



Pump Up Your Physical Activity!

Session Overview

This session looks at how to increase your physical activity even more.

OBJECTIVES FOR SESSION

1. Understand how to progress with your exercise plan
2. Understand how your core muscles function
3. Learn how to be active inside and safe during activity, and stay motivated with your plan

SESSION PREPARATION

- Have the following materials available to share with participants:
 - P35 Staying Motivated with Physical Activity
 - P25 Progressive Exercise Plan
 - P37 Strengthening Your Core
 - P14 Physical Activity and Your Safety
- The following materials may also be helpful for facilitator review when planning the session or for participants to review independently, after session:
 - P05 Indoor Physical Activities
 - P17 Tips for Cold Weather Exercise
 - P18 Warm Weather Exercise Guidelines
 - Be Physically Active Healthy Living Message
- Facilitate the session so that most of the talking comes from the participants and less from the leader.
- Your role is to facilitate discussion without lecturing.

Session Outline (60 minutes)

- Check in (5 minutes)
- Discussion Topics (40 minutes)
- 5-Minute MOVE! (5 minutes)
- Putting It All Together (10 minutes)

CHECK-IN (5 minute)

- Facilitate weigh-ins; enter weight into the CPRS Vital Signs package.
- Collect Daily Food and Physical Activity Diaries and acknowledge the effort to complete, that success comes from that.

DISCUSSION TOPICS (40 minutes)

Introduction

- Welcome everyone to the session and note this is the 12th of 16! Glad they are still there....
- Post Group Guidelines, review if new person or as needed.
- Describe the purpose of today's class. State today's objectives and discussion topics.
- Invite participants to discuss their homework, Daily Food and Physical Activity Diaries, goals, progress, and challenges since the last class.
- Facilitate group problem-solving for any barriers.

Discussion #1: How do I progress my exercise program?

- Start a group discussion by asking participants to share what they have done to progress their physical activity. Refer to handout [P25 Progressive Exercise Plan](#) to clarify any points discussed and for those who may still be unsure how to create an appropriate progression for themselves.

Discussion #2: What are the core muscles and how do they work?

- Ask participants to share their understanding of what the core muscles are and how they function during activity.
- Ask what the group knows about how to strengthen core muscles. Use handout [P37 Strengthening Your Core](#) as needed to answer questions or provide additional detail.
- Be sure to emphasize the role of core muscles in basic stability and flexibility.

5-Minute MOVE! (5 minutes)

Postural Awareness:

Invite participants to stand if they wish and join you in the following postural awareness exercise:

- Stand with feet about shoulder-width apart, arms relaxed at sides.
- Place one hand lightly on belly, just above navel.

For those who may be sitting: Sit with both feet flat on the floor, knees bent to 90 degrees, back not touching the seat behind you.

- Gently roll shoulders back, as if standing almost at attention.
- Imagine there is a string at the top of your head, lifting you gently upward, but do not tilt your head backward.
- Feel your abdominal muscles tighten slightly as you are lifted upward. Slowly march in place while keeping some tension on the abdominal muscles and maintaining your lifted posture.

Discussion #3: How can I be more active inside, have fun, and stay motivated with activity?

- Use a blank page of the flip chart and ask participants to list fun physical activities. Then indicate with a different colored marker which activities that can be done indoors.
- Remind participants of the importance of an indoor inclement or cold weather plan.
- Ask participants if there is one item from each list created above that they are ready to add to their physical activity regimen this week.
- You can share some of the information in handouts [P05 Indoor Physical Activities](#) and [P06 Exercise Can Be Fun!](#) if needed to add more to the lists.
- Ask the group to share what works for them to stay motivated. What positive changes have they experienced from regular physical activity? Use handout [P35 Staying Motivated with Physical Activity](#) for more ideas after group shares.
- Remind participants of the value of planning ahead, tracking activity (pedometer and logs), and continuing to set weekly SMART goals for the most success with their physical activity program.
- Invite a participant to share his/her own success with physical activity. If no one volunteers to share, you can use a success story from the MOVE! Web site.
- Remind participants that safety during physical activity is very important, regardless of where they are active. You can invite participants to review the content in handout [P14 Physical Activity and Your Safety](#) as well as, [P18 Warm Weather Exercise Guidelines](#) and [P17 Tips for Cold Weather Exercise](#), independently if they would like.

PUTTING IT ALL TOGETHER (10 minutes)

Session recap:

- Remind group that being physically active regularly will continue to help them in their weight loss journey and eventually will be the key to their weight loss maintenance.

Goals and action planning for the next week:

- Share with participants that there are a few weeks left in the program. Encourage them to continue to progress with their physical activity program.
- Encourage them to consider trying something new this week. Maybe it's a new class at the gym, or getting back into an activity they haven't done in years.
- Ask them to consider adding in 1–2 days of balance training, and add in some core activities to their existing strength-training days.
- Ask, “What was most helpful today? What could have been better?”

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:

Dust Yourself Off