

The Transtheoretical Model and Exercise Among Individuals Living With HIV

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Objective: To examine the distribution of the stages of change for exercise among individuals living with HIV as well as to identify the differences between the transtheoretical model (TTM) constructs. **Methods:** Cross-sectional self-report data were collected from 208 individuals accessing HIV-related care services. **Results:** More than half of the sample was in the action and maintenance stages, indicating a higher level

of physical activity in this sample than the general population. Furthermore, the patterns of the TTM constructs across stages were consistent with past research. **Conclusions:** Stage-matched TTM interventions can be developed for individuals living with HIV.

Key words: transtheoretical model, physical activity, stages of change, HIV/AIDS

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