

# Lifestyle Coach Facilitation Guide: Core

## Session 5: Move Those Muscles

### Table of Contents

<i>Background and Preparation</i>		<i>Page</i>
<b>Preparation Checklist</b>	Materials Required for Session 5 Before You Begin	2
<b>Lifestyle Coach Brief</b>	Learning Objectives Session Overview Key Messages	3
<i>Classroom Presentation</i>		
<b>Part 1: Weekly Progress and Review</b>	Weigh-in Week in Review This Week	5
<b>Part 2: Physical Activity Goal</b>	Introduction You Can Succeed! You Physical Activity Goal Your Current Activity Level Benefits of Physical Activity	8
<b>Part 3: Getting Started with Physical Activity</b>	How to Begin Choosing the Right Shoes	13
<b>Part 4: Wrap Up and To-Do List</b>	To Do Next Week Closing	16
<i>Follow Up</i>		
	Notes and Homework Notes on Participants' Current Activity Level	19

# Background and Preparation

## Preparation Checklist

### Materials

---

These are the materials that you will use during Session 5.

- Participant handouts for Session 5
  - Session 5 Overview
  - Physical Activity Goal
  - How Active Are You?
  - Benefits of Physical Activity
  - Getting Started!
  - Wearing the Right Shoes
  - To Do Next Week
- “Food and Activity Tracker” for Session 5
- Lifestyle Coach’s Log. After each of the remaining sessions (5 through 16), record participants’ minutes of physical activity (found in their “Food and Activity Trackers”) in addition to their weight.
- Name tags or tents from previous week, if still needed
- Flip chart or chalk board supplies

### Before you begin

---

- Choose a private place to weigh participants.
- 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

---

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

- Establish a physical activity goal.
- Explain the importance of the physical activity goal.
- Describe their current level of physical activity.
- Name ways that they are already physically active.
- Develop personal plans for physical activity for the next week.

#### Session overview

---

This week's session introduces the physical activity goal. You will conduct the first of several discussions on physical activity, so today's content is fairly broad. Participants should begin to feel comfortable naming an activity that they can do and maintain, building up to the 150 minutes per week, the program goal.

The instruction for this session is written as though the participants are relatively sedentary now. Use your judgment about how to adapt the content for those who are already significantly active.

Session 5 is divided into three parts:

##### **Part 1: Weekly Progress and Review (10 minutes)**

##### **Part 2: Physical Activity Goal (25 minutes)**

As an introduction to the physical activity goal, you will discuss the many health benefits associated with being physically active.

The goal for the program is 150 minutes per week, but many participants may need to gradually build up to this amount. A good starting place for this week could be 60 minutes of physical activity during the next week.

## Session 5: Move Those Muscles

Encourage participants to select an activity that they like and that they can continue doing over the long-term. Brisk walking tends to be an ideal choice, because it is relatively easy and can be done almost anywhere.

### **Part 3: Getting Started with Physical Activity (15 minutes)**

You will discuss the importance of staying within safe limits of activity, choosing a physical activity to start with, and obtaining proper footwear. Be prepared to provide participants with a list of nearby retailers who sell good athletic footwear. Include retailers that offer low-cost footwear. During Session 6 you will continue this discussion, by providing guidance for long-term physical activity.

### **Part 4: Wrap Up and To-Do List (10 minutes)**

## Key messages

---

These are the key messages for this session. They should be reinforced from time to time throughout this program.

- The benefits of physical activity are numerous for people at risk for type 2 diabetes.
- For participants who are beginning a physical activity regimen, safety is the most important factor to keep in mind.
- Participants should build up to their physical activity goal slowly. A slow build-up is the reason for increasing activity a little week by week and working *toward* the goal of 150 minutes per week.

