

# SESSION 20: Stay Active Away from Home



## Welcome and Review (10 minutes)

**SAY:** Welcome back, everyone!

Today, we are going to talk about how to stay active away from home.

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:** Staying active when you're away from home can help you manage your weight. Today, we will talk about some challenges of staying active away from home, and ways to cope with them.

You will also make a new action plan.

## How to Cope with Challenges (38 minutes)

**SAY:** Whether you travel for work or for pleasure, it can be challenging to stay on track with your fitness goal when you're away from home. Let's look at an example.

Please turn to "Sherry's Story" in this module's handouts.

**DO:** Read (or ask a volunteer to read) the story.

**SAY:** Now let's talk about some challenges of staying active away from home.

**DISCUSS:** What makes it hard for you to stay active when you're away from home?

**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'm too busy seeing sights: See sights while you are active, walk from place to place instead of taking a car or bus.
- I'm visiting friends or family: Look for activities that they can do with you.
- I have to travel a long way: Do leg lifts while you ride or take walking breaks.
- I don't know my way around: Walk inside a local mall.
- I can't use my fitness center: Use the hotel fitness center, go to a community center/ recreation center where you are visiting, or pack a resistance band.
- I don't have my workout buddy: Call them while you are taking a walk, use a workout video, or be active by yourself.

## 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:** As you can see, you can still be active away from home. You just need to be a little creative! And even if you do get off track with your fitness goal, it's not the end of the world. The important thing is to get back on track and to have a plan so you can be active away from home in the future.

Let's look at "Sherry's Story" in this module's handouts. Between now and our next session, please write what makes it challenging for you to stay active when you're away from home.

I'd also like you to complete "How to Cope With Challenges". Write your own ideas in the column that says "Other Ways to Cope." Check off each idea you try.

**DO:** Answer questions as needed.

**SAY:** We have come to the end of our meeting. Today, we talked about some challenges of staying active away from home, and ways to cope with them.

**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.