

# Correlates of Self-Regulation for Physical Activity Among Older Adults

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**Objectives:** To examine correlates of self-regulation (personal regulation of goal-directed behavior or performance) for physical activity (PA) in older adults. **Methods:** A convenience sample (N=296) of older adults was surveyed (M age=70.4 years). **Results:** Hierarchical regression analyses revealed current PA engagement and sets of sociodemographic, health-related, and theoretical variables as independent correlates of self-regulation (model  $R^2=37\%$ ,  $P<0.0001$ ). In the final model, female gender,

older age, social support, self-efficacy, and greater PA were positive, independent correlates. **Conclusions:** Self-regulatory strategies are vital to PA promotion across the life span. Therefore, it is important to understand factors associated with self-regulation and use this information for intervention design and implementation.

**Key words:** physical activity, self-regulation, older adults, correlates, social cognitive theory

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