

Lifestyle Coach Facilitation Guide: Core

Session 6: Being Active – A Way of Life

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Background and Preparation

Preparation Checklist

Materials

These are the materials you will use during Session 6.

- Participant handouts for Session 6:
 - Session 6 Overview
 - How Am I Doing? Physical Activity (Sample)
 - You Can Find the Time!
 - Lifestyle Activity
 - Keep it Safe
 - Safe and Easy Stretches
 - Treating an Injury
 - When to Stop Exercising
 - To Do Next Week

- “How Am I Doing? Physical Activity” charts (second to last page of this guide). On the assumption that most participants will be active somewhere from 40 to 270 minutes, numbers in that range are written in the “Minutes” column. Make a copy for each participant, and have each fill in his or her personal information and physical activity minutes for last week.

- Blank “How Am I Doing? Physical Activity” charts (last page of this guide). Make copies for participants who want to go beyond 270 minutes of activity per week. Distribute these charts as needed.

- “Food and Activity Trackers” for Session 6. Label the tracker with the current session number and title. Have extra copies on hand for those who need them.

- Lifestyle Coach’s Log

- Name tags or tents from previous week, if still needed

- Flip chart or chalk board supplies

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Before you begin

- Choose a private place to weigh participants.
- Prepare Session 6 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

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

- Graph their daily physical activity.
- Describe two ways of finding the time to be active.
- Define “lifestyle activity.”
- Describe how to prevent injury.
- Develop an activity plan for the coming week.

Session 6 overview

Session 6 is the second session that focuses on physical activity. During the last session, participants set a physical activity goal of 60 minutes. They should now be able to discuss some of their successes and challenges.

Using participants’ experiences, focus this week’s discussion on learning what makes increasing physical activity difficult for participants and how to overcome those difficulties. Lifestyle activity (choosing to be active throughout the day) will be discussed as a component of physical activity.

Session 6 is divided into four parts.

Part 1: Weekly Progress and Review (10 minutes)

Part 2: Overcoming Barriers (20 minutes)

This section will rely heavily on group discussion to generate ideas for incorporating physical activity into one’s routine and to find solutions for any challenges participants face. Because finding time to be physically active is often the most common barrier, solutions (such as scheduling or finding small blocks of time to be active) will be discussed.

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Part 3: Lifestyle Activity (20 minutes)

Leading a physically active life goes beyond just the 20- or 30-minute segments discussed so far. It also involves making active choices throughout the day, such as parking further away or taking the stairs instead of the elevator). Ways to incorporate lifestyle activities into participants' activity plans will be discussed.

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

Key messages

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

- You must make the *choice* to include physical activity in your day.
- Train yourself to look for blocks of time when you can be physically active.
- Using small blocks of time to be physically active makes reaching your physical activity goal easier.
- When you start a physical activity program, you must pay attention to your physical condition, prepare your body properly for increased activity, and be aware of whether your pace is too slow or too fast.
- Keeping safe is vital. Know when you need to stop.

Classroom Presentation

Part 1: Weekly Progress and Review

Estimated time: 10 minutes

Weigh In	Notes
<p>Weigh participants privately, and have them record their weight on the “How Am I Doing? Weight” chart.</p> <p>Record each participant’s weight in your Lifestyle Coach’s Log.</p> <p>Distribute</p> <ul style="list-style-type: none">• Session 6 handouts to insert into Participant Notebooks.• Session 6 “Food and Activity Trackers.”• Session 4 “Food and Activity Trackers” with your notes. <p>Collect Session 5 “Food and Activity Trackers.”</p> <p>Review ground rules, if needed.</p>	
Week in Review	
<p>Discuss participants’ successes and difficulties in meeting their weight loss goals.</p> <p>Present: Last week, we began discussing physical activity and set goals for this week.</p> <p>Ask: How much physical activity did you do last week?</p> <p>Open responses.</p> <p>Ask for volunteers to share the type and amount of physical activity they did and any related challenges.</p> <p>Ask: Did anyone run into problems (e.g., weather or time)?</p>	

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Briefly discuss as a group any problems raised.

This Week

Notes

Present: This week we will –

- Begin recording your daily physical activity.
- Discuss how lack of time can be a barrier to physical activity.
- Look at different ways to find time to be active and to make activity a lifestyle choice, including adding activity to your daily routine.
- Look at ways to prevent injury.
- Develop an activity plan for the coming week.



Refer to the “Sample How Am I Doing? Physical Activity” chart in the Participant Notebook.

Present: Starting this session, every week we will record your physical activity on a chart like this. We will use the chart to see your progress over time and to learn how you are doing with regard to reaching your physical activity goal.



Distribute the “How Am I Doing? Physical Activity” charts to participants.

Present: You will use this chart to record your physical activity each week. Bring the chart to each session.

Take a moment now to write in your name and start date.

