

# 5

## The Benefits and Barriers of Being Physically Active: Part I Facilitator Notes

### Main Learning Points and Review of Healthy Steps from Last Session: *How Physically Active are We?*

1. You can add small changes to your activity level.
2. Use a daily tracker to be more aware of your physical activity.

### 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

You can refer to the two-sided laminated “*Facilitator’s Delivery Checklist*” when using *Solutions for Wellness* materials as a reminder of important facilitator tips.

#### Tips for this Session

Keep the group engaged by creating a group benefits and barriers list. Before the session begins, you may want to draw a barriers and benefits grid on the board or flipchart so you can have an interactive portion to the session. After participants read *Ericka’s Story*, you may want to ask participants to write Ericka’s benefits and barriers on the grid. Brainstorm and come up with as many solutions as possible for each barrier.

## Suggestion for Topic Introduction and Relevance to Participants

*“Who has ever made a New Year’s Resolution? Would anyone like to share their New Year’s Resolution?”*

(Listen and respond encouragingly.)

*“How many of you were able to keep your Resolution? It’s really hard to make changes, isn’t it? Even when it is a change that we really want to make, it takes time. We all go through a process to make changes.”*

*“We’ll talk about the change process today and how to cope with benefits and barriers.”*

*“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. B    2. C    3. A    4. B

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

## Review of Session 4: How Physically Active are We?



### Main Learning Points of Session 4

What were the main learning points of Session 4? If you did not attend the last session, you may guess, and also write the answers as people say them:

1. You can add small c\_\_\_\_\_s to your activity level.
2. Use a daily t\_\_\_\_\_r to be more aware of your physical activity.

### 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. Someone who thinks, “I am considering becoming more physically active, but I haven’t actually done anything yet” would be in the “action” stage.**

- A. True      B. False

**2. Change occurs in:**

- A. Waves  
B. Layers  
C. Stages  
D. Cycles

**3. A change that “benefits” you is:**

- A. A positive change. It helps you.  
B. Something that gets in the way of making a change.  
C. A change that might not work out very well.  
D. A barrier.

**4. A “barrier” to change is something that helps me.**

- A. True      B. False

# Topic Assessment



**5. I am confident that I can learn how to be physically more active.**

<input type="checkbox"/>	<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	Unsure

**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:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# The Benefits and Barriers of Being Physically Active: Part I

## Objectives for this Session

1. Recognize 1 stage of change.
2. Identify 1 benefit of physical activity.
3. Identify 1 barrier of being physically active.

**It takes time to make a change.** When you make a change, even a change for the better, you go through a “process.” This process is called the “stages of change.” Let’s take a look at where you are in the process of becoming more physically active.

### Main Learning Point #1

**There are stages of making changes.**

**If someone asked you to do 30 minutes of physical activity at least five days a week, which stage of change best describes your answer** (circle one):



1. I’m not really thinking about it. (the pre-contemplation stage).
2. I’m thinking about doing it, but I haven’t done anything yet. (the contemplation stage).
3. I’m making plans to do it, but I am not doing anything regularly. (the preparation stage).
4. I’m physically active for 30 minutes or more at least five days per week, but I have been doing this for less than six months. (the action stage).
5. I’m physically active for 30 minutes or more at least five days per week, and I have been doing this for more than six months. (the maintenance stage).

**Which stage of change did you circle:**

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## The Benefits and Barriers of Being Physically Active: Part I (continued)



It may be easier to think about it this way:

### Stages of Change

- **Pre-Contemplation** —————> Not thinking about it
- **Contemplation** —————> Thinking about it
- **Preparation** —————> Planning but not doing it yet
- **Action** —————> Doing it, but less than 6 months
- **Maintenance** —————> Doing it more than 6 months

Each stage of change is important and you can benefit from different tips and strategies for each stage.

#### Main Learning Point #2

**Change occurs in stages.**

### Exploring Benefits and Barriers of Change:

When you are thinking about making a change, it is important to decide if the change is good for you and if it is a change you want to make. If it will benefit you, it is a positive change. Something that gets in the way of making a change is a barrier.

What are the benefits and barriers of making a change? Take a few moments to think about the benefits and barriers of making a change by reading “*Ericka’s Story*.”

#### Main Learning Point #3

**A change that benefits you is a positive change.**

#### Main Learning Point #4

**Something that gets in the way of making a change is a barrier.**

## “Ericka’s Story”

New Year’s Day was a month away. Ericka thought to herself, “My doctor told me I should be more active. I know I should.” She decided that the New Year was the perfect time to make a resolution to exercise. She had saved some money, so she decided she would use it to join a gym. She didn’t know what kind of exercise she liked to do, but she figured the staff at the gym could help her.

New Year’s Day came and went, and Ericka never made it to the gym. She wondered if she could get her money back. She wondered if it would’ve been better to buy a few exercise videos...

Ericka’s Benefits	Ericka’s Barriers
My doctor told me I should lose weight.	I don’t know where to begin.
I want to lose a few pounds.	I might look stupid at the gym with all those people who like to exercise.
	Constant effort.
	Joining a gym is expensive.
	I don’t like to exercise.



**I believe Ericka is motivated to increase her physical activity.**

- Strongly Disagree     
  Disagree     
  Neither Agree Nor Disagree     
  Agree     
  Strongly Agree

**Why do you think this?**

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**Can you think of one “small step” you would recommend to Ericka to help her add more physical activity to her life that would be easy and inexpensive?**

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In the next session we will explore your personal benefits and barriers to becoming more physically active.

## Review & Moving Forward



The *main learning points* of this session are:

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

### 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 *Ericka’s Story*.
- 3. TRACK.** I will use the *Daily Physical Activity Tracker* at least one time between now and the next session to increase my awareness about my physical activity.
- 4. OTHER** (Choose Your Own Healthy Step):  
\_\_\_\_\_