

SESSION 18: Take a Fitness Break



Welcome and Review (10 minutes)

SAY: Welcome back, everyone!

Today, we are going to talk about how to fit in fitness breaks, or more short periods of physical activity, each day.

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: Taking a 2-minute fitness break every 30 minutes can help you meet your activity goals and manage your weight. Today, we will talk about:

- The link between sitting still and weight
- Some challenges of taking fitness breaks and ways to cope with them

We'll also get a chance to take a fitness break. Finally, you will make a new action plan.

Sitting Still and Weight Management (10 minutes)

SAY: Let's start by talking about the link between sitting still and weight. Many of us spend most of our waking hours sitting still.

Let's look at an example. Please turn to "Terry's Story" in this module's handouts.

DO: Read (or ask a volunteer to read) the first four paragraphs of the story. (Read all but the last paragraph.)

DISCUSS: How about you? How much of your waking hours do you spend sitting still?

SAY: Sitting still is bad for you. Studies show that the more time you spend sitting still, the greater your risk of health problems. These include type 2 diabetes, obesity, heart problems, and some types of cancer.

That's why experts say it's important to get out of your seat. They suggest taking a 2-minute fitness break every 30 minutes. The break doesn't need to be long or vigorous. The key is to move.

Let's go back to the story.

DO: Read (or ask a volunteer to read) the last paragraph of the story.

ASK: What does Terry do during her fitness breaks?

ANSWER: She stands up during part of her train ride. At work, she walks around her office while she talks on the phone and uses an exercise ball at the computer.

DISCUSS: What could you do for a 2-minute fitness break right now?

To take a fitness break, you could:

- Dance
- Do side steps
- March or jog in place
- Touch your toes
- Walk around

ACTIVITY: Take a Fitness Break

SAY: Let's take a 2-minute fitness break right now.

DO: Lead participants in one of the ideas the group came up with. Or let them choose their own. Participants can hold on to a chair for support if they wish. If standing is too hard for them, they can move while seated.

DISCUSS: How do you feel now?

How to Cope with Challenges (28 minutes)

SAY: Let's talk about some challenges of taking fitness breaks.

DISCUSS: What do you think might be challenging about taking a 2-minute fitness break every 30 minutes?

DO: Write the challenges on a flip chart or white board, if you are using one.

SAY: Now, let's brainstorm.

DISCUSS: What are some ways to cope with these challenges?

Challenges and ways to cope include:

I don't have time for fitness breaks.

- To fit in fitness breaks when you travel: Stand on the bus or train.
- To fit in fitness breaks while you watch TV or videos: March or jog in place.
- To fit in fitness breaks while you use a computer: Stand up.
- To fit in fitness breaks while you talk on the phone: March in place.
- To fit in fitness breaks at work: Take the stairs.

I forget to take fitness breaks.

- Set a timer.
- Ask your friends or family to remind you.

Setting goals: Plan for Success (5 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 (5 minutes)

SAY: Between now and the next session, please complete "How to Cope With Challenges" in this session's handouts. Write your own ideas in the column that says "Other Ways to Cope." Check off each idea you try.

I'd also like you to try taking a 2-minute fitness break every 30 minutes. See how it goes.

DO: Answer questions as needed.

SAY: We have come to the end of our meeting. Today, we discussed how taking a 2-minute fitness break every 30 minutes can help you manage your weight. We talked about:

- The link between sitting still and weight and health
- Some challenges of taking fitness breaks and ways to cope with them

We also got a chance to take a fitness break.

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

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.