

# Strategies for Physical Activity Maintenance in African American Women

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**Objective:** To examine whether African American women who were exercise maintainers reported the same barriers to and benefits from exercise as currently inactive women and to describe maintainers' strategies for exercise maintenance. **Methods:** Semistructured qualitative interviews. **Results:** Ten women were classified as exercise maintainers and 9 as relapsers. Both groups reported similar benefits from and barriers to exercise. Maintainers

reported strategies they used to sustain their exercise programs: wanting to act as a role model, seeking out social support, and setting goals. **Conclusions:** Programs that address barriers to exercise may not be successful unless coupled with facilitators that promote maintenance.

**Key words:** physical activity, exercise maintenance, African American women

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