

Stretch, Lift, or Tap (SLoT)



ADDRESSING BARRIERS TO CHANGE

SLoT program implementers from health or social service organizations developed the following creative strategies to address barriers such as, participant forgetfulness, low motivation, and disbelief in intervention usefulness.



Movement memories: Participants narrate their favourite memory and ask others to follow along with them by acting out the memory.

Movement stories: A facilitator narrates a story prompting participants to stretch, lift, or tap (over the phone).

Movement celebration: Facilitators combine SLoT movements with laughter yoga as part of a celebration of participant progress.

Group reflection on the benefits of movement: Participants share inspiring stories of themselves or friends who are experiencing the benefits of movement.

Consensus building & reframing the goal:

An organization holds a community event to build buy-in by describing the problem of sedentary behaviour and SLoT as the solution for homebound older adults (as opposed to suggesting a planned exercise class)

Prizes –The top 3 participants to log the greatest number of “SLoT minutes” in their activities of daily living receive a gift basket.

Goal setting phone call: A SLoT coach calls each participant to review the action plan steps in the SLoT tool.

Sing-alongs: Participants sing while the group stretches, lifts, and taps along.

Warm-ups: Facilitators remind participants how to stretch, lift, and tap before each session.



[Watch how other organizations have implemented this program!](#)