

Week 1

Basics of Physical Activity





Week 1 - Basics of Physical Activity

Spiritual Component

- Begin the session by offering a prayer.

Physical Activity Component

- Include 10 minutes of physical activity before beginning the session.

Participant handouts

- *"Benefits and Basics of Physical Activity"*
- *"Play it Safe"*
- *"Body Mass Index Table"*

Learning objectives

- To discuss the connection between spirituality and health
- To recognize activities that allow us to be active
- To discuss past experiences with physical activity and exercise
- To understand the benefits of regular physical activity
- To understand the components of physical activity, including how often, how long, and how intense
- To understand the necessary precautions to safely enjoy physical activity
- To explore different ways to incorporate physical activity into our lives

☞ Physical Activity Component ☞

Start with 10 minutes of physical activity (PA). *Get moving and have fun!*

Teaching content

Begin the session by encouraging participants to share their thoughts, feelings and opinions throughout the session.

☞ Scripture ☞

"I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well." *III John 1:2*

Offer this scripture to the participants, and ask how they think it relates to PA and healthy eating.

☞ Spirituality and Health ☞

Plan to spend 10-15 minutes on this section. The first topic should address the participants' views on the connection between spirituality and health as it relates to PA.

Here are some suggestions for questions that may help to generate group discussion.

- "How does your faith in God and your spirituality relate to physical activity and diet?"
- "Can you think of any other references in the scriptures to health or taking care of one's body?" "How do these relate to diet and physical activity?"
- "Do you think exercising and eating well make a person a better Christian?"

☞ Physical Activity Experiences ☞

Plan to spend 10 minutes on this section. The next section should explore the participants' understanding of PA and their past experiences with PA and exercise.

Here are some suggestions for questions that may help to generate group discussion.

- "What are some activities that you consider to be exercise or physical activity?"
- "What are some experiences that you have had in the past with physical activity?"
 - "Were they positive or negative?"

☞ The Benefits of Physical Activity ☞

Plan to spend 10 minutes on this section. This section is designed to help participants increase their understanding of the benefits of regular PA. Be sure to emphasize that older adults can benefit from regular PA as much as younger adults, maybe even more!

Here are some suggestions for questions that may help to generate group discussion.

- "What are some of the benefits of regular physical activity?"
- "Which groups of people benefit from regular physical activity?"

To help participants understand the benefits of PA, the following handout is provided:

- *"Benefits and Basics of Physical Activity"*
 - Using this handout as a guide, teach participants the benefits of PA.
 - After discussing the benefits of PA as a group, provide participants with the handout, and compare the items generated by the group with the list on the handout.

☞ The Basics of Physical Activity ☞

Plan to spend 15 minutes on this section. This section is designed to help participants learn about the basics of PA, including amount, intensity, type, and safety issues.

Here are some suggestions for questions that may help to generate group discussion.

- "How much physical activity do you think the average adult needs?"
 - "How often?" "How long?" "How hard?"

To help participants understand about the basics of PA, the following handouts are provided:

- *"Physical Activity Benefits and Basics"*
 - With everyone looking at the handout together, have participants discuss how realistic and "do-able" these recommendations are.
- *"Play it Safe"*
 - Using this handout as a guide, teach participants the safety information that is provided.
 - Ask participants if they can think of anything else to add to the list.

☞ Physical Activity in Our Daily Lives ☞

Plan to spend 10 minutes on this section. This section involves how to begin incorporating regular PA into our lives.

Here are some suggestions for topics that may help to generate group discussion.

- Brainstorm about ways participants can increase PA in their daily lives.

- Encourage participants to start thinking about their PA between weekly sessions.
- Use the “Where Do I Start?” facilitator’s guide for prompts.

🌀 Body Mass Index 🌀

Plan to spend 5 minutes on this section. This section allows participants to gain an understanding of healthy body weights.