# Classroom Presentation

### Part 1: Weekly Progress and Review

Estimated time: 10 minutes

Weigh In	Notes
<p><b>Weigh</b> participants privately, and have them record their weight on the “How Am I Doing? Weight” chart.</p> <p><b>Record</b> each participant’s weight in your Lifestyle Coach’s Log.</p> <p><b>Distribute</b></p> <ul style="list-style-type: none"><li>• Session 5 handouts to insert into the Participant Notebooks.</li><li>• Session 5 “Food and Activity Trackers.”</li><li>• Session 3 “Food and Activity Trackers” with your notes.</li></ul> <p><b>Collect</b> Session 4 “Food and Activity Trackers.”</p>	
Week in Review	Notes
<p><b>Discuss</b> participants’ successes and difficulties in meeting their weight loss goals during the past week.</p> <p><b>Present:</b> Last week, we reviewed each food group in MyPlate and discussed the types of food in each group. We talked about comparing our food choices with those recommended by MyPlate.</p> <p><b>Ask:</b> Can anyone remember examples of lean, healthy meats? Healthy and not-so-healthy ways to eat fruits and vegetables?</p> <p><b>Open responses.</b></p>	

## Session 5: Move Those Muscles

**Present:** At the end of the last session I asked you to keep track of your weight and of what you eat and drink. I also asked you to compare what you eat and drink with the foods recommended by MyPlate using the “Rate Your Plate” handout, just like we did during the session.

**Ask:** How many of you were able to complete the “Rate Your Plate” handout?

**Ask** for volunteers to share what they recorded.

**Follow up** with these questions to gauge how well participants made the comparison:

- Did you make any changes during the week to match the MyPlate guidelines? If so, what were they?
- What problems did you have? How did you solve them?
- Did you eat more slowly and mindfully?
- Did you try to eat only at regular meal times?

**Open responses.**

## Session 5: Move Those Muscles

### This Week

### Notes

**Present:** This week we will –

- Discuss our physical activity goal.
- Discuss why the physical activity goal is important.
- Look at your current level of physical activity.
- Explore ways that you can be physically active.
- Create your own personal physical activity plans for the following week.

## Session 5: Move Those Muscles

### Part 2: Physical Activity Goal

Estimated time: 25 minutes

#### Introduction

#### Notes

**Present:** So far we have focused on losing weight through healthy eating. Everyone is doing a great job with monitoring what they eat and limiting fat grams. We will continue doing both of those throughout the program.

In addition to our fat gram goal, we also have another goal in this program: **the physical activity goal.**

During today's session we will talk about what we are doing already to be physically active. We'll also talk about ways we might gradually increase our physical activity.

#### You Can Succeed!

#### Notes

**Present:** Before we go any further, I want to assure you that you can succeed with this program.

It does not matter what your current activity level is. We will start wherever you are, and we will help you increase your activity level slowly, steadily, and safely.

And just as you keep track of your food, you will now also begin to keep track of your physical activity. Keeping track of your physical activity is just as important as keeping track of the food you eat.

Keeping track helps us understand our behavior with regard to physical activity and, thus, helps us to reach our goal.

## Session 5: Move Those Muscles

### Your Physical Activity Goal

### Notes

**Ask:** Does anyone remember what the program's physical activity goal is?

**Open responses.**

If no one responds correctly, tell them the goal: 150 minutes per week.

**Ask:** Why do we have this goal?

**Open responses.**

**Present:** Increasing physical activity is an excellent way to burn calories and to help us achieve and maintain our goal weight.



**Refer** to the "Physical Activity Goal" handout in the Participant Notebook.

**Present:** The physical activity goal for this program is 150 minutes, or 2 ½ hours, each week. You can do this in several ways, such as 30 minutes for five days. You can even break down the 30 minutes into three 10-minute or two 15-minute periods.

**Ask:** Does anyone know how many calories this amount of activity will burn in a week?

**Open responses.**

**Present:** Approximately 700.

## Session 5: Move Those Muscles

This amount of physical activity may seem like a lot to handle right now, but it will not be too difficult because you will –

- Pick activities you like. We are building a lifelong habit here, so we want you to enjoy whatever you do. Choose something convenient that can be built into your lifestyle.
- Choose moderate types of activities such as brisk walking – nothing extreme.
- Work up to the 150-minute goal slowly. It may take about 4 weeks to do so.
- Spread the 150 minutes over 3 to 4 days (or more) a week. For example, you might start by walking 10 minutes a day for 6 days a week, and slowly build up to 25 minutes per walk.

