

# 4

## How Physically Active are We? Facilitator Notes

### Main Learning Points and Review of Healthy Steps from Last Session: *Physical Activity and Our Environment*

1. Most people are physically inactive.
2. I can become more active by using a small changes approach

### 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.

#### Materials Needed to Accompany

##### Participant Handout:

1. Each participant will need a copy of the *Daily Physical Activity Tracker* for practice. Bring extra copies in case participants choose to use this handout when they select personal practice options at the end of the session.
2. Because this handout will be referenced and used in several sessions, you will find the *Physical Activity Tracker* at the end of this workbook.

#### Tips for this Session

1. If you have already covered *MyPyramid* in the Healthy Eating section of *Solutions for Wellness*, you may want to refer to it (even show them a copy) when you introduce the *Physical Activity Pyramid*. This can be one way to spark the interest of participants who may like having a tracker to use.
2. When participants are working on the *Physical Activity Pyramid*, walk around among them to ensure that everyone is able to manage the task. Assist as needed.

## Suggestion for Topic Introduction and Relevance to Participants

*“Okay, everybody on your feet, please! Today we’re going to play charades. Charades is acting out certain things to see if someone can guess what we’re doing.”*

(Facilitator - simulate a way to be physically active (such as dancing, swimming, walking, bowling, walking a dog, playing golf, playing basketball, gardening, skipping rope, walking down stairs, etc.)

*“Does anyone know what I’m doing?”*

(When someone guesses correctly...)

*“Good. Can you all do this with me?”*

(Repeat the same simulation and have everyone mimic it. Be encouraging and have fun with it!)

*“Let’s do another one.”*

(Demonstrate another activity and have them guess what it is and then have them repeat it with you.)

*“Would anyone else like to demonstrate one?”*

(Encourage them, but if no one volunteers, you do a third and repeat the process. Each time, ask them to do the activity after someone has guessed what you’re doing. If several participants volunteer, take time to do this.)

*“How do you feel? And do you know what? We just increased our physical activity in a creative way! Today we’re going to look at how physically active we are.”*

*“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. A    3. B    4. B

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

# Review of Session 3: Physical Activity and Our Environment



## Main Learning Points of Session 3

What were the main learning points of Session 3? If you did not attend the last session, you may guess, and also write the answers as people say them:

1. Most people live physically i\_\_\_\_\_e lives.
2. I can become more active by using a small c\_\_\_\_\_s approach.

## 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. The Physical Activity Pyramid can help us make better physical activity choices.**

- A. True      B. False

**2. If a person is physically inactive, it is probably best to begin with activities at the bottom of the Pyramid (the base).**

- A. True      B. False

**3. One of the best ways to be more aware of your physical activity is to:**

- A. Ask someone to keep track of your progress for you.
- B. Use a daily tracker.
- C. Buy some new and expensive exercise equipment.
- D. Find out what your doctor recommends.

**4. Which is the best way to change your activity level?**

- A. Begin at the top of the Physical Activity Pyramid.
- B. Add small changes to your activity level.
- C. Exercise for as long as you can the first time you exercise.
- D. Make big changes to your activity level when you first begin.

**5. I am confident that I know how to improve my activity level.**

- 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<br>Disagree     | Disagree                 | Neither Agree<br>Nor Disagree | Agree                    | Strongly<br>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<br>Disagree     | Disagree                 | Neither Agree<br>Nor Disagree | Agree                    | Strongly<br>Agree        |

**8. What I liked about this session:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**9. How this session could have been better for me:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