You’ll notice that the minutes (from 40 to 270) are listed in the “Minutes” column. Place a dot under “Week 5” across from your minutes of physical activity for this past week. From now on, each week, you’ll place a dot across from your minutes of activity for that week.

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I will walk around the room and help you.



Note to Lifestyle Coach

Help participants record their physical activity for last week on their charts. If participants want to do more than 270 minutes or less than 40 minutes, give them a “How Am I Doing? Physical Activity” chart without the minutes written in. Participants can then write in their own range of minutes.

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Part 2: Overcoming Barriers

Estimated time: 20 minutes

Barriers to Being Active

Notes

Present: Now that we have started setting weekly physical activity goals, it's important to address any problems you might be having following your activity plan. In our review of the week, we talked about challenges or barriers to being physically active.

Ask: Does anyone have any ideas about how to deal with the problems you had? Any techniques that worked for you?



Write participants' ideas on a flip chart page.



Note to Lifestyle Coach

Try to generate solutions as a group. These are the most common problems:

Time: This is one of the most common barriers, so it will be discussed at length. Suggestions for overcoming this barrier begin on the next page.

Children and childcare: Ask a babysitter or family member to help with childcare, or include your child in your physical activity (e.g., take a walk pushing your child in a stroller).

Hot weather: Do physical activity early or late in the day, or go indoors (e.g., walk in an indoor mall).

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Finding Time To Be Active

Notes

Present: For many of us, the biggest problem we face in trying to be active is lack of time. We are going to discuss ways to overcome that barrier.

First, plan to be active: schedule physical activity into your day.

- Every day set aside a certain block of time for planned activity.
- Write “Walk” or “Swim” or whatever your planned activity is on your calendar. Make physical activity as regular an occurrence as taking a shower, eating lunch, or reading your child a bedtime story.

Your goal for this coming week is to be active for a total of 90 minutes throughout the week.

Take a moment to think about your typical day.

Ask: When can you set aside 20 to 30 minutes to do an activity you like? How about ten minutes twice a day?

Are you a morning person? Would you enjoy getting out for a walk during lunch? How about after dinner?

Open responses.

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Using Small Blocks of Time

Notes

Present: Some of us have difficulty finding one big block of time to be active. Our schedules can be unpredictable, or we may be so busy that we cannot free up 20 or 30 minutes.

Ask: Does anyone have any ideas on ways to fit in 20 to 30 minutes of activity?

Open responses.



Refer to “You Can Find The Time!” in the Participant Notebook.

Present: One idea is to find several small blocks of time.

- Maybe you have 10 minutes three times a day, or 15 minutes twice a day.
- You could be active for 10 minutes in the morning, 10 minutes in the afternoon, and another 10 minutes in the evening.
- By the end of the day, you have reached your goal of 30 minutes.

Seize the Moment!

Notes

Present: Of course, not everyone can schedule these blocks of time, so train yourself to watch for them.

- Maybe you arrive early to a doctor’s appointment. If so, take the opportunity to walk around the building for ten minutes or take the stairs instead of the elevator.
- Get your activity in when the inspiration strikes. That laundry will still be there when you get back.

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Ask: Can you think of any times during the day when you may have 10 or 15 free minutes?

Open responses.

Present: Being active does not have to mean trips to the gym or long sessions on the treadmill. You can be active anywhere. It is important that you find the time – in the increments most comfortable to you – to be active throughout your day. You will be surprised at how easy it can be.

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Part 3: Lifestyle Activity

Estimated time: 20 minutes

Making Active Choices

Notes

Present: So far, we have talked primarily about the kind of physical activity you will be recording in your “Food and Activity Trackers”, whether you do it all at once or in parts throughout the day.



Refer to the “Lifestyle Activity” handout in the Participant Notebook.

Another important kind of activity is called “lifestyle activity,” which involves making active choices rather than the inactive choice for getting somewhere throughout the day. This handout shows some examples of active and inactive choices.

Present: As this handout shows, an example of an active choice is to take the stairs instead of the elevator. Another active choice is to park your car far away from your destination rather than as close as possible. A third example is parking your car and walking into a bank instead of using the drive-through window.

These choices may take only an extra minute or two, but those minutes add up and make a difference. They add up to a “more active you.” They are generally too brief to count and keep track of, but they can make a difference in your overall activity level.

Ask: Can you think of other ways to be active rather than inactive?

Open responses.

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Alternative Forms of Activity

Notes

Many of our parents, and especially our grandparents, did not have a choice about being active throughout the day.

They were active because they had to be:

- Not every building had elevators, so they always walked upstairs.
- Either they did not own a car, or the family shared one car.
- They did laundry and dishes by hand.

In contrast, most of us have so many conveniences that our lives are almost guaranteed to be inactive unless we deliberately choose to be active.

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Ask: What are some active choices you could make during the day? What are some inactive choices you could limit?



Write participants' suggestions on a flip chart or white board.



