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Physical Activity and Our Environment Facilitator Notes

Main Learning Points and Review of Healthy Steps from Last Session: *Step Into Better Health*

1. Physical activity improves your physical health.
2. Physical activity improves your mental health.
3. Physical activity benefits everyone.

Review Personal Practice Options from last session.



Note

This session could be used for family/friend groups or sessions. It offers an opportunity for the participant and family to practice skill-building together.

Remember

It is important to acknowledge and discuss participants' successes, progress, and challenges.

Tips for this Session

1. There are some easy scales within the session. It would be beneficial to have them read, answer, write and discuss their thoughts. In this way, several modalities of learning have been touched, possibly leading to improved learning.
2. When referring to “our lifestyle,” it reflects some common behaviors or attitudes in America today. This will not apply to everyone. Adapt these materials to the people attending your sessions.

General Tips:

Motivation and engagement. Participants may not believe they can reach their goals or they may fear failure if they go after their hopes and dreams.

Make learning interesting and enjoyable. The beginning of a group should be devoted to motivating and engaging participants to learn about and practice physical wellness.

There is no single formula for motivating people to engage in wellness behaviors. Many factors affect someone's motivation to learn and practice wellness principles:

1. interest in the subject matter
2. the perception of its usefulness
3. general concern with health, self-confidence and self-esteem
4. patience and persistence

There is no single formula for engaging participants in sessions, either. Occasionally participants are naturally enthusiastic about learning, but more often they need the group leader to inspire, challenge and stimulate them. People give us cues as to what engages them (e.g., body language, facial expressions), so as you proceed with sessions, observe what works and what doesn't work for your participant(s).

Suggestion for Topic Introduction and Relevance to Participants

“Does anyone remember the famous astronaut Neil Armstrong?”

(The first person to step foot on the moon.)

“He said something very profound when he stepped out on the moon.”

(If any participants remember him, ask if they remember what he said.)

“He said, ‘That’s one small step for man, one giant leap for mankind.’”

“That’s a very wise quote, and we are using a similar ‘small steps’ approach toward better physical activities that add up to big changes over time.”

“Today we will talk about how our culture has changed. Culture is our environment, or the lifestyle that surrounds us. For example, the American culture is different from the French culture which is different from the Latino culture, and they are all different from the Chinese culture.”

“In American culture today, it’s easier to be physically inactive. We will also talk about some easy ways that we can add more activity to our day.”

“Let’s answer the first six questions on the Topic Assessment before we start, just to see how familiar we are with this topic.”

Topic Assessment Answer Key

1. A 2. C 3. D 4. B

T – topic introduction
R – relevance to participant
I – identify objectives
M – materials for session
M – motivate to use

Review of Session 2: Step Into Better Health



Main Learning Points of Session 2

What were the main learning points of Session 2? If you did not attend the last session, you may guess, and also write the answers as people say them:

1. Physical a_____y improves your physical health.
2. Physical activity improves your m_____l health.
3. Physical activity benefits e_____e.

Take a Small Healthy Step Review:

What small healthy step did you choose to work on between sessions?

Did you complete your healthy step yet?

1. Yes. How did it go? _____

2. No. What got in the way of completing your practice?

If you still plan to complete your practice, when will you do it?

3. I didn't choose a small healthy step.

Topic Assessment



Mark one: Pre Post

Your Score:
+ ____ out of 4

Directions:

1. Read each question carefully.
2. Read every answer before marking one.
3. Mark only one answer to each question.

Name: _____

Date: _____

1. Many people are physically inactive.

- A. True B. False

2. The best way to become more physically active is to:

- A. Make one big change right away.
B. Start with the hardest change and do that first.
C. Use a small changes approach.
D. Make at least 3 easy changes at the same time.

3. People with mental illness:

- A. Are the only individuals who are not physically active.
B. Are not able to be more physically active.
C. Should just work on reducing their symptoms of mental illness.
D. Can make small healthy steps to become more physically active.