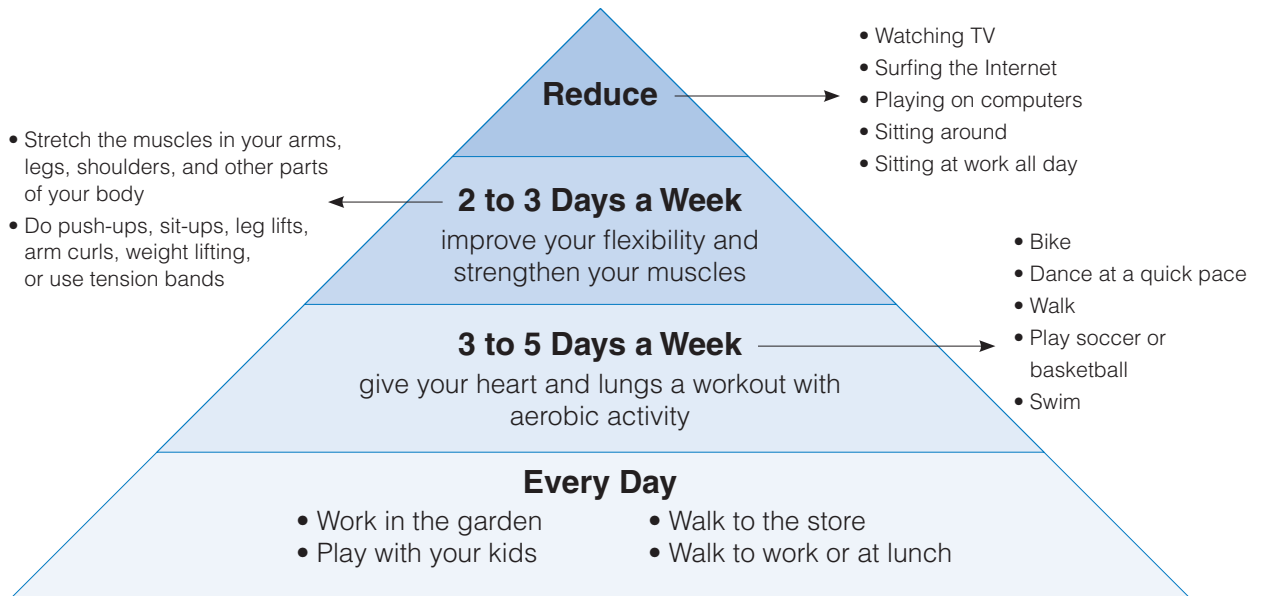
# How Physically Active Are We?

## Objectives for this Session

1. Learn how to use a daily physical activity tracker to track your daily physical activity patterns.
2. Identify 1 additional way you can add physical activity to your day.

## How Physically Active are You?

The Physical Activity Pyramid is a helpful guide that explains the difference between active and inactive behaviors.



**If You Are Rarely Physically Active:** Pick activities at the base of the pyramid.

**If You Are Sometimes Physically Active:** Pick activities in the middle of the pyramid.

**If You Are Often Physically Active:** Pick a mix of aerobic, flexibility, and strengthening activities.

### Main Learning Point #1

**Add small changes to your activity level.**

## How Physically Active are You?

(continued)



List a few differences you notice between the activities at the base of the pyramid and the top of the pyramid:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**NOTE:** Talk to your healthcare provider before starting or changing your physical activities.



**Tools for Success:** Use a *Daily Physical Activity Tracker*.

Let's use the *Daily Physical Activity Tracker* to write down your physical activity from yesterday. We'll only complete the physical activity column.

### Main Learning Point #2

**Using a daily tracker will help you be more aware of your physical activity.**



Read your *Physical Activity Tracker* and answer:

1. What is the best activity choice you made yesterday?

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2. What is another choice you could have made?

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## How Physically Active are You?

(continued)

### Small Steps for Success

You can be active every day in many ways. Below is a list of ideas:



1. Gardening or taking care of the yard
2. Riding a bicycle 
3. Playing with your children, nieces or nephews

4. Swimming

5. Playing soccer



6. Playing a game of basketball

7. Walking with a family member or a friend

8. Yoga



9. Dancing

10. Other: \_\_\_\_\_



Which activity from the list interests you the most? \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Which activity from the list will you begin? \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

## 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 fun ways I can be more active.
- 3. PREPARE.** I will choose a physical activity goal for tomorrow (write in): \_\_\_\_\_
- 4. OTHER** (Choose Your Own Healthy Step):  
\_\_\_\_\_

### Take an “Extra Step Forward” (optional)

- 5. TRACK.** I will use the activity tracker at least two times before the next session. I will bring it to the next session to discuss with the facilitator.