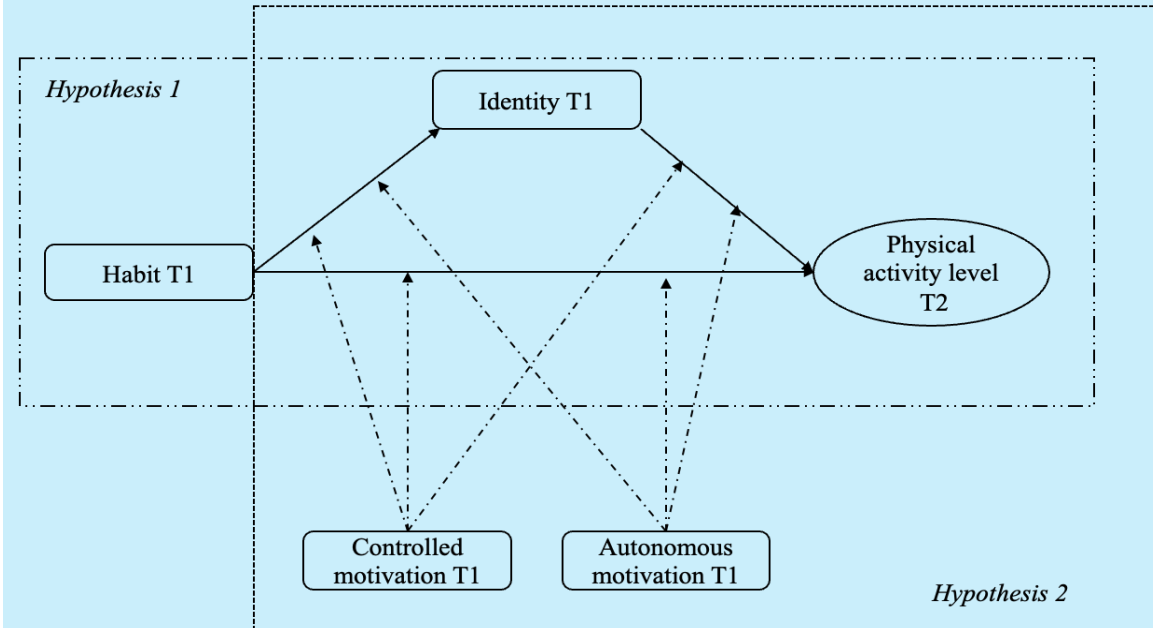


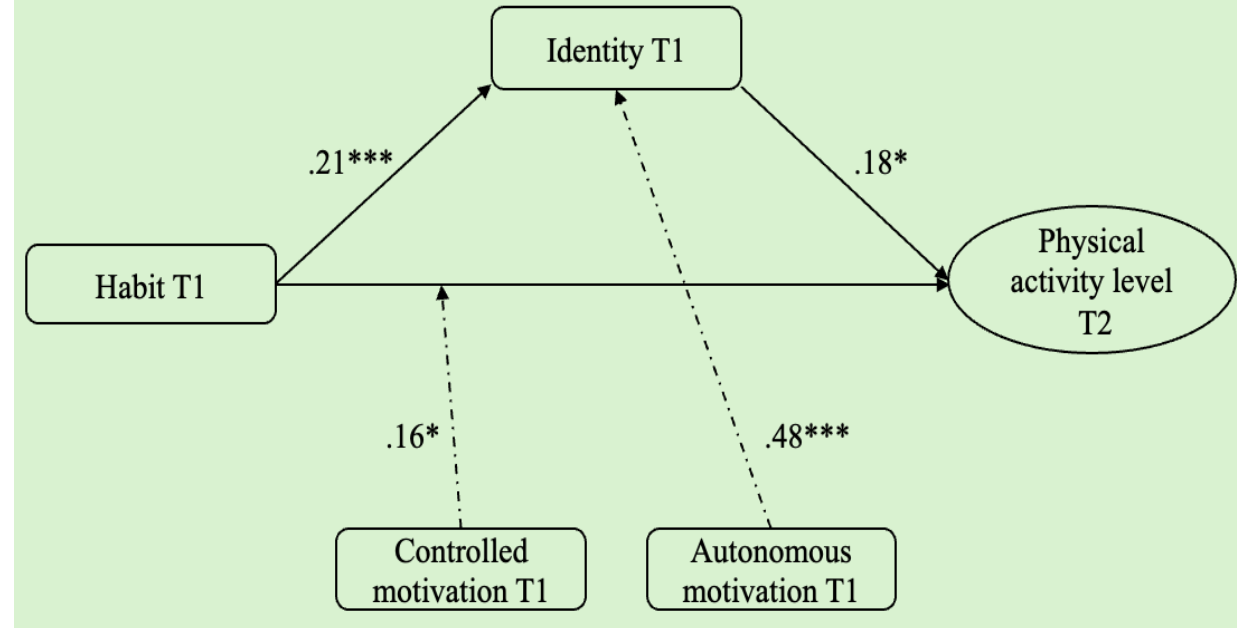
# How motivation influences physical activity engagement among active older adults:

## The contribution of identity and habit

### Hypotheses



### Results



### Study Participants

N= 220 physically active older adults

Age= 71.25 (SD= 5.88) / 63% females

Reference: Caudroit, J., Boiché, J., Vigneron, M., & Bernard, P. (2025). How motivation influences physical activity engagement among active older adults: The contribution of identity and habit. *Current Issues in Sport Science*, 10(1), Article 003.

<https://doi.org/10.36950/2025.10ciss003>

- Identity partially mediated the positive relationship between habit and physical activity level one month later
- Habit was related to physical activity level for only older adults with high level of controlled motivation and moderated or high level of autonomous motivation