

# SESSION 7: Get Even More Active



## Welcome and Review (10 minutes)

**SAY:** Welcome back, everyone!

Today, we are going to talk about how to get more active.

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:** You've been doing a great job getting active. Today, we'll talk about how to get even more active. Today, we will talk about:

- The purpose of getting more active
- Some ways to get more active
- How to track more details about your fitness

You'll also get a chance to move around a little. You'll try tracking more details about your fitness. Finally, you will make a new action plan.

## Purpose of Getting More Active (5 minutes)

**SAY:** The purpose of getting more active is to allow you to reach your fitness goal for this program.

As you know, your goal in this program is to get at least 175 minutes of activity each week. Your pace should be at least moderate.

To find out if you're being active at a moderate pace, you can do the Talk Test.

**ASK:** Can anyone remind us what the Talk Test is?

**ANSWER:** It means you can talk, but not sing, through your activity.

**SAY:** But here's the thing: Over time, your heart and lungs get into better shape. So in order to get the same effect on your breathing, you need to be a little more active each week.

**DO:** Answer questions as needed.

## Ways to Get More Active (21 minutes)

**SAY:** We've discussed the purpose of getting more active. Now we'll talk about some ways to get more active. Let's look at an example. Please turn to "Olga's Story" in this module's handouts.

**DO:** Read (or have a volunteer read) the first paragraph of the story.

**ASK:** How does Olga make her walks more active from Week 1 to Week 3?

**ANSWER:** Olga walks longer, faster, farther, and up steeper hills.

**DISCUSS:** What are some other ways Olga could make her walks more active?

To make her walks more active, Olga could:

- Carry 1-pound cans
- Push a stroller
- Use 1-pound ankle or hand weights

**SAY:** During Week 4, Olga starts building her muscles, too. She knows that muscle burns calories, even at rest. So the more muscle you build, the better.

For 2 days that week, Olga does 3 sets of 5 reps with a resistance band.

**ASK:** What are reps?

**ANSWER:** Repetitions (reps) are how many times you stretch the band in a row.

**ASK:** And what is a set?

**ANSWER:** A set is a group of reps.

### **OPTIONAL ACTIVITY: Building Muscles**

You will need a set of resistance bands. They are available on Amazon or other websites for about \$12 per set. If possible, have enough sets so each participant can use a band – sets usually have around 5 bands.

**SAY:** Let's try building our muscles right now.

**DO:** Pass out a resistance band to each participant. Model how to use a resistance band the right way. Lead participants in doing 2 sets of 3 reps with each arm. **Keep track of how long they do this activity.** Collect resistance bands, or let participants keep them. See handout "Build your Muscles" in of this module's handouts.

**ASK:** Let's turn back to the story. How does Olga use a resistance band to get more active from Week 4 to Week 5?

**ANSWER:** Olga uses it for more reps per set, more sets per day, and more days per week.

## Track More Details About Your Fitness (12 minutes)

**SAY:** You've been doing a great job tracking your minutes of activity each day.

In order to see if you're getting more active, it's helpful to track some more details about your fitness.

### OPTIONAL ACTIVITY: Tracking More Details

**SAY:** Let's try tracking more details right now. Please look at your Fitness Log. Let's write down some details about what you did today with the resistance band.

**DO:** Help participants record what activity they did, and how long they did it. Also help them record their 2 sets of 3 reps. Write the information on a flip chart or white board, if you are using one. Answer questions as needed.

**DISCUSS:** Besides your minutes, reps, and sets, what are some other details about your activity that you could track?

What are some ways to measure your activity? And what are some ways to record your activity?

**DO:** If you'd like, bring in some examples of ways to track activity. Show participants how to use them. You may have already done this in previous sessions.

## 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.

**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 increasing the intensity 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 (5 minutes)

**SAY:** Let's look at your Fitness Log or app again. Please keep tracking what activities you do each day, and how long you do them. Between now and our next session, I'd like you to also track some other details about your fitness. Try it for at least one week. It will help you see if you get more active.

Please look at "Ways to Get More Active" this module's handouts. It gives ideas for how to get more active. Between now and our next session, write how you will get more active over the next few weeks. This may already be part of your SMART goals.

I'd also like you to look at "Build Your Muscles". Try some of these ideas!

**DO:** Answer questions as needed.

**SAY:** We have come to the end of our meeting. Today, we discussed increasing

We talked about:

- The purpose of getting more active
- Some ways to get more active
- How to track more details about your fitness

**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.