Objectives:
- Review the benefits of lifestyle physical activity.
- Understand physical activity recommendation.
- Set SMART goals.

What you need:
- Set a SMART Goal handout
- Flip chart and markers
- Pads of large sticky notes (example 3”x 5”), place around the room with small markers

Estimated Time: 30 - 45 minutes

Directions:
We recommend conducting this session with the Pedometer presentation.

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<td><strong>Introduction</strong></td>
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<td>Introduce yourself and objectives for the session. After a few minutes, ask if anyone would like to share with the group.</td>
<td>Welcome to WIN Steps! Today we are going to discuss lifestyle physical activity and goal setting. Please turn to your neighbor and describe a time when you were physically active and how you felt. Would anyone like to share what they talked about?</td>
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| Why Choose to Move? | |
| On flip chart, write the words “benefits of being physically active.” Distribute sticky notes and small markers. Review the list. Add any as needed from the list in the script. | In small groups of 3 or 4 people, brainstorm what you think are some of the benefits of being physically active. Write one benefit per sticky note and stick them on the flip chart. *(review and add from this list as needed)* **Known benefits of physical activity include**  
* decreased risk for chronic diseases including heart disease, certain cancers and diabetes  
* decreased risk for obesity – also a factor for maintaining stable weight and avoiding unwanted weight gain  
* decreased risk for high blood pressure  
* increased aerobic capacity so you are not out of breath so quickly |
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|       | * more energy  
|       | * improved or maintained self-esteem and mood  
|       | * improved balance and coordination  
|       | * better sleep  
|       | * improved blood lipid values (cholesterol, triglycerides, HDL, LDL)  
|       | * healthy and strong bones, joints and muscles  
|       | * enhanced immune function  |

**What is lifestyle physical activity?**

Exercise is a form of physical activity. Exercise is planned, structured, repetitive body movements done to improve or maintain physical fitness. Physical activity is any voluntary body movement resulting in energy expenditure.

Lifestyle physical activity includes activities that become a regular part of your day such as taking the stairs, gardening, housekeeping, shoveling the walk, or parking further and walking.

The many health benefits we listed are achievable through increased lifestyle physical activity – especially for those who are currently inactive.

**How much is enough?**

On flip chart write the words **“Aim for 30 minutes of moderate intensity physical activity most days.”**

Underline the words **“aim” and “moderate.”**

The recommendation for adults is to get at least 150 minutes per week or 30 minutes or more of moderate intensity physical activity on most, preferably all, days of the week. Children are encouraged to accumulate 60 minutes.

**Accumulate** means you can have short bouts of activity such as 10 to 15 minutes. Improvements in health from short bouts are comparable to moderate activity done in one 30-minute block. Aerobic activity should be done in at least 10 minute episodes. Don’t have 30 minutes? Maybe not, but you might have 10 minutes three times a day!

Activities of **moderate intensity** involve moving the large muscles of your body at a brisk pace. Activities of moderate intensity will increase heart rate and breathing to some extent. On a scale relative to a person’s capacity, moderate-intensity activity us usually a 5 or 6 on a 1 to 10 scale. A brisk walk is defined as walking a mile in 15-20 minutes, or roughly the pace you walk when hurrying to make an appointment. Another marker for moderate intensity is that you can still talk while doing the activity but you can’t sing.
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| If you already get 30 minutes of physical activity daily, you may gain additional health benefits by being more active or by increasing intensity.  
This recommendation allows for multiple health benefits and may be easier to sustain over time than a more intense goal for fitness and athletic performance. We are focusing on improved health. |

**Finding Your Way**

1. Take a few moments to write down why you want to increase your lifestyle physical activity.

2. The log sheets for this program include weekly goals for increasing your steps by 10%. However, for this worksheet, please think about a longer term goal that may be based on a number of steps, an imaginary destination, a commitment of time spent, a health goal, etc. It should be challenging, yet SMART.
   - S = specific
   - M = measurable
   - A = attainable
   - R = realistic and relevant
   - T = time bound

3. Describe how you are going to reach this goal. You may plan to record daily steps and report weekly progress to me, your walking coordinator. The log sheets include a comment section so you can note other forms of physical activity if that is part of your goal.

4. Having a support system can be very helpful. Write down who you can share your goal with and ask for help if needed.

5. Make note of those things that can interfere with you reaching your goal. Think about ways you can address those barriers, perhaps by calling on your support system, having a reward or removing temptations.

6. When you reach your goal, consider treating yourself to a new pair of walking shoes or a new walking outfit. Another reward could be to plan a special activity excursion to the park, a nearby hiking area or other outdoor event.

Keep this worksheet close at hand during this program. Feel free to make changes and adaptations as needed.
Group Goal

(For group distance-based programs, discuss a group goal and write it on a flip chart. See Walk this Way for ideas and handouts.)

References:

“A co-worker and I] both recognized that we needed to be active and we enjoy being together. . . . Walking is good because then we can visit as we’re walking. . . . And so that social time is a valuable . . . part of that exercise. It makes it easier to do it. I have never been one that could use the video exercise tapes. And I think part of that is . . . the motivation. You have somebody else to be accountable to with . . . walking.”

Female, late 40's

“It’s fun to have somebody to go with, and you can talk to them when you’re working out. And if you have somebody else who is waiting on you to be there, then that gives you more of an incentive to go.”

Female, mid 20's

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