

Lesson 7 – Motivators to Move



Goals and Objectives:

1. Identify barriers to being physically active and ways to overcome these barriers.
2. Discover motives to support daily physical activity as a part of a healthy lifestyle.

Handouts:

Audience Notes (*create from Lesson 7 Slides*)
Discovering Motives to Move (*handout 7:1*)
Matching Motive to Activity (*handout 7:2*)
OYOL Labels (*Lesson 7 handouts folder*)
Quick Thoughts (*Lesson 7 handouts folder*)

Materials:

Sign-in Sheet
Name Tags
Fat videotape or Video Clip Lesson 7 (*optional*)
Portable stereo and music
Flip chart or board and markers or chalk
(*optional: write the WOW on board*)
Computer, Projector, Screen, TV
Extension Cords
Feedback sheets from previous lesson

Words of Wisdom: WOW

“I do try to get exercise, because I think that’s the only way you’re going to stay healthy. . . . I just think we have to always work hard to stay healthy. I think that’s an ongoing thing. It’s something we need to always work at. Anything worth having is worth working at.”

Female, 50ish
Let their voices be heard ©

Outline:

5 minutes – Welcome and Review
15 minutes – Excuses, Excuses
5 minutes – What’s in Our Community?
5 minutes – Physical Activity Break: Stay Seated
10 minutes – **Fat** video clip
5 minutes – Journaling
5 minutes – On Your Own Learning (OYOL)
2 minutes – Wrap-up

Use interactive slide program. Slides include computerized links. If equipment is not available, use overheads.



Facilitate group discussion.



Distribute Audience Notes at conclusion of the activity.

Slide 2 and Slide 3: Excuses, Excuses

Have you ever tried a new fitness program and then quit? Have you ever paid a membership to a program or club and only attended for a month or two? These experiences are not all bad. The more times you start or restart an activity or program, the more skills you learn. Eventually, you will collect enough skills or "tools" to be successful. This interactive program will help us all think about some "tools" for starting and maintaining daily physical activity.

Why aren't you more physically active? What keeps you from being more physically active? Turn to your neighbor and share an excuse or barrier you have experienced or you have heard others say.



As you look at this ring of excuses, what is one you would like to know more about?

(As participants select an excuse, click on the bubble. You will link to a slide with that excuse as the heading. Facilitate discussion on the excuse and ways to break down that barrier. Incorporate their ideas with those on the slide. Once that topic is complete, click on the lower left-hand corner icon to return to this "Ring of Excuses" slide.) Hint: You can tell when you are "on" the hyperlink as the cursor changes from an arrow to a hand.

(Distribute Audience Notes after this activity is complete.)

 <p>Record responses on board.</p>	<h3>What's in Our Community?</h3> <p>What kind of physical activity opportunities do we have in our community?</p> <p><i>(Make a list on the board. Encourage open discussion on what is available and even what might be missing.)</i></p> <p>I would like to share a thought-provoking quote from Dr. P-O Astrand.</p> <p>“Given what we know about the benefits of physical activity, it should be mandatory to get a doctor’s permission <i>not</i> to exercise.”</p> <p><i>(Ask for comments and/or discussion.)</i></p> <p>It is important to use common sense. If you are not active now, begin gradually and build slowly. Listen to your body and consult your health-care provider if you have concerns or experience problems. The bottom line: Be active!</p>
	<h3>Activity Break – Stay Seated</h3> <p>Here is another activity from Fitting in Fitness, page 73.</p> <p>If you are traveling in a car, bus or plane, try to move as often as possible. If you are driving, take frequent breaks. If you are a passenger, try these stretches.</p> <ol style="list-style-type: none"> 1) Window Stretch: Keep your back firmly against the seat and extend your right arm toward the windshield. Hold for 15 seconds. Move your extended arm across you body towards the left side window. Stretch and hold for 15 seconds. Switch arms. 2) Modified Neck Roll: Tilt neck toward right shoulder until you feel a slight stretch in the left side of your neck. Hold for 15 seconds. Repeat for other side. Do not tilt forward or backward. 3) Antsy Pants: Shift in your seat often. Otherwise, you restrict circulation of blood to some muscles which can cause discomfort, fatigue and stiffness.



Show video clip from *Fat*. (*Begin with weight*

chart. End at “good news public health message.”)



Let group respond.

Approximately 4¾ minutes long. About 41 minutes after show begins.

Fat Video Clip (if not available, facilitate a discussion on fitness and fatness)

Is there an ideal weight for height? Is fatness an indication of fitness? I want to show a video clip from **Fat**, part of the PBS public affairs series called **Frontline**. (*Show clip.*)

The clip showed a fit triathlon athlete who is 100 pounds overweight, or obese according to the weight charts. Also, you saw Dr. Steven Blair saying fatness alone does not indicate fitness. What do you think about the message in this clip? (*Facilitate discussion.*)

Can we be fat and fit? Weight charts look at only two dimensions – height and weight. It seems unrealistic to think there should be an ideal weight based on height. Other important factors related to weight include genetics, pattern of weight changes over time, dieting history, number of fat cells, etc. And sometimes methods used to reach a predetermined or “ideal” weight can be harmful.

In research done by the Cooper Institute in Dallas, Texas, they found that a lack of fitness is the greatest factor for cardiovascular and all-cause mortality – an even higher risk factor than obesity! Also, researchers at the Institute found the best predictor for maintained weight loss is physical activity.

So, the key is to focus on health and being fit – no matter what your shape or size. This IS the good news public health message!

So forget militant exercise and move for the joy of the feeling!

And for some people, their physical activity needs to be purposeful or productive work. That’s fine too – the joy of accomplishment.



Journaling

As you think about this video clip and our discussion, please take a few moments to note some of your reactions and thoughts in your journal.

(Play some soothing background music and allow about 3 minutes for journaling.)



Distribute
OYOL
Labels for
Lesson 7.

Distribute *Discovering Motives to Move*, and *Matching Motive to Activity*.

On Your Own Learning (OYOL)

In our next lesson, we will talk more about fitness. Please complete these handouts before our next session. If you are satisfied with your current level of physical activity, you can see if this matches what you already do. If you are trying to be more physically active, this can offer ideas for activities you may be most likely to enjoy.

1. The first handout is **Discovering Motives to Move**. Please read each statement and write a “Y” if you agree, “N” if you disagree and an “I” if you are somewhere in between. Once complete, score each boxed area.

Review the scores and rank your top 3. If areas have similar scores, use your own judgment for rank order based on importance to you.

2. **Matching Motive to Activity** is a chart showing types of activities you may be most likely to enjoy and continue doing based on the results from **Discovering Motives to Move**. The chart reads from top to bottom in columns. As you look at your top three areas, you will see ideas for activities to explore and activities that you may not be likely to enjoy.

For your high motivation areas, list some activities you already enjoy or would consider trying. These activities help you increase or maintain your level of physical activity because you enjoy doing them and they match your personal motivations.

3. These handouts may assist you in revising or establishing a SMART physical activity goal. If you have any questions when you are working on these, please contact me.

4. You’ve been taking daily walks. Now try a 5-minute walk after each meal or three times a day. While you are walking your plate to the kitchen sink, drop it off and keep walking! Or, on your way back to the office, walk an extra lap around the building. These increasing walks could be your SMART physical activity goal. If you don’t already have one, look for a walking buddy – improve your health and your buddy’s health!

 <p>Distribute evaluations. Collect name tags.</p>	<p>Wrap-Up</p> <p>Thank you for joining our class today. Please complete the evaluations and leave your name tags. We will see you next week.</p>
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References and Additional Resources:

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