

# Lifestyle Coach Facilitation Guide: Core

## Session 13: Jump Start Your Activity Plan

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# Background and Preparation

## Preparation Checklist

### Materials

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These are the materials you will use during Session 13.

- Participant handouts for Session 13:
  - Session 13: Overview
  - Ways to Prevent Boredom
  - Improving Your Aerobic Fitness
  - F.I.T.T. Principles
  - How Hard Are You Working?
  - To Do Next Week
  
- “Food and Activity Trackers” for Session 13
  
- “How Am I Doing?” charts for weight and physical activity
  
- Lifestyle Coach’s Log
  
- Name tags or tents from previous weeks, if still needed
  
- Flip chart or chalk board supplies
  
- Balance scale

## Session 13: Jump Start Your Activity Plan

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### Before you begin

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- Choose a private place to weigh participants.
- Prepare Session 13 handouts to distribute at the start of the session.
- If still needed, prepare name tags or set up the classroom with name tents from the previous week.
- Have your Lifestyle Coach's Log ready for weigh-ins.

### Lifestyle Coach Brief

#### Learning objectives

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At the close of this session, the participants will be able to –

- Describe ways to add interest and variety to their activity plans.
- Define “aerobic fitness.”
- Explain the four F.I.T.T. principles (frequency, intensity, time, and type of activity) and how they relate to aerobic fitness.

#### Session 13 overview

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Boredom is an important impediment to maintaining any physical activity routine. When an activity plan becomes routine, one may lose interest and fall into old habits. To make physical activity more enjoyable, participants are asked to brainstorm ideas for how to add interest and variety to their activity routine. You suggest ways to eliminate boredom, and increase aerobic fitness.

Session 13 is divided into four parts:

##### **Part 1: Weekly Progress and Review (5 minutes)**

Weigh the participants, and review briefly the information covered during Session 12. Then begin a discussion about participants’ successes, challenges, and questions since the group last met.

##### **Part 2: Adding Interest and Variety (20 minutes)**

Guidance on how to add variety to an activity plan is covered. You lead a discussion about how to overcome boredom with a physical activity routine and how to jump start an activity plan to make it more enjoyable.

##### **Part 3: Improving Your Aerobic Fitness (30 minutes)**

The meaning and importance of aerobic activity is covered. You will explain that increasing aerobic fitness – and monitoring how hard our body is working during physical activity – helps us reach new and more enjoyable levels of fitness. The F.I.T.T. principles for how to get the most benefit from physical activity are discussed.

##### **Part 4: Wrap Up and To-Do List (5 minutes)**

### Key messages

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Here are the key messages for this session. They should be reinforced to participants throughout the program.

- Becoming bored with a routine is normal. Add variety to your physical activity to prevent loss of interest or enjoyment.
- Avoiding injury is important. When making any changes to your physical activity routine, make sure that the new activity will not increase your risk for injury or take a toll on your heart.
- Increasing activity levels may help to increase your capacity to work hard, which makes it easier to reach and maintain your goal weight.
- Pay attention to your body so that you recognize its capabilities and limits before you make any changes to a physical activity plan.

# Classroom Presentation

## Part 1: Weekly Progress and Review

Estimated time: 5 minutes

Weigh-In	Notes
<p><b>Weigh</b> participants privately, and have them record their weight on their “How Am I Doing? Weight” chart.</p> <p><b>Record</b> participants’ weight in your Lifestyle Coach’s Log.</p> <p><b>Distribute:</b></p> <ul style="list-style-type: none"><li>• Session 13 handouts to insert into the Participant Notebooks.</li><li>• Session 13 “Food and Activity Trackers.”</li><li>• Session 11 “Food and Activity Trackers” with your notes.</li></ul> <p><b>Collect</b> Session 12 “Food and Activity Trackers.”</p>	
Week in Review	Notes
<p><b>Ask:</b> Did you have any trouble keeping track last week? Were you able to stay under your fat gram budget and reach your goal for physical activity?</p> <p><b>Open responses.</b></p> <p><b>Ask:</b> How are you feeling this week about your goals and your progress in general?</p> <p><b>Offer</b> assistance graphing physical activity and weight.</p> <p><b>Present:</b> Last week, we talked about the reality of slips in our progress toward goals. We all slip. Slips do <i>not</i> mean failure. We covered what you can do after you slip and ways to get back on your feet.</p>	

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**Ask:** Did you have any slips last week? Did you try your two action plans to get back on your feet? How did it go?

**Open responses.**

**Address** any questions or difficulties.

### This Week

### Notes

**Present:** This week we will –

- Look at ways to add interest and variety to your activity plans so that you stay motivated.
- Talk about the importance of aerobic fitness and how to make aerobic activity part of your routine.
- Discuss the four F.I.T.T. principles – frequency, intensity, time, and type of activity.

