

# 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

- Have the following materials available to share with participants:
  - S07 FITT
  - P36 The Four Elements of Fitness
  - P16 Strength Training Benefits
  - Be Physically Active Healthy Living Message
- The following materials may also be helpful for facilitator review when planning the session or for participants to review independently, after session:
  - P08 How Hard Should I Exercise?
  - P20 Resistance Tubes and Bands
  - P32 Sample Strength Activity Plan for Beginners
- 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.
- 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 minutes)

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

### **DISCUSSION TOPICS** (40 minutes)

#### **Introduction**

- Welcome everyone to the session and acknowledge their strong attendance, which tends to go along with weight loss success.
- Post Group Guidelines – review if new participants.
- 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 Diary, progress, goals and challenges since the last class.
- Facilitate group 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. Share information from handout [S07 FITT](#), as needed, during this discussion.

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

- See how many elements the group can identify. Can use handout [P36 The Four Elements of Fitness](#) to fill in the four elements of fitness.
- 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! handout [P16 Strength Training Benefits](#) to support this element of fitness.

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

- Ask participants to offer suggestions for ways to do strengthening activities with and without equipment. Share information from handouts [P20 Resistance Tubes and Bands](#) and [P32 Sample Strength Activity Plan for Beginners](#) as needed.
- Ask participants for suggestions or ideas about any 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 how they can determine how hard their heart and muscles are working when they are active. Use handout [S07 FITT](#) to fill in any missing information as needed. You may want to share some of the information from [P08 How Hard Should I Exercise?](#) if 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.
- To facilitate a discussion about intensity, first, state the category and see if participants can define and/or offer examples. Then, if needed, use the following definitions

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

Makes you breathe a little harder and sweat a little. 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. Can anyone think of any others?

#### **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. Who can tell me another example?

### **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 recommended 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. Ask how important it is to them to reach this level. Invite 1 or 2 to share their importance rating, and what makes it that number and not a 0.... If appropriate, Ask how confident they are about doing so – and invite 1 or 2 to share their rating, why not lower, what would help to raise it....

## **PUTTING IT ALL TOGETHER** (10 minutes)

### **Session recap:**

- Ask the group to share what they remember as the definitions of FITT. Invite participants to write a mini-SMART goal for one or more of the FITT components for the coming week.

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

- Ask participants, if they are not already participating in strength training 2 days/week, if they are ready to start! They can use the photos from the handouts and their descriptions to add to their physical activity program. Listen to their responses, and work as a group to problem-solve when desired.
- 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!
- 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:**

Overcome Weight Plateaus