Use the “Body Mass Index Table” handout with each participant to determine their current Body Mass Index (BMI), and in what range they fall into (Healthy, Overweight or Obese). To help participants avoid getting discouraged, remind them that they have made the first step in the right direction towards moving their BMI into a healthy range by participating in *8 Steps to Fitness!*

🌀 Supporting Each Other 🌀

The final section allows participants to draw on each other for support for the duration of the program and beyond. Recommend participants to exchange phone numbers and encourage them to call each other for support.

🌀 Additional Information 🌀

Direct participants to the Health-e-AME website (www.health-e-ame.com) to find other valuable resources that may address any questions they may have about healthy living.

🌀 Physical Activity Component 🌀

End the session with 10 minutes of PA.



Benefits and Basics of Physical Activity

Participant Handout

- People of all ages benefit from being more active. You're never too old to start a program of physical activity! Here are some benefits:
 - Reduces your risk of diabetes, certain types of cancer (e.g. breast and colon), and heart disease
 - Helps to control your blood pressure
 - Boosts your energy, relieves tension and stress, improves mood and can reduce feelings of depression and anxiety
 - Helps to build and maintain healthy muscles, bones and joints, improves balance and flexibility
 - Helps to control weight and reduce fat



"God is our refuge and strength, a very present help in trouble."

Psalms 46:1



Physical Activity Basics

How much?

Your goal should be to do at least 30 minutes of physical activity. You can do your physical activity in 10 or 15 minutes bouts a few times a day, until you accumulate 30 minutes, or all at once. It's your choice.

How often?

You should be physically active on 5 or more days a week.

How hard?

With moderate intensity activity you will feel an increase in your breathing and heart rate, similar to brisk walking, but moderate intensity is not as intense as jogging. You should be able to carry on a conversation with someone while you are active at a moderate intensity.

What activities can I do?

Any moderate intensity that you enjoy is OK. You can walk, swim, bike, skate, play sports like basketball, dance, do household chores, work in the garden, or anything else that makes you want to be active!

How should I start?

It may not be realistic for you to be physically active for 30 minutes on 5 days of the week. That's OK! Start where you can and gradually increase your time, frequency and duration.



Play it Safe

Participant Handout

Be sure to wear appropriate clothes!

Clothing should be breathable and comfortable! In the warmer months, lightweight clothing is a better choice, and go for warm clothing in layers during the colder months. Consider being active indoors during very warm or very cool weather.

Take care of your feet!

Footwear should provide support for your feet, have good traction, fit properly and be comfortable. Socks should be lightweight cotton and breathable.

Don't say no to **H2O**

Be sure to drink enough water when you're active. Drink some water before, during and after being active, and remember that you need to drink even if you're not thirsty!

Warm-up & Cool-down

A warm-up and cool-down should last about 5 minutes, and can be a simple activity like walking, climbing stairs, or a slower version of the activity that you plan to do and can include some stretches (but don't bounce when you stretch).



Safety First!

- Try not to be active outside in extreme heat or humidity and always wear sunscreen.
- If you have any health conditions, including arthritis, asthma, osteoporosis, diabetes, high blood pressure, or any other chronic health condition, we encourage you to see your healthcare provider before starting a physical activity program. (See the "Physical Activity and Healthy Eating Resources" participant handout for more information.)
- Stop and rest if you experience any of these warning signs during activity. Call your healthcare provider if these signs continue or are severe:
 - Shortness of breath
 - Nausea
 - Muscle cramps
 - Lightheaded
 - Chest pain
 - Dizziness



Where do I Start?

Facilitator Guide

Incorporating physical activity into your lifestyle isn't as hard as you may think; you just have to know where to look!

