

SESSION 5: Get Active to Manage Your Weight



Welcome and Review (10 minutes)

SAY: Welcome back, everyone!

Today, we are going to talk about getting active to manage your weight.

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: Getting active can help you manage your weight. Today, we will talk about:

- Some benefits of getting active
- Some ways to get active

We'll also get a chance to move around a little.

Finally, you will make a new action plan.

Benefits of Getting Active (13 minutes)

Let's start by talking about how getting active can help you lose weight and maintain weight loss. The more active you are, the more calories you burn.

DISCUSS: We've talked about how getting active can help you lose weight and maintain weight loss. What are some other benefits of getting active? Why do you want to get active?

Benefits of getting active include:

- 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

OPTIONAL ACTIVITY: show the video, 231/2 hours (approx. 10 minutes)

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

SAY: As you know, you'll be working towards at least 175 minutes of moderate activity each week. It may take you a while to reach that goal. But if you make small changes over time, you'll get there!

Ways to Get Active (20 minutes)

SAY: There are so many great ways to get active. You're sure to find at least one that you like.

DISCUSS: What are some ways to get active?

If people don't have many ideas, you can throw out some of these. Ways to get active include:

- Biking
- Climbing stairs
- Dancing
- Doing yard work
- Hiking
- Jogging
- Jumping rope
- Lifting weights
- Group exercise classes
- Exercise videos online
- Playing soccer
- Stretching
- Swimming
- Using resistance bands
- Walking briskly

Emphasize that it is important to try different activities and find something the person enjoys – the best physical activity is the one that someone will actually do! People generally do not continue activities they don't enjoy.

Also emphasize that physical activity tends to get more comfortable and enjoyable after a while, so don't give up right away.

You may want to have a brief discussion of local options for physical activity that group members may not know about. Ask members to share their ideas and knowledge. They may even decide to do some things together.

SAY: As you know, in this program, the goal is to be active at a moderate pace or more.

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: Let's try the Talk Test right now.

ACTIVITY: March in Place to understand moderate activity

- Participants can hold on to a chair for support if they wish. If marching while standing is too hard for them, they can march while seated and can add arm movement to increase intensity.
- Another option is to take a short walk around the building or outside if the weather allows and participants are all able to do so (don't leave anyone behind).

DO: Model how to march in place and ask participants to do the same.

SAY: March in place while you talk with your neighbor about the activities you want to try. Make sure you can talk while you march, but you can't sing.

DO: Give participants a few minutes to march in place, monitor if people are reaching a moderate activity level.

SAY: Great marching everyone! You can stop now. If you got to the point where you could not sing, that activity was moderate for you. Not all of us are starting at the same place so some might need more or less intensity for physical activity to be moderate.

Setting goals: Plan for Success (10 minutes)

SAY: As you know, to help you reach your overall goals, you will make a new action plan with specific smaller goals at each session. Please turn to your Action Plan Journal.

Review the concept of SMART goals if needed (by now, participants likely know how to construct a SMART goal).

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

For increasing your improving your diet/decreasing energy intake and physical activity over time, think about a goal you can work on between now and our next session. We also recommend you set a self-care or stress management goal using the SMART goal framework. This week, you could use trying a new type of physical activity as part of your SMART goals.

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 (10 minutes)

SAY: Now let's turn to the handouts that go with this module. Before our next session, I'd like you to read "Teo's Story" and "Ways to Get Active".

It's important to work out safely. So please complete "Are You Ready to Get Active?". It will help you decide whether to visit your healthcare provider before you get active.

NOTE: *If people have already seen their healthcare provider as part of your program and been cleared for exercise, can omit this.*

Also, please read the safety tips in "Be Active, Be Safe".

It can be challenging to get active. Please look at "How to Cope With Challenges". It shows some common challenges and ways to cope with them. Before our next session, please write your own ideas in the column that says "Other Ways to Cope." Check off each idea you try.

DISCUSS: What might you find challenging about getting active?

DO: Answer questions as needed.

SAY: We have come to the end of our meeting. Today, we discussed how getting active can help you manage your weight.

We talked about:

- Some benefits of getting active
- Some ways to get active

We also got a chance to move around a little.

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.