Lesson 8 – Fitness for Every Body

Goals and Objectives:
1. Understand benefits of being physically active.
2. Increase awareness of various types of physical activities.
3. Explore ways to increase physical activity in daily life.

Handouts:
- Audience Notes (create from Lesson 8 Slides)
- OYOL Labels (Lesson 8 handouts folder)
- Quick Thoughts (Lesson 8 handouts folder)

Materials:
- Sign-in Sheet
- Name Tags
- Portable stereo and music
- Flip chart or board and markers or chalk
  (optional: write the WOW on board)
- Computer, Projector, Screen
- Extension Cords
- Feedback sheets from previous lesson

Outline:
5 minutes – Welcome and Review
15 minutes – Benefits of Physical Activity, Motivators to Move, and Keys to Success
5 minutes – Journaling
10 minutes – Fitness, Aerobic Fitness, Walking
10 minutes – Muscle Strength, Flexibility, and Physical Activity Guidelines
5 minutes – On Your Own Learning (OYOL)
2 minutes – Wrap-up

Words of Wisdom: WOW
“It seems like when you are physically fit, you feel good about it, and you feel good about yourself.”

Male in his 40’s
Let their voices be heard ©
<table>
<thead>
<tr>
<th>Facilitator Notes</th>
<th>Facilitator’s Message</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Distribute Audience Notes.</strong></td>
<td><strong>Sign-In</strong></td>
</tr>
<tr>
<td>Optional: Post <em>Class Guidelines.</em></td>
<td>As participants arrive, have them sign in and pick up their name tags and <em>Audience Notes.</em> Play some nice background music.</td>
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<table>
<thead>
<tr>
<th>Slide 1: Welcome and Review</th>
</tr>
</thead>
<tbody>
<tr>
<td>Welcome to our next lesson of <em>A New You: Health for Every Body.</em></td>
</tr>
<tr>
<td>Does anyone have any comments or questions? <em>(Address any concerns, confusion or comments from previous session evaluations.)</em></td>
</tr>
<tr>
<td>How is the journaling process? Would anyone like to share an experience they have had with the journaling? Is it helpful?</td>
</tr>
<tr>
<td>For today’s lesson we will build on our last session on physical activity. We will discuss your OYOL – On Your Own Learning in a few moments.</td>
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What are the benefits of physical activity?

Slide 2: Benefits of Physical Activity

Turn to a partner and share what you think is one benefit of regular physical activity.

(Allow a few minutes.)

Would anyone like to share what they said and I will capture them on the board?

(Refer to this list if these are not mentioned.)
* increases physical fitness
* helps build and maintain healthy bones
* helps build and maintain healthy muscles
* helps maintain healthy joints
* builds endurance
* builds muscular strength
* helps manage weight
* lowers risk factors for cardiovascular disease, certain cancers and type 2 diabetes
* helps relieve stress and improve mood
* helps control blood pressure
* promotes psychological well-being and self-esteem
* reduces feelings of depression and anxiety
* improves blood circulation
* improves energy level
* improves balance and coordination
* enhances immune function
* increases flexibility

Lists of benefits can be found in *Fitting in Fitness* on page 6 and *Intuitive Eating* on page 223.

Motivators to Move

In the last session, you received *Discovering Motives to Move* and *Matching Motive to Activity* handouts. Did anyone have any questions about the worksheets?

Would anyone like to share what they discovered? If you have been active for many years, what keeps you moving? Are there new things you are going to try?

Is anyone using the OYOL walks as their physical activity goal?
Slide 3: Keys to Success

Once you have made the decision to become physically active or increase your activity, keep in mind these keys to success.

1. **Enjoy what you are doing.** One of the secrets to maintaining physical activity over time is to choose activities you enjoy! Some people prefer structured classes, others need to be productive or purposeful, while still others work hard at their recreational activities. Many do a combination. The important thing is to want to do it more!

2. **Choose activities that you are comfortable doing.** If you do not feel safe in water, water skiing may not be your top choice for frequent activity. You need to feel safe and comfortable so increase intensity, frequency and duration gradually as you are ready. Abusing your body with excessive exercise can lead to injuries and/or feelings of self-punishment.

3. **Fueling your body is crucial.** For some people, being physically active is not enjoyable because they start being active at the same time they start a diet. If you increase physical activity while simultaneously starting a diet, your energy level will likely be low. Without fuel, physical activity is not invigorating. It becomes a chore and is not much fun. It is increasingly difficult to be physically active when you are underfed, especially if carbohydrate intake is too low.

4. **Celebrate yourself!** The important thing is to move. When you are physically active, give yourself a pat on the back and know that you made a choice for better health.

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Journaling

Take out your journals and think about a positive experience you have had with physical activity. Record why this is a positive memory.

*(Play some soothing background music and allow about 3 mintues for journaling.)*
A working definition of fitness is having the energy and strength to do everything you need and want to do in your daily life. Fitness is not defined by a particular weight. Fitness is an important factor in life-long health.

