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Motivational Interviewing in Nutrition and Fitness | 15 CPEU

Motivational Interviewing for Diet, Exercise and Weight Motivational interviewing aims to enhance self-efficacy and personal control for behavior change. It uses an interactive, empathic listening style to increase motivation and confidence by specifically emphasizing the discrepancy between personal goals and current health behaviors. 1

Motivational Interviewing for Diet, Exercise and Weight

An alternative to this top-down approach is motivational interviewing (MI), a style of talking with clients in a constructive manner about health-risk reduction and behavior change.1 Based on the idea that most individuals already have the requisite skills to successfully modify lifestyle and decrease health risk, MI employs strategies that will enhance the client’s own motivation for and commitment to change.

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