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### Part 2: Adding Interest and Variety

Estimated time: 20 minutes

#### Preventing Boredom

#### Notes

**Present:** So far, our physical activity focus is on increasing the amount of time you are active. We moved gradually from 60 minutes per week to 150 minutes per week of physical activity. We emphasized walking because it is easy to do and does not require special equipment.

By now, some of you may find that your activity routine has become a little stale and boring.

Boredom is a problem because it may cause you to slip back into old habits of physical *inactivity*. Notice whether you're feeling bored with your activity plan, and do something to keep it fresh and interesting.

Today we will talk about ways to give your activity routine new energy when it begins to feel boring.

#### Ways to Add Variety

#### Notes

**Ask:** What can you do to keep activity from feeling routine or boring?

**Open responses.**

**Encourage** participants to share their experiences about overcoming boredom so that participants can help each other.

**Present:** One thing you can do is to add variety. Mix it up.

Do something new or different now and then. You cannot expect to do the same activity, day in and day out, every season of the year, without getting bored any more than you could eat the same food, day in and day out, without getting bored. Remember that you are making lifelong changes, and being active is something you will do for the rest of your life. So build in some variety.

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**Refer** participants to the “Ways to Prevent Boredom” handout in the Participant Guide.

**Present:** Take a moment to fill out this handout.



### Note to Lifestyle Coach

Have participants include lifestyle activities in their ways of avoiding boredom. However, make sure they understand that they should keep track only of the physical activities that are similar to (or higher than) the intensity of brisk walking. If a participant wants to learn more about an activity (e.g., strength training), make an appointment for the participant to meet with an exercise specialist (if one is available to you) for instruction.

**Ask:** What are some ways you could build variety into your activity routines? Starting with doing something new?

**Open responses.**

**Praise** all accounts of participants making an effort to stay motivated.

**Offer** these suggestions:

- If you usually walk during the week, plan to ride a bike or roller skate on the weekend.
- Try an exercise video or indoor cycling in the winter.
- Try strength (weight) training on alternate days.

**Ask:** How about changing where you do your activity?

**Open responses.**

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**Offer** these suggestions:

- Walk a different path through the park.
- Walk in a different neighborhood after work.

**Ask:** What about being active as a way to be social with a family member or group of friends?

**Open responses.**

**Offer** these suggestions:

- Instead of going for a cup of coffee, go for a walk-and-talk with a friend or family member.
- Plan a weekend hike with a group of friends.
- Go biking with a cycling club.
- Join a basketball team.
- Sign up with a group of friends for a walk for charity.

**Present:** It also helps if you make being active fun.

**Ask:** What suggestions or ideas do you have?

**Open responses.**

**Offer** these suggestions:

- Some people enjoy listening to a radio, music, or audio books while they walk or jog.
- Plan walking tours of cities when you travel.

**Present:** Finally, what can you do to motivate yourself to maintain or increase your activity?

**Open responses.**

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**Offer** these suggestions:

- Prepare yourself for a walk-a-thon or race.
- Train for a challenging mountain hike.
- Set up a friendly competition with a friend. For example, whoever walks the most miles before a certain date gets treated to a healthy lunch.

**Present:** Have you ever been bored being physically active? Have you found anything helpful to you at those times?

**Open responses.**

**Encourage** discussion about this topic.

**Present:** Even if you are not bored now, please be sure to let us know if you ever do feel bored. Use me, the group, and other resources to help you. We can talk about some community programs that might add interest to your activity routine.

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### Part 3: Improving Your Aerobic Fitness

Estimated time: 30 minutes

#### What is Aerobic Fitness?

#### Notes

**Present:** One way to add something new to your activity routine is to begin focusing on improving your aerobic fitness.

**Ask:** What is “aerobic fitness”?

#### Open responses.

**Present:** Aerobic fitness refers to how well your heart can pump oxygen through your blood to your muscles, particularly the muscles in your arms and legs.

Your heart is a muscle, too. If you exercise your heart (make it beat faster), it will become stronger over time. Making your heart beat faster is similar to building the muscles in your arms by lifting weights every day.

As your heart becomes stronger, you will notice that it is easier for you to do activities such as walk up stairs and carry groceries. Over time, as your regular physical activity increases, your heart will not beat as fast as it used to doing the same level of activity.

For instance, you will notice that your heart does not beat as fast as it used to when you walk up two flights of stairs, and you do not become as out of breath. This change in heart rate means that you are becoming more fit and that your heart is doing the same amount of work with less effort.

#### F.I.T.T. Principles

#### Notes

**Present:** Although aerobic activity is good for your overall health, not all forms of activity help strengthen your heart. Only those that are F.I.T.T. will do so.

**Ask:** Does anyone know what F.I.T.T. stands for?

#### Open responses.

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**Refer** participants to the “F.I.T.T. Principles” handout in the Participant Notebook.

### Frequency

### Notes

“**F**” stands for **frequency**, or *how often* you are active.

