



## Fit for Life

### Session plan for group leader

#### About this session:

This session generates discussion about the benefits of physical activity. It identifies barriers and helps participants find creative solutions to overcoming these barriers. By the end of this session, participants will have had the opportunity to:

- Reflect on how active they are
- Look at planned versus lifestyle activities
- Develop an activity plan
- Review their Food and Activity Diary
- Set goals for the week

#### To do before this session:

- Review the [Introduction to Group Sessions](#). This provides an overview of facilitating groups and offers guidance on group size, format etc.
- Review the following fact sheets (these fact sheets should help inform you prior to facilitating this session. Do not overload participants with reading materials, instead use this knowledge to facilitate discussion):
  - [http://www.mypyramid.gov/pyramid/physical\\_activity.html](http://www.mypyramid.gov/pyramid/physical_activity.html)
  - [http://www.mypyramid.gov/pyramid/physical\\_activity\\_why.html](http://www.mypyramid.gov/pyramid/physical_activity_why.html)
  - [http://www.mypyramid.gov/pyramid/physical\\_activity\\_amount.html](http://www.mypyramid.gov/pyramid/physical_activity_amount.html)
  - [http://www.mypyramid.gov/pyramid/physical\\_activity\\_tips.html](http://www.mypyramid.gov/pyramid/physical_activity_tips.html)
- Organize materials for the session:
  - Paper, pens, flip chart/white board
  - Worksheets
    - [My Physical Activity Worksheet](#)
  - MOVE! handouts:
    - [\(P24\) Types of Physical Activities](#)
    - [\(P01\) Barriers To Physical Activity](#)
    - [\(P02\) Benefits of Regular Physical Activity](#)
    - [\(P26\) Physical Activity Pyramid](#)

#### Introduction (may take 15-20 minutes):

- Conduct individual weigh-in in private (can also be done at the end of the session). Enter weight into the CPRS Vitals Signs package.
- Welcome everyone to the class.
- Revisit ground rules for the session.
- Review food and activity diaries, discuss progress/goals, and facilitate problem-solving for barriers.
- Discuss any homework from the last class.
- Discuss the purpose of today's session.
- Encourage questions and comments.

## Exercise 1: What is physical activity?

- Use handout ([P24\) Types of Physical Activity](#)) to facilitate discussion. Write “Physical Activity” on a board and make two columns. Ask participants to give examples of physical activities. Without explanation, record the examples provided on the board and separate planned/programmed and lifestyle activities into two columns. Ask participants the difference between the columns and discuss why both planned/programmed and lifestyle activities are important when developing a physical activity plan. The purpose of this discussion is to differentiate between the two types of physical activities and to promote both.
- Use *MOVE!* handout ([P02\) Benefits of Regular Physical Activity](#)) and the information provided in the MyPyramid fact sheets (links above) to discuss the benefits of physical activity for health and weight loss.
- Distribute *MOVE!* handouts ([P24\) Types of Physical Activity](#)) and ([P02\) Benefits of Regular Physical Activity](#)).

## Exercise 2: Barriers to physical activity:

- Ask the question: ‘If being active is so good for us, why is it that many of us are not as active as we could be?’ To aid the discussion distribute *MOVE!* handout ([P26\) Physical Activity Pyramid](#)).

## Physical activity break

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

- Ask participants to join you in doing the following flexibility exercise:



**HAMSTRINGS:** Sit in chair and extend one leg forward. Keep the knee straight and gently lean forward toward your toes. Repeat the exercise on other leg. You should feel a stretch in the hamstrings. Reduce the stretch or discontinue the stretch if it increases leg pain.

### **Exercise 3: Develop an Activity Plan**

- Ask participants to review their Food and Activity Diary paying particular attention to the type and amount of physical activity they did over the last week.
- Distribute the [My Physical Activity Worksheet](#) to the group. Ask participants to consider their current physical activity levels and allow time for them to complete that side of the worksheet.
- Distribute and discuss *MOVE!* handout [\(P26\) Physical Activity Pyramid](#).
- Explain the following recommendations to participants:
  - For better health, be active (moderate intensity) for 30 minutes on most days (5-7 days) of the week.
  - Be active for 60-90 minutes on most days (5-7 days) of the week to maintain weight loss.
- Remind participants of the following:
  - It's ok to slowly build up to meeting the recommendations.
  - Every little increase in physical activity will make you feel better and bring you closer to improved health.
  - Every 10 minutes of moderate activity counts towards meeting the recommendations.
- Now ask participants to make a physical activity plan that they would like to work towards by completing the other side of the worksheet. Give opportunity for questions and comments.
- Suggest that participants use their worksheet to help them decide on physical activity goals for their Food and Activity Diary.

### **Close the session:**

- Remind participants to:
  - Maintain their food and activity diaries,
  - Wear their pedometers, and
  - Bring both the diaries and the pedometers to all of the sessions.