Fitness is achieved by being physically active on a regular basis.

Fitness includes the following:
- aerobic fitness for your heart and lungs
- muscular strength
- flexibility of your muscles and joints

Aerobic activities work your heart and lungs. The more vigorous the activity, the more oxygen your body needs. You breathe harder and your heart beats faster to deliver more oxygen to the working muscles. This increased workload makes your heart stronger and more efficient. The more efficiently your body uses oxygen, the more active you can be without being out of breath and tired.

There are many different activities that can be aerobic depending upon the intensity. One versatile aerobic activity is walking.
Slide 8: Walking

Robert Sweetgall, walker and advocate of walking for wellness says, “The secret to health is only two feet away – your own two feet.”

What are some ways you have or you can incorporate more walking into your day?

(Refer to this list of prompts as needed.)
* Park farther away.
* Walk extra flights of stairs.
* Walk 20 steps out of your way, on purpose.
* Unload groceries in several trips instead of one or two.
* Deliver email personally.
* Walk around your house once a day and make one tiny improvement like picking up a piece of trash or pulling a weed.
* Walk away from the TV whenever a food commercial comes on.
* Take a 5-minute walk after every meal.
* Change the TV channel without the remote.
* Instead of sitting in a waiting room for an appointment, ask how long the wait will be and fit in a walk around the building.
* Take a 2-minute walk whenever you feel your energy drooping.
* Take a walk and don’t stop until you find a penny.
* Cut your lawn without a riding lawn mower.

Let’s take a short break for a 2-minute walk right now. (Take a short walk break.)
Muscle Strength

Use it or lose it

Muscle Strength

We are all weight lifters! What do you lift on a daily basis? It may be children, grandchildren, groceries, books, boxes, pets or even a backpack or purse. While muscle strength can decline as we age, inactivity is a major factor in loss of muscle strength.

Strength-building activities help increase bone density, improve balance, decrease risk of falling, and build and maintain muscle strength that decreases the likelihood of injuries – especially back injuries. They make the muscles resist or work against weight or force. The resistance may be from weights, elastic bands or your own body. Your muscles don’t know the difference.

Household items make great weights – lift empty milk jugs filled with water or lift canned goods. You can also use elastic bands to create resistance or use your own muscles for resistance.

While sitting in your chair, try this resistance activity. Start with your feet flat on the floor. Point your right toes upward. Slowly straighten your right leg. Keeping your knee straight, slowly raise and lower your leg off the chair. Repeat 10 times. Switch to your left leg. Remember to take deep breaths and use slow, controlled movements.
**Slide 11 and 12: Flexibility**

Have you ever watched a cat when he gets up from a nap? He yawns and stretches his legs and back. We can take a lesson from cats and do the same thing when we rise after sitting or lying for awhile. Stretching feels good!

Flexibility is the ability of a joint or limb to have a complete range of motion. Muscle tension and joint aches are sometimes caused by limited flexibility. While some flexibility is lost with aging, inactivity may be a larger factor.

It is always good to stretch before and after an activity. It warms the muscles and reduces injuries. Range-of-motion stretches help reduce injuries by preparing joints and muscles for the activity. When stretching, stretch until you feel a slight pull and do not bounce. Hold stretches for 10 to 30 seconds, relax and repeat. Notice how good it feels.

Let’s try a wrist roll or a range-of-motion movement.
* Make a loose fist with your left hand.
* Hold your arm still and slowly rotate your hand in a circular motion at the wrist.
* Repeat 10 times each direction.
* Switch to your right hand – or try both hands at once!

**Slide 13: Physical Activity Guideline**

According to the Dietary Guidelines for Americans, it is recommended that adults avoid inactivity. Some activity is better than none. For substantial health benefits, adults should do at least 150 minutes per week of moderate intensity activity or 30 minutes most days. Aerobic activity should be done for at least 10 minutes at a time. Children are encouraged to accumulate 60 minutes.

The good news is the minutes can accumulate throughout the day. That means if you get 10 minutes here and there – every minute counts! If you already get 30 minutes of physical activity daily, you may gain additional health benefits by being more active.

Keep this guideline in mind as you set or revise SMART physical activity goals for yourself.
Slide 14: On Your Own Learning (OYOL)

1. Continue your 5-minute walks after each meal or three times a day. Increase one of these daily walks to 10 minutes. That will mean you are adding 20 minutes of activity each day – over half way to the recommended minimum!

2. Think back to when we started our 2-minute weekly walks. In your journal, record how you feel about your walking. Note anything you have noticed about yourself.

3. Review and revise your goals as needed. Contact me if you need any help or have any questions.

4. In preparation for our next session, look for media messages showing unrealistic body images as symbols of success and happiness. Make a note to share what you find in our next session.

Slide 15: Wrap-Up

Thank you for joining our class today. Please complete the evaluations and leave your name tags. We will see you next week.
References and Additional Resources:


