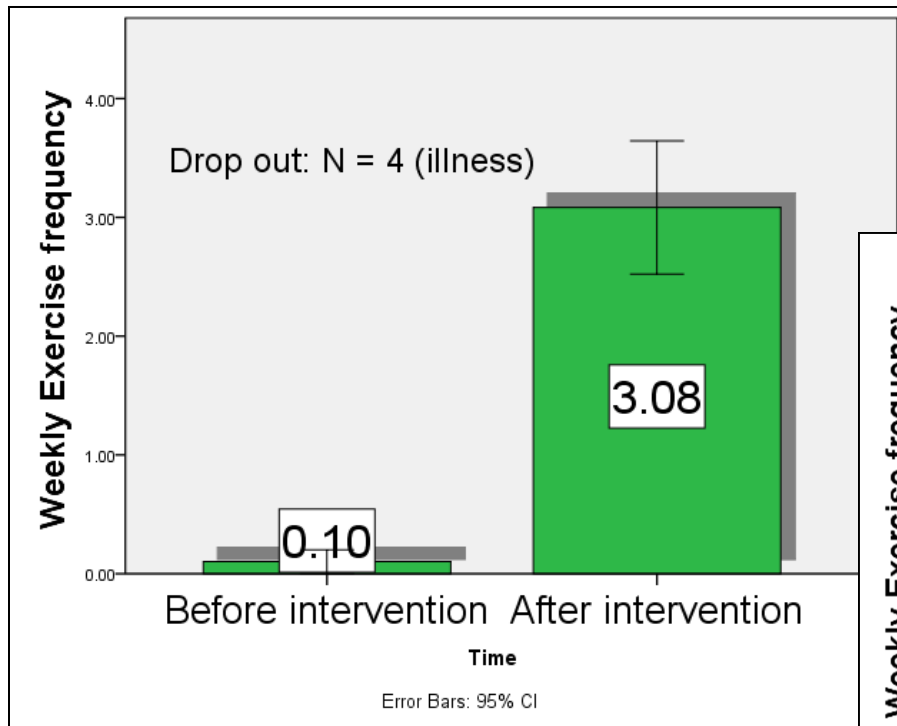
Idea

1. Exercise Program
2. SMS reminders

Data



Findings



Findings

ANCOVA

Variable	df	F	p	Partial Eta square
<i>Exercise self-efficacy</i>	1, 36	12.947	.001**	.265
<i>Condition</i>	1, 36	6.806	.013*	.159

Discussion

Take home messages

1. A structured exercise program is a good thing to get seniors moving
2. Encouraging SMS increases program adherence

BUT

What happens when there are no more SMS? 😊

What about emerging technologies (apps, fitness trackers)?

Acknowledgements

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