

If You Sit or Stand...*MOVE!*

Lesson Plan for Instructor

Materials:

Dry erase board or flip chart and appropriate markers
Paper for participants to write on and pens/pencils

Handouts:

If You Sit or Stand...*MOVE!*

Suggested Format for Discussion:

- Write “Just Sitting or Standing is Not Good for You!” and “What to Do?” on the board or flip chart.
- Ask participants to estimate how much time they spend just sitting (TV, computer, desk, etc.) or standing (at a counter, workbench, etc) each day.
- Explain that sitting or standing for long periods every day is not good for one’s health because it may decrease the circulation of blood, resulting in blood clots, muscle pain due to reduced blood supply, etc.
- Pass out the *MOVE!* handout, “If You Sit or Stand...*MOVE!*”
- Go through performing each exercise with the entire group of participants.
- Ask participants to report on how they feel after doing the exercises.
- Ask each participant how he/she intends to use this information in his/her daily life, and to report on that at the next visit.

MOVE!