Note to Lifestyle Coach

After participants share examples, add these to chart:

- Get off the bus one stop early, and walk the rest of the way.
- Walk down the hall to talk to a co-worker instead of calling or emailing.
- Walk to a nearby store or church instead of driving.
- Use a rake rather than a leaf blower.
- Stand while on the phone instead of sitting.
- Wash your car instead of going to the car wash.

Present: Many people say they have no time in their day to take a walk, but they watch several hours of television in the evening. Try cutting TV time in half and turn it into walking time.

At first, you may think of walking as work. But when you get used to it, you will discover that walking is a great way to relax and unwind, and you may feel much more rested and refreshed than you would have if you had spent that time on the couch watching TV.

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Another option is to be active while you watch TV:

- Walk around during commercials.
- Ride an exercise bike.
- Lift weights.
- Use TV to participate in exercise video.

Getting Started

Notes



Refer participants to the “Keep it Safe” handout in the Participant Notebook.



Note to Lifestyle Coach

You do not need to go over these handouts during the session. Most participants will walk as their form of physical activity, so it is unnecessary to emphasize stretching. Just suggest that they start and end their walk at a slower pace.

Later on, you can go over these handouts with individual participants who begin more intense activity.

If participants do stretches, make sure they do not include stretching time in their 150 minutes of activity.

Present: As described in this handout, there are a few easy practices that can help you stay safe while being active.

- Build up to brisk activity slowly.
- Start each session slowly to warm up.

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- End each session slowly to cool down.
- Drink plenty of water before, during, and after activity.
- Wear comfortable socks, and keep your feet dry.

The handouts in your Participant Notebook that follow the “Keep it Safe” handout tell you what to do if you get a muscle cramp and how to do some stretching exercises, if you are interested. Look these handouts over at home, and next week we can discuss any questions you have.

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When to Stop Exercising

Notes

Present: Although being physically active is usually safe, sometimes you should stop exercising.

I cannot give you medical advice. So, if you have questions about whether you should continue your physical activity plan, please contact your doctor for advice.

If you have chest pain or discomfort, severe nausea, shortness of breath, severe sweating, or a lightheaded feeling (as described in this handout) you should stop exercising.

Call your doctor or go to a hospital emergency department if these feelings do not go away quickly.

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Part 4: Wrap Up and To-Do List

Estimated time: 10 minutes

To Do Next Week

Notes

Ask whether participants have any questions about what was covered during this session.



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

Present: Now let’s make an activity plan for next week. The goal is to do a little more than last week, for a weekly total of 90 minutes of activity. In the table on this handout, write the activities you plan to do each day during the week, the number of minutes you plan to be active each day, and then calculate the total number of minutes you plan to be active for the entire week.



Note to Lifestyle Coach

Base participants’ plans on the amount of activity they said they did last week. The program goal for this week is 90 minutes. However, if a participant did more or less than 60 minutes last week, use your judgment about the number of minutes to add to his or her goal for this week. Try to add no less than 15 minutes and no more than 30 minutes.

Present: As usual, keep track of your weight, what you eat, and your minutes of physical activity in your “Food and Activity Tracker.”

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Closing

Notes

Summarize these key points for this session:

- Make the *choice* to include physical activity in your day.
- Be active for small blocks of time throughout the day, if that makes being active easier for you.
- Be creative: exchange 10 minutes of TV for a walk around the block.
- Start slowly, stretch if you need to, warm up and cool down, and wear comfortable clothes.
- Be safe, and recognize when you need to stop.

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Closing

Close: If you make a conscious choice to add physical activity to your day, you might be surprised at how easy it is to do so. Remember to be safe. Build up slowly and go at a pace that works for you.

Our next session is called “Tip the Calorie Balance.” The calorie balance is about “calories in and calories out.” We will talk about how healthy eating and physical activity together can really tip that scale toward weight loss.

Ask participants if they have any questions.

Address questions or concerns.

Make announcements about time or location changes, contact information, and any other issues.

After the session:

- Write notes on successes and recommend changes when necessary in each participant’s “Food and Activity Tracker” from Session 5.
- Record the minutes of activity in each participant’s “Food and Activity Tracker” in your Lifestyle Coach’s Log.
- Use the “Notes and Homework” page to write notes about the session.

Notes



How Am I Doing? Physical Activity

Name: _____ Start Date: _____ Minimum Physical Activity Goal: 150 Minutes

	Week Number																							
Minutes	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
270																								
260																								
250																								
240																								
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Instructions: Place a dot in the cell under the relevant week number (week 5 will be the first) and across from the number of minutes of you were physically active that week.



How Am I Doing? Physical Activity

Name: _____ Start Date: _____ Minimum Physical Activity Goal: 150 Minutes

	Week Number																							
Minutes	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24

Instructions: Place a dot in the cell under the relevant week number (week 5 will be the first) and across from the number of minutes of you were physically active that week.