

# Fine Tune Your Physical Activity

## Session Overview

This session explains the FITT (Frequency, Intensity, Type, and Time) concept in detail, the four elements of fitness, basics of strength training, and some commonly used equipment to enhance physical activity.

## Objectives for Session

1. Understand the FITT concept
2. Be familiar with the four elements of fitness
3. Recognize the benefits of strength training
4. Identify some commonly used equipment

## Session Preparation

- Prepare the following materials:
  - S07 FITT
  - P08 How Hard Should I Exercise?
  - P20 Resistance Tubes and Bands
  - P32 Sample Strength Activity Plan for Beginners
  - P36 The Four Elements of Fitness
  - P16 Strength Training Benefits
  - “Be Physically Active” Healthy Living Message
  - NCP video – Physical Activity: A Little Goes a Long Way
- If available, bring equipment to show as examples and demonstrate (resistance bands, light hand weights, props to demonstrate body weight exercises).
- Consider inviting a colleague from Recreation Therapy to assist in the discussion about community resources for physical activity. Use the community scan, which can be obtained from the Health Promotion Disease Prevention – Program Manager (HPDP-PM) as a resource.
- As coach, your role is to facilitate discussion without lecturing.

## **Session Outline (60-minute class)**

- Check-in (5 minutes)
- Discussion Topics (40 minutes)
- 5-Minute MOVE!<sup>®</sup> (5 minutes)
- Putting It All Together (10 minutes)

## **Check-in (5 minutes)**

- Facilitate weigh-ins; enter weight into the CPRS Vital Signs package.
- Collect Daily Food and Physical Activity Diaries.

## **Discussion Topics (40 minutes)**

### **Introduction**

- Welcome everyone to the session.
- Review Ground Rules.
- Describe the purpose of today's class. State today's objectives and discussion topics. Encourage participants to attend all 16 sessions, since folks who do more sessions lose more weight.
- Invite participants to discuss their homework, Daily Food and Physical Activity Diary, progress, and goals since the last class.
- Facilitate problem-solving for any barriers.

### **Discussion #1: What are the different types of physical activity?**

- Ask participants what kinds of activity or exercise they have done or that they would like to do in the future. Refer to handout S07 FITT, as needed, during this discussion.

### **Discussion #2: What are the four elements of physical activity?**

- Use handout P36 The Four Elements of Fitness to list the four elements of fitness and then facilitate a discussion about the definition of each of the elements. Review the aerobic and flexibility information discussed in earlier sessions and introduce strength training. Use MOVE!<sup>®</sup> handout P16 Strength Training Benefits to support this element of fitness.

### **Discussion #3: How can I perform strength training with and without equipment?**

- Discuss handout P20 Resistance Tubes and Bands and field any questions that may arise. Refer to handout P32 Sample Strength Activity Plan for Beginners.
- Ask participants for suggestions or ideas about other equipment they might use.
- Discuss body weight strengthening including chair squats, wall push-ups, heel raises, etc., as examples of strength training without equipment. Consider demonstrating these movements, and perhaps asking the Veterans to participate so they become familiar with the activity.

### **5-Minute MOVE!® (5 minutes)**

Incorporating physical activity into the session reinforces the healthy lifestyle message and provides an opportunity to demonstrate some simple but effective exercises.

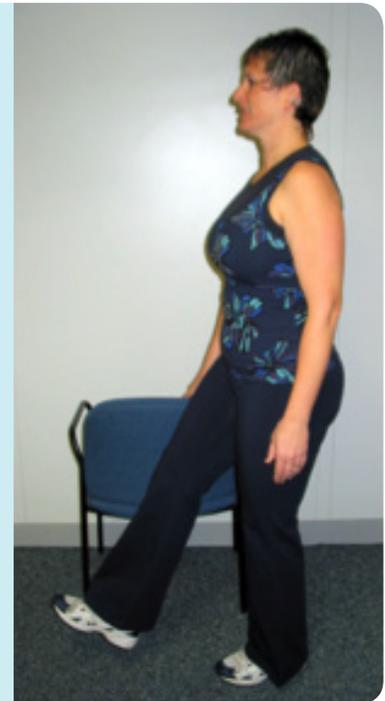
#### **Ask participants if they would like to join you in doing the following warm-up and flexibility exercise:**

Invite participants to stand up and march in place for 2-3 minutes. If they cannot stand, invite them to lift their knees while seated, as if marching.

#### **Then, after 2-3 minutes, invite them to perform the following:**

#### **ONE LEG BALANCE:**

Use a sturdy chair for support as needed. Stand on one leg and lift the other foot, bending the leg at the knee. Take a deep breath and let it out slowly. Repeat the exercise on the other leg.



### **Discussion #4: How frequently should I exercise?**

- Review what FITT stands for and address the frequency concept with a conversation about recommended frequency of exercise. Use handout S07 FITT to help answer questions.

### **Discussion #5: Am I exercising at the right intensity?**

- Ask participants if they can determine how hard their heart and muscles are working when they are active. Use handouts S07 FITT and P08 How Hard Should I Exercise? to explain, as needed.
- Ask participants to describe a physical activity that they found “too hard” to do. Use the examples given to demonstrate that what is easy for one person may be hard for another.
- Use the following definitions of intensity, if needed, for the discussion:

#### **Moderate-Intensity Physical Activity**

Makes you breathe a little harder and sweat slightly. You should be able to carry on a conversation. Examples include brisk walking, swimming, slow bicycling on level ground, dancing, gardening, yard work, such as pushing a lawn mower, and housework, such as vacuuming.

#### **Vigorous-Intensity Physical Activity**

Makes you breathe hard, makes your heart beat fast, and makes you sweat. Examples include jogging/running, lap swimming, bicycling fast or on hills, aerobic classes, and racquet sports.

## **Discussion #6: How many minutes should I be active?**

- Ask the group to share how long they are usually active during each episode of physical activity. Refer to handout S07 FITT as needed during this discussion.
- Remind participants that the goal is 150-300 minutes/week of at least moderate-intensity activity. In addition, participants should participate in at least 2 non-consecutive days/week of strength training, with stretching after all activity.

## **Putting It All Together (10 minutes)**

### **Session recap:**

- Give the class a “pop quiz” and ask for definitions of FITT. Suggest that participants write a mini-SMART goal for one or more of the FITT components for the coming week.
- Ask, “What was most helpful today? What could have been better?”

### **Goals and action planning for the next week:**

- Suggest to Veterans, if they are not already participating in strength training 2 days/week, that now is the time to start! They can use the photos from the handouts and their descriptions to add to their physical activity program.
- Consider 2 days per week to start, focusing on all major muscle groups in the body. Remind them to perform the exercise 10-15 times, rest for 1-2 minutes, and repeat, performing at least 2 sets of each exercise.
- Advise them to stretch when they’re done!

### **Homework for next week:**

- Remind participants to continue logging in their Daily Food and Physical Activity Diary and to bring the diary and their pedometer to every session.
- Provide information necessary for attending the next session (date/time/location, etc.).

### **Topic for next week:**

Overcome Weight Plateaus