

Dr. Ryan Rhodes

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How do I do it? Transforming My Resolutions Into Exercise Habits
The Faculty of Education Award for Excellence in Research Lecture

Learn What You Can Do
Dr. Rhodes studies how people can develop better levels of fitness and what that means for families and their lifestyles—learn more about what you can do to exercise your way to a healthier and happier life.

Dr. Ryan Rhodes is an expert on the intention-behaviour gap, and studies how we might better link intention to action and physical activity. Dr. Rhodes has been recently awarded research grants from The Heart and Stroke Foundation, the Canadian Institutes of Health Research, the Canadian Cancer Society and the Social Sciences and Humanities Research Council of Canada. He has been named as the Faculty of Education Research Excellence Award Winner for 2016.

University of Victoria
David Lam, Auditorium
January 25th
6:30 - 8:00 pm

University of Victoria
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A new year often begins with the new resolutions and promises. However, we often find ourselves drifting away from all the promises we made the beginning of the year. The determination to be more active and maintaining a healthy lifestyle is often on agendas but we often are guilty of not following them through. The gap between the determination to achieve that active lifestyle and actually maintaining it often leave us feeling disappointed. This intention-behaviour gap is one of the expertise of IALH's associate director, Dr. Ryan Rhodes. According to him, despite knowing the benefits of physical activity, people often fail to comply with it. He studies this disconnect between intentions to engage in health behavior and subsequent failure to engage in it.

Dr. Rhodes is an exercise psychologist, a professor, and the Director of the [Behavioural Medicine Lab \(BMED\)](#) at the University of Victoria. With an intention to find ways to motivate people to be more active, he studies the psychology of physical activity and sedentary behavior. He is interested in determining the behavioral and psychological aspects of physical activity and population health. Dr. Rhodes research has shown that over half of people who form good exercise intentions fails to follow through. His research focuses on finding the ways to motivate people to become more active and link the intentions to actions.

Dr. Rhodes talked about how to turn these intentions into behaviour in his recent talk [“How do I do it? Transforming my resolutions into exercise habits”](#). Dr. Rhodes pointed out how along with motivation to exercise, there is an equal need of regulation, making exercise a reflex, forming an identity around it in order to turn intention into a habit. Giving some tips on keeping it comfortable, Dr. Rhodes suggested making exercise a social activity and to pair it with some important daily activity to make it into reflex. He also suggests keeping it convenient that could fit into the schedule, monitor the success and taking an active action to solve problems when they arise.

Dr. Rhodes studies focus on how people can develop a better level of fitness and what that means for families and their lifestyle. Among many other endeavors, BMED lab, lead by Dr. Rhodes, will explore the formation of physical activity habits in the year 2017. The studies will examine whether physical activity can become a habit. According to Dr. Rhodes the physical activities promoting strategies focusing on educating on health benefits of physical activity attempts to build motivation. His studies will compare these approaches to habit formation focused on how one practices physical activity.

[Read more about Dr. Rhodes research here](#)

