

SESSION 10: Make Time for Fitness



Welcome and Review (10 minutes)

SAY: Welcome back, everyone!

Today, we are going to talk about finding time for fitness

Before we start, let's spend a few minutes going over what we discussed last time. I will try to answer any questions you may have.

DO: Briefly summarize previous session.

DISCUSS: What questions do you have about our last session?

SAY: Let's talk about how things went with the action plan you made last time.

DISCUSS: What went well? What didn't go so well?

SAY: Now let's talk about how things went with the other things you tried at home.

DISCUSS: What went well? What didn't go so well?

Objectives (2 minutes)

SAY: It can be challenging to fit in at least 175 minutes of activity each week.

Today, we will talk about:

- Some benefits of being active
- The challenge of fitting in fitness
- How to find time for fitness

Finally, you will make a new action plan.

Benefits of Being Active: A Review (10 minutes)

OPTIONAL ACTIVITY: show the video, 23½ hours (approx. 10 minutes)

<https://www.youtube.com/watch?v=aUaInS6HIGo>

SAY: Let's start by doing a quick review of the benefits of being active.

What are some benefits of being active?

Benefits of being active include:

- Help you manage your weight
- Better sleep and mood
- Improved balance and flexibility
- Lower blood pressure and cholesterol
- Lower risk of heart attack and stroke
- Lower stress level
- More energy
- Stronger muscles

The Challenge of Fitting In Fitness (10 minutes)

SAY: As you know, this program's goal is for you to get at least 175 minutes of activity a week, at a moderate pace or more. That's equal to about three hours.

ASK: What's a good way to know if you're being active at a moderate pace?

ANSWER: Do the Talk Test. That means you can talk while you do the activity, but you can't sing while you do it.

SAY: It can be challenging to find time to reach this fitness goal. Let's look at an example. Please turn to "Mark's Story" in this module's handouts.

DO: Read (or ask a volunteer to read) the first three paragraphs of the story.

DISCUSS: How about you? What makes it challenging to fit in your 175 minutes a week?

How to Find Time for Fitness (18 minutes)

SAY: We've talked about the challenge of finding time to reach your fitness goal. Now, let's brainstorm some ways to fit fitness into your daily life.

DISCUSS: What are some ways to fit in fitness anytime?

Ways to fit in fitness anytime include:

- Schedule it.
- Tweak your schedule.
- Use a fitness app or tracker.

DISCUSS: What are some ways to fit in fitness while you get to places?

Ways to fit in fitness while you get to places include:

- Get off the bus one stop early.
- Park your car farther away.
- Walk or ride your bike.

DISCUSS: What are some ways to fit in fitness while you watch TV?

Ways to fit in fitness while you watch TV include:

- Dance.
- Lift weights.
- March in place.

DISCUSS: What are some ways to fit in fitness while you get things done?

To fit in fitness while you get things done, move briskly while you:

- Rake your lawn
- Sweep your floor
- Walk your dog

DISCUSS: What are some ways to fit in fitness while you socialize?

Ways to fit in fitness while you socialize include:

- Join a walking club.
- Take a fitness class.
- Talk on the phone with a friend while you march in place, walk, or climb stairs.
- Walk with a family member or friend.

DISCUSS: What are some ways to fit in fitness at work, if you have a desk job?

Ways to fit in fitness at work include:

- Join a nearby gym.
- Take a brisk walk during your lunch break.
- Take part in a fitness program at work.
- Walk around or march in place while you talk on the phone.

Setting goals: Plan for Success (10 minutes)

SAY: Please turn to your Action Plan Journal.

Review the concept of SMART goals (only if needed).

SMART goals are: Specific, Measurable, Achievable, Relevant, Time-bound

Decide:

Specific: What will you do and where will you do it

Measurable: How will you know that you met your goal

Achievable: Is this something you can do between now and the next session

Relevant: Does this relate to your overall goals

Time-bound: When, how long and how often will you do it

Give people about 5 minutes to think about and write down SMART goals for diet, physical activity, and stress management/self-care.

ASK: Does anyone feel comfortable sharing one of their SMART goals? Then identify each component of SMART or encourage additional editing if components are missing (i.e. if the person says "I will walk three times this week" encourage them to add the where and how long to this to make it more specific and time-bound.

Summary and Closing:

SAY: Please look at “Mark’s Story”. Between now and the next session, please write what makes it challenging to fit in your 175 minutes a week.

I’d also like you to read “Tips for Fitting in Fitness”. Check off each tip you try. On the last page, write how you will find time to reach your fitness goal.

DO: Answer questions as needed.

SAY: We have come to the end of our meeting. Today, we discussed a common barrier to fitness—time. We talked about:

- Some benefits of being active
- The challenge of fitting in fitness
- How to find time for fitness

DISCUSS: Do you have questions about anything we talked about today?

Things to Try at Home:

- Ways to Reduce Stress
- Practice saying “no”
- Action Plan

SAY: Next time, we’ll talk about the things you tried at home, including your action plan. We’ll also talk about _____.

Thank you for coming to this session. Remember to bring your Participant Notebook to the next session.