Join a class or try a home video

(Many libraries have exercise videos)

- Aerobics
- Tai chi
- Yoga
- Dancing

Make family time more active

- Try playing active games with kids
- Take nature walks
- Go for a bike ride

Whistle while you work

- Clean the house
- Scrub the floor
- Wash your windows
- Vacuum your rugs

Enjoy the great outdoors

- Cut the grass
- Plant a garden
- Rake leaves
- Trim the shrubs

Be a good sport

- Tennis
- Golf
- Bowling
- Basketball
- Fishing
- Ping Pong

Walk and talk

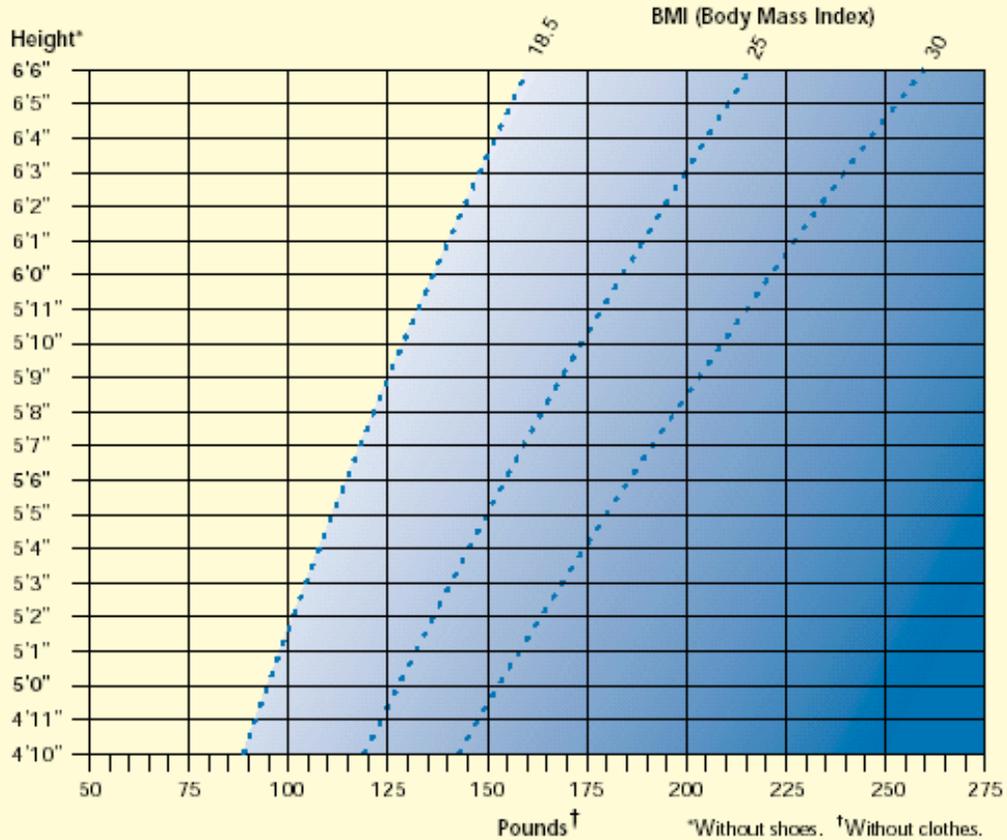
- Walk around the block
- Walk the dog
- Walk on your lunch hour at work
- Walk to do your errands as much as possible
- Walk briskly through the mall



Body Mass Index Table Participant Handout

Figure 1

ARE YOU AT A HEALTHY WEIGHT?



BMI measures weight in relation to height. The BMI ranges shown above are for adults. They are not exact ranges of healthy and unhealthy weights. However, they show that health risk increases at higher levels of overweight and obesity. Even within the healthy BMI range, weight gains can carry health risks for adults.

Directions: Find your weight on the bottom of the graph. Go straight up from that point until you come to the line that matches your height. Then look to find your weight group.

- Healthy Weight** BMI from 18.5 up to 25 refers to healthy weight.
- Overweight** BMI from 25 up to 30 refers to overweight.
- Obese** BMI 30 or higher refers to obesity. Obese persons are also overweight.

Source: Report of the Dietary Guidelines Advisory Committee on the Dietary Guidelines for Americans, 2000, page 3.