### Your Current Activity Level

### Notes

**Present:** We will begin by talking about how active you are now.



**Refer** to the “How Active Are You?” handout in the Participant Notebook.



**Ask** participants to take a few minutes to write some information about their current and past physical activity on the handout.

**Present:** This information gives us an idea of where we are now with regard to physical activity, and it also points to how we can find ways to be physically active starting today.

This information will also help me, as the Lifestyle Coach, to work more effectively with each of you to help you reach your goal. Give as many details as you can about your current level of physical activity.

## Session 5: Move Those Muscles

Also, write any information about physical activity that you have done in the past, but no longer do:

- What activities?
- Why did you stop?

Finally, describe what you like and do not like about being active and about being inactive.

**Present:** Now we are going to go around the room and have each person tell us about his or her current level of activity, any past experiences with being active, and your likes and dislikes about being active or inactive. If you don't feel comfortable discussing this topic openly in the group, you may pass.



### Note to Lifestyle Coach

Use the page at the end of this guide to take detailed notes about each participant's experiences with physical activity so that you will be able to understand the situations (cues) that promote or derail the participant's plan for their activity goal. For example, one participant may say she used to walk regularly at lunch time with a co-worker. However, the co-worker no longer works at the same place, so the participant stopped walking rather than walk alone. You now know that this participant is more likely to walk if she is able to find a companion who will walk with her.

If the participant names one or more activities she likes to do, suggest she include them in her physical activity goal for the following week.

### Benefits of Physical Activity

### Notes

**Ask:** Why do you think that being physically active is so important?

**Open responses.**

## Session 5: Move Those Muscles



**Refer** participants to the “Benefits of Physical Activity” handout in the Participant Notebook.

**Present:** It will help you feel and look better by –

- Improving your general well-being.
- Helping you lose weight and keep it off.
- Improving your mood and self-esteem.
- Countering depression and anxiety.
- Giving you more energy.
- Making it easier for you to do activities such as climb stairs, carry groceries, play with children or grandchildren.
- Helping reduce stress.
- Helping you sleep better.

It will improve your physical fitness by –

- Improving muscle tone and reducing body fat.
- Strengthening your heart, lungs, bones, and muscles.
- Making your joints more flexible.
- Reducing back pain and risk for injuries.

It will improve your health by –

- Lowering your risk for heart disease and some kinds of cancer.
- Raising HDL cholesterol (“good” cholesterol).
- Lowering triglycerides (a type of fat).
- Lowering blood pressure.

And reducing risk for type 2 diabetes by –

- Lowering blood sugar. Your body will be more sensitive to insulin, which means that your body will use insulin more efficiently.

## Session 5: Move Those Muscles

### Part 3: Getting Started With Physical Activity

Estimated time: 15 minutes

#### How To Begin

#### Notes

**Present:** In just a few minutes, we are going to make a physical activity plan for next week. Remember that I want you to start being active as part of your daily routine, so it will help if you plan to do activities that you like.



**Refer** to the “Getting Started!” handout in the Participant Notebook.

**Present:** This handout will help you get started with physical activity. It has some tips for making physical activities easier. Take a moment to look over the handout, and then fill it out later on your own.

Brisk walking is an easy way to become and stay physically active. It can be done almost anywhere, and all you need is a good pair of shoes.

**Ask:** What do we mean by “brisk?”

#### Open responses.

- “Brisk” means walking fast enough to breathe heavier than usual, but not so fast that you can’t carry on a conversation.
- If you can easily sing a song, you are not walking fast enough.

If you are just beginning physical activity, you will probably want to start slowly. Do not do anything too strenuous. We will build up to a moderate level of activity over time. In the next session, we will talk more about how to start a safe and appropriate regimen for your level.

**Ask:** What other activities might you like to do?

## Session 5: Move Those Muscles



**Write** on the board or flip chart activities suggested by participants.

### Choosing The Right Shoes

### Notes

**Present:** A few minutes ago I mentioned that all you need for walking is a pair of good shoes. Let's talk about that some more to make sure you have the information you need.