4. People with mental illness don't have any challenges with being physically active.

- A. True B. False

5. I am confident that I will use small steps to add physical activity to my life.

- Strongly Disagree Disagree Neither Agree Nor Disagree Agree Strongly Agree Unsure

Topic Assessment



6. This information is important for me to know.

- | | | | | |
|--------------------------|--------------------------|-------------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Strongly
Disagree | Disagree | Neither Agree
Nor Disagree | Agree | Strongly
Agree |

At the end of the session, answer these questions before turning in this paper:

7. This session helped me.

- | | | | | |
|--------------------------|--------------------------|-------------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Strongly
Disagree | Disagree | Neither Agree
Nor Disagree | Agree | Strongly
Agree |

8. What I liked about this session: _____

9. How this session could have been better for me: _____

Physical Activity and Our Environment

Objectives for this Session

1. Identify 2 ways you are inactive that you would like to change.
2. Identify 1 small step you can take to be more active.

As we know, regular physical activity offers many physical and mental health benefits. Everyone benefits from being more physically active, not just people with mental illness. In this session, we will learn how our lifestyle encourages us to be physically inactive.

Physical Activity and Our Environment

Although physical activity benefits everyone, many people still choose inactive lifestyles. Many of our great inventions save us time and energy but reduce our physical activity:



- | | |
|--------------------------------|-----------------------|
| 1. elevators and escalators | 6. riding lawn mowers |
| 2. cars, buses, subways | 7. computers |
| 3. TV remote controls | 8. pre-packaged foods |
| 4. washing machines and dryers | 9. fast foods |
| 5. vacuum cleaners | |



Additionally, some symptoms of mental illness and medication make it more challenging to be active. (Refer to Session 1 for more details about how mental illness may affect activity level).

Main Learning Point #1

Many people lead physically inactive lives.

Physical Activity and Our Environment

(continued)

As we become young adults, we become less active.

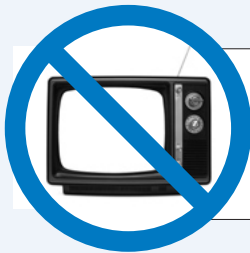


How Physically Active Are You?

What is your answer to this question? _____

I am less active now than when I was a child.

- | | | | | |
|--------------------------|--------------------------|-------------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Strongly
Disagree | Disagree | Neither Agree
Nor Disagree | Agree | Strongly
Agree |



Health Tip: **Watch less TV.** The more TV you watch the more likely you are to gain weight and develop other health problems.

Think about the health tip above and answer these questions:

Are you surprised by this fact? What do you think about it? _____

How many hours of TV do you watch each day? _____

Do you think you should watch less TV? Yes No Unsure

If yes, how much time are you willing to give up? _____ (minutes/hours)

Physical Activity and Our Environment

(continued)

A “small changes” approach to physical activity helps you safely and slowly fit physical activity into your daily routine. Adding small healthy steps is part of the “small changes” approach to healthier lifestyle. You can add physical activity to your day in many ways.

As you continue with these sessions, you will see small healthy tips listed. If you see this: **Small Steps for Success**, you may want to circle it or write it down to remember.

Main Learning Point #2
I can become more active by using a small changes approach.

Review & Moving Forward



The *main learning points* of this session are:

1. _____
2. _____

Move Forward – Take A “Small Healthy Step” to Ensure Your Success!

It’s important to practice new knowledge and skills. What will you do between now and the next session? Please choose one or two healthy steps from the list below:

- 1. STUDY.** I am going to reread my handout at least once.
- 2. SHARE.** I will share my handout with someone in my support system. I will ask _____ to read it and talk with me about it.
- 3. CUT.** I will cut down on my TV watching by _____ (minutes or hours) per day.
- 4. OTHER** (Choose Your Own Healthy Step):

Take An “Extra Small Healthy Step” to Ensure Your Success!

- 5. ADD.** I will add a few steps to my day by walking during some commercials or dancing to at least one song everyday. I will tell the facilitator how it went at our next session.