Aerobic fitness levels go down within 48 hours of no activity, so it’s important to be active often.

- Try to be active on most days of the week. At least 3 days per week is recommended; 5 to 7 days is much better.
- To avoid soreness and injury, increase the frequency slowly.

### Intensity

### Notes

**Present:** “**I**” stands for **intensity**, or *how hard* you work while you are active.

Intensity is usually measured by how fast your heart beats. We want your heart to beat faster than it usually does when you are at rest so that it will become stronger, but not so fast that you could injure yourself.

Another way to estimate how hard you should be working is that you should be able to have a conversation while you’re active, but you should not be able to sing. If you can break into song, speed it up!

**NOTE:** If you have trouble breathing and talking while you walk, slow down.

As you continue strengthening your heart, you will gradually need to do more challenging activity. For example, to get the same aerobic benefit, you will need to walk faster than you used to.

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### Time

### Notes

**Present:** “T” stands for **time**, or *how long* you are active.

To improve your aerobic fitness, you should *stay active continuously for at least 10 minutes*. That’s why we ask you to not record any activity of less than 10 minutes.

We recommend that you slowly increase the time you are active to at least 20 and up to 60 minutes per activity session. The total number of minutes you are active each week should at least equal your activity goal for that week.

### Type of Activity

### Notes

**Present:** The final “T” stands for **type**: the *type of activity* you do.

To improve your fitness, you should do **aerobic** activities. Those are activities that *challenge your heart* (e.g., brisk walking, jogging, swimming, bicycling). These activities use large muscle groups, such as those in your arms and legs and last 10 minutes or longer.

Brief activities that do not require your heart to work harder (e.g., bowling, pitching a softball, washing a window) will not improve your aerobic fitness.

**Present:** Determining how much physical activity you do each day can be difficult, but there are tools that can help. One such tool is a pedometer.

**Pedometers** are small devices worn on your clothing that measure the number of steps you take in a given amount of time. Using a pedometer as part of your daily routine gives you a better idea of how much total movement you do in a day.

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### Note to Lifestyle Coach

If participants are interested in learning more about pedometers, give them a copy of the “Using a Pedometer” handout at the end of this guide.

### How Hard Are You Working?

### Notes

**Present:** Paying attention to our bodies is an important way to keep track of your intensity – how hard you are working – when you are active.



**Refer** participants to the “How Hard Are You Working?” handout in the Participant Notebook.

**Present.** Next time you are active, rate yourself on this scale. Ask yourself, “How hard am I working?”

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### Part 4: Wrap Up and To-Do List

Estimated time: 5 minutes

#### To Do Next Week

#### Notes

**Present:** For next week, I want each of you to measure your heart rate while active, and try to stay within your target heart rate range.



**Refer** participants to the “To Do Next Week” handout in the Participant Notebook.



For next week:

1. Keep track of your weight, eating, and activity.
2. Do your best to reach your activity goal for the week.
3. Try using one of the F.I.T.T. principles to jump start your workout.
4. Document your activity level on the “To Do Next Week” handout.

**Ask** whether participants have any questions.

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### Closing

### Notes

**Summarize** these key points:

- Your activity routine can become boring over time. Add variety so you don't slack off.
- To improve your aerobic fitness, you must increase your activity level.
- Use the F.I.T.T. principles to get the most out of your activity.
- Pay attention to your body to determine how hard you are working. Make adjustments as needed to remain safe and injury-free.

**Close:** Begin varying your activity routine. Trying something new will make physical activity more enjoyable. Increase your aerobic fitness and pay attention to your body. Be prepared to share your experience with the group.

**Ask** participants whether they have any questions before closing the session.

**Make** announcements about time or location changes, contact information, or other similar issues.

#### **After the session:**

- Write notes on participants' successes and, when necessary, recommend changes in the participants' "Food and Activity Trackers" from Session 12.
- Write the physical activity minutes recorded in the participants' "Food and Activity Trackers" in the Lifestyle Coach's Log.
- Use the Notes and Homework page at the end of this guide to write notes about the session.



# Using a Pedometer

## What is a pedometer?

Pedometers are wonderful tools that measure the number of steps you take throughout the day as you walk, run, or climb stairs. Using a pedometer as part of your routine gives you a better idea of how much total movement you do in a day or week.

## How does a pedometer work?

When worn correctly, your pedometer records a step each time your hip moves up and down. All of your daily steps, including those taken during activities such as vacuuming, walking around the house, or brisk walking outside are added together to give you the total number of steps you took during the day.

## How do I wear it?

Attach the pedometer to your belt or waistband near the front of your hipbone, in line with your kneecap. Make sure the pedometer is secure, straight, and does not move around a lot. Put the pedometer on first thing in the morning; remember to reset it every day.

## How many steps make up a mile?

About 2000 steps equal 1 mile.