**Refer** participants to the "Wearing the Right Shoes" handout in the Participant Notebook.

**Present:** Having a pair of good shoes is important to protect you from injury and keep you comfortable. They need to fit well and give you good traction.



#### Note to Lifestyle Coach

Be prepared to offer some suggestions for nearby retailers who sell good athletic footwear. Ask participants to share what they know about buying shoes.

**Present:** You do not need to buy new shoes if you already have some that are comfortable and support your feet. However, if you plan to buy shoes, this handout has some pointers.

**Review handout** with participants and highlight the following:

Going to the store —

- Wear the kind of socks you will wear while you are active (cotton is best).

## Session 5: Move Those Muscles

- If possible, go to the store right after you have been active: your feet may become slightly larger while you're being active.
- Bring your old shoes with you; the salesperson can look at how the shoes wore down to determine what kind of support you need.

Trying on shoes –

- The shoes you select should be comfortable right away. They should not need to stretch out later.
- One thumb's width should fit between your longest toe and the end of the shoe.
- The heel should not pinch or slip when you walk.
- Be sure to tell the salesperson what type of activity you plan to do; walking shoes are different from running and aerobics shoes.

## Session 5: Move Those Muscles

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

Estimated time: 10 minutes

#### To Do Next Week

#### Notes

**Present:** So, let's make a plan for next week. Remember the goal we are working toward is 150 minutes a week. But we are going to start slowly.

I ask you to set a goal of —

**60 minutes of activity during the next week.**

I do not mean that you need be active tomorrow for an hour! I recommend that you break the 60 minutes into segments of 10 to 20 minutes over several days.

**For next week:**



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

**1. First, use this handout to plan —**

- Which days you are going to be physically active (for example, Monday, Wednesday, Friday; or Tuesday, Thursday, Saturday).
- Which activity you will do (for example, brisk walking, swimming, dancing).
- How long you are going to do the activity.

Just make sure all the time spent being active adds up to 60 minutes for the week.

Remember to plan activities that you like. If it would help, enlist a friend or family member to be physically active with you.

**2. In your "Food and Activity Tracker" booklet where physical activity is recorded, write —**

- What activity you did.

## Session 5: Move Those Muscles

- How long you did the activity (be sure that each segment is at least 10 minutes).
- The distance you went (if you walked, ran, or swam).

Remember to write this information in the Tracker each time you are active. For example, if you walk at 7:00 a.m. and then again at 8:00 p.m., be sure to include information about both.

Be sure also to include only the time that you are actually doing the activity.

- If you are out for a walk and stop to talk with your neighbor for 10 minutes, do not count those 10 minutes.
- The same goes for swimming. If you take a break between laps, count only the time you are actually swimming.

### 3. Finally, as always, continue to track your weight and what you eat.

#### Closing

#### Notes

**Summarize** key points:

- We discussed the many benefits to being physically active.
- You chose a physical activity that works for you. I set the length of time for the activity: 60 minutes per week.
- You described your current level of activity and decided how much activity you will do each day this week, what type of activity, and for how long you will be active.
- We talked about ways to be physically active even when we have busy lives.

## Session 5: Move Those Muscles

- We designed a plan to start being physically active during the next week.

**Close:** This week you begin an exciting step forward toward improving your health. You will begin to feel and see great benefits when you are more physically active. The important thing is to begin slowly and increase gradually.

Next week we will talk some more about physical activity, how to find time to be active, and how being active throughout the day can make a big difference to your health.

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

**Address** questions or concerns.

**Make** announcements about time or location changes, contact information, and any other logistical issues that participants need to know about.

### After the session:

- Write notes on successes and recommend changes where necessary in each participant's "Food and Activity Tracker" from Session 4.
- Make any other notes you need for yourself about each participant's current activity level on "Notes on Participants' Current Activity Level."
- For the remainder of the program, write the physical activity minutes recorded in the participant's "Food and Activity Tracker" in your Lifestyle Coach's Log.
- Use the "Notes and Homework" page to write down notes about the session.



## Session 5: Move Those Muscles

### Notes on Participants' Current Activity Level

Participant Name	Notes on Physical Activity