
CLIENT 1 (age 39, White male, overweight, college-educated)

Rubin (39) was a high school football player who was previously in good physical shape due to team workouts and weightlifting. However, once he entered college, his regular exercise routine stopped and he continued this “no exercise” routine through his 20s. Rubin does not see any reason to be physically active now that he is no longer playing football. He lacks any form of discipline or motivation to go to the gym on a regular basis. He knows that he is a few pounds overweight, but does not see any problems with the extra pounds he has gained since high school. He believes he is perfectly healthy and has no need to exercise.

CLIENT 2 (age 75, White male, normal weight, college-educated)

Ed is a 75-year old retired school teacher who lives alone and likes to garden and do yard work in the summer months. This keeps him very active because he typically spends about two hours a day outside doing various yard activities from mowing the grass to raking to picking weeds. However, during the colder winter months, Ed tends to become sedentary and retreats to watching TV to fill the time that he normally spends doing yard work in the summer. Because of Ed’s advancing age and the fact that he lives alone, his doctor is concerned that he is not active enough during the entire year. His doctor wants Ed to maintain a more constant level of physical activity during the whole year so that he has high level of functional physical activity to ensure he can perform day-to-day activities such as getting dressed, avoiding falling, and doing household chores.

CLIENT 3 (age 50, Latina female, obese, elementary education)

Gabriella is a 50-year old obese woman who has never been interested in her health or fitness. She has always been slim (albeit curvy) and has never regularly engaged in a physical activity routine. However, in recent years she has put on considerable weight. In spite of her family care taking duties, she has fallen into a sedentary lifestyle. During her nonworking hours and when she does not care for her children and elderly parents, she and her husband spend time eating large unhealthy meals, watching TV, or talking/skyping with her family members. Her two oldest children have recently taken an interest in their health, feel frustrated by their parents’ unhealthy lifestyle, and have been pushing Gabriella and her husband to engage in a healthier, more active lifestyle. In pursuit of this goal, her children decided to buy them both a gym membership and personal training sessions with you for a Christmas present. Gabriella is determine to start living a health lifestyle and to age successfully, however, her husband is resistant to change and quite anxious about becoming active and finding his way around the gym. He is also not fond of Gabriella going to the gym by herself.

CLIENT 4 (age 25, African American female, overweight, high school education)

Janelle is a 25-year old woman with two young children aged 3 and 5 years of age. She works full time in an administrative position for the government, while her husband works long, irregular hours as a manager in the restaurant business. She is also taking online college classes in pursuit of a Bachelor’s degree. She was active in her youth, when physical education was mandatory and her parents had her enrolled in several extracurricular sports after school. She has found it very difficult to focus on her physical activity and fitness level after having children and returning to work. Although she is highly motivated to get active and stay healthy so she can keep up and have fund with her kids, she is having trouble translating her intention into practice. Without the structure provided by school and her parents and the demands or working and parenthood, she feels lost and has no idea where to begin.

CLIENT 5 (age 60, White female, overweight, college educated)

Bev is a 60-year old female living in a remote rural area. Recently she has been diagnosed with breast cancer and has undergone a lumpectomy. In the next weeks, she will have to undergo radiation treatments for her breast cancer as well. Her oncologist recommended she enroll in an exercise program during her treatment as a way to enhance her fitness. He also shared with her information about a few studies that demonstrated that exercise reduces fatigue and enhances quality of life in cancer patients. Bev has never exercised regularly before but she is determined to do what she can to help her cope with treatments and improve her chances of recovery. She has researched the internet for information about what type of exercise may be helpful for women like her but she feels discouraged because she does not have easy access to a fitness facility. The nearest gym is more than 40 miles away and because she also works and has to undergo treatments, she cannot afford commuting there for exercise. There are no safe trails to walk on where she lives either, leaving her wondering what she could do to become active and increase her fitness.
