

Supportive texts help to keep you exercising

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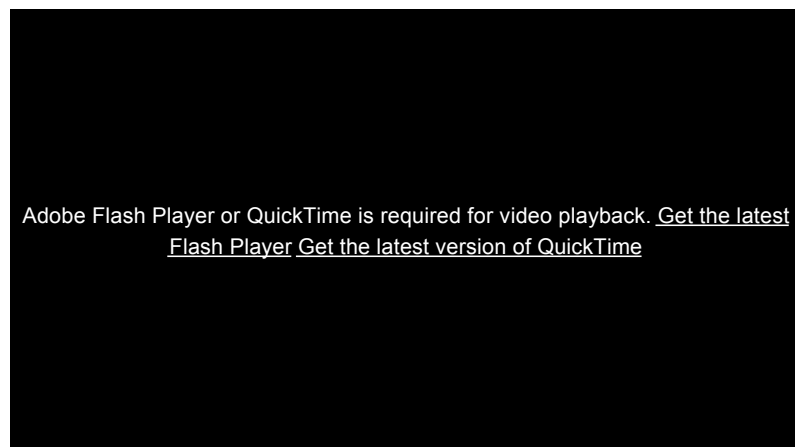
Research undertaken by **Dr Cecilie Thøgersen-Ntoumani** (<http://www.birmingham.ac.uk/schools/sport-exercise/staff/profile.aspx?ReferenceId=5537&Name=dr-cecilie-th%C3%B8gersen-ntoumani>), of the School of Sport, Exercise and Rehabilitation Sciences, and Florence-Emilie Kinnafick, of University of Northampton, has demonstrated that supportive regular text messages can help people who have just started exercising to stay motivated.



Florence-Emilie Kinnafick said: "Text messages are relatively inexpensive and can reach a large portion of the population. Therefore, using supportive text messages could be a useful, efficient, and effective addition to current programmes aimed at increasing levels of physical activity in those individuals new to exercise".

This research has been featured on the **British Psychological Society website here** (<http://www.bps.org.uk/news/supportive-texts-help-keep-you-exercising>).

In the video below Dr Cecilie Thøgersen-Ntoumani describes the focus of her research in 60 seconds.



Adobe Flash Player or QuickTime is required for video playback. [Get the latest Flash Player](#) [Get the latest version of QuickTime](#)