



## Group Session 2

### Key Behavioral Strategies

- Recording food and activity to increase awareness
- Moving and exercising
- Planning and setting short term goals

### Participant Behavioral Strategies

- Before the next group session, the participants will:
- Keep records of what they eat and how much they exercise
  - Begin to incorporate exercise into a weekly pattern
  - Find a local place to exercise and try a simple exercise, like walking, or increase the exercise they already do

### Process Objectives & Session Content

- Help participants complete the self-monitoring data summary forms and overcome challenges associated with keeping a daily record
- Help participants identify physical activities that are easy to do and emphasize the importance of all types of movement, the more the better
- Help participants distinguish between tiredness and more serious issues when exercising

### Handouts

- Some Examples of Physical Activity
- My Action Plan for the Week
- Listen to Your Heart
- Exercise Smart...Watch for Signs
- Ms. Jones Goes for a Walk
- Physical Activity Pedometer Ranges (1/2 sheet)
- Food and Fitness Diary (FFD)
- New Leaf Module Handout: "Getting Physically Active"; refer to other New Leaf sections on Physical Activity

### Other Materials

- Local Physical Activity Resources (Create Your Own)

### Resources

- Leslie Sansone video <http://www.amazon.com>

### Topics/Agenda (2 hours)

- **CHECK IN ~ 30 MINUTES**
- Discuss concerns, questions and progress from the previous week
- **TRY IT! DISCUSSION/ACTIVITIES ~ 35 MINUTES**
- Using your Food and PA records
- My physical activity patterns
- **DO IT! ~ 25 MINUTES**
- **NEXT STEPS ~ 30 MINUTES**
- Action plans for keeping records of food and exercise
- What to expect next week



**I. Check-In**

- Ask about Self-monitoring from previous week
- What worked
- What did not work
- Summarize

~ 30 minutes

**■ Check- In**

Sample discussion approach:

*Last week we talked about keeping records of all the foods you ate. How did that go? What did you notice? What else?*

*What was it like keeping records every day? What happened? Did anyone start to look up their calories? Was it difficult? Were you surprised at the calories of any of the food you ate?*

*Let's talk about how you plan to get the record-keeping done. When will you do it? Where will you keep your Food & Physical Activity Diary? What will remind you to write down the foods you eat? Where will you keep your Food & Physical Activity Diary?*

*Your Notes:*



**II. Try It**

- My Physical Activity Patterns
- Defining Moderate Intensity Physical Activity
- Listen to Your Body
- Behavioral Strategy:
- **This activity helps heighten participants' self-awareness about their daily routine**

**1. My Physical Activity Patterns**

- Discuss how participants find time for exercise
- How do participants incorporate exercise into an existing schedule

Sample discussion approach:

*What time of day do you set aside for physical activity? How do you fit it into your schedule? How do you find time for exercise? What pushes physical activity out of the way? What helps you get it in?*

*Visualize yourself at the end of your last exercise session. What did that feel like? What triggered you to actually get out the door? Was that your usual routine? Will that happen next time?*

**2. Defining Moderate Intensity Physical Activity**

*Your Notes*

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and help participants identify times for engaging in exercise.

~ 60 minutes

- Explain why physical activity is important
- Discuss what is meant by moderate intensity physical activity
- Review "Some Examples of Physical Activity" worksheet
- Emphasize that the more movement, the better
- Stress that you do not have to belong to a gym or have special equipment to exercise
- Give members an opportunity to discuss the types of physical activity they enjoy
- Have participants make a list of ten ways to move more throughout the day

Sample discussion approach:

*Can someone tell me why physical activity is important? Remember the principle of balancing calories in with calories out? What happens when we move more? What are some other benefits of exercise? (i.e. more energy, may rest/sleep better, another outlet for stress, weight loss can result in lower risk of many diseases including cancer, heart disease and diabetes, etc.)*

*Let's review what the physical activity goal is for this program. Can someone tell me what it is? Note that we say 30 minutes of **moderate intensity** physical activity. Can anyone tell me we mean when we say moderate intensity exercise? Moderate intensity exercise is defined as breathing hard, feeling warmer and sweating. Does anyone have any other descriptions of how they might define moderate intensity? Let's look at moderate intensity in terms of types of activities. Can anyone give me an example of a moderate intensity activity? Let's look at the "Some Examples of Physical Activity" worksheet. Are there other types of activities not listed on this page?*

*Ok, now let's go back to thinking about weight loss in terms of*

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*calorie in and calorie out. Do only moderate intensity activities change this balance? Of course not, **any type of movement** will help you use more calories. In fact, simply standing will help you use 20% more calories than if you were sitting. With this in mind, what are some light intensity exercises that you can do?*

*It is important to note that you do not need special equipment or a gym membership to be active. Simply moving the body more can be very beneficial. What type of activities do you do on a regular basis? Are there ways to increase these activities? As a group, let's come up with at least **10 ways** that we can move more in our daily routine.*

**3. Listen to Your Body**

- Help members find the moderate physical activity zone
- Use "**Listen to Your Heart**" worksheet
- Discuss the importance of knowing when to stop exercising versus just slowing down or taking a break
- Have members practice calculating heart rate by using the "Ms. Jones Goes for a Walk" worksheet

Sample discussion approach:

*We have talked about the certain types of moderate intensity exercises and discussed briefly on how to determine if you are exercising at the moderate intensity level. Can someone define moderate intensity exercise for me again? This can mean different things to different individuals, right? Well, let's talk about another way to define moderate intensity activity. Our hearts will also tell us. (Pass out the "Listen to Your Heart" worksheet). As you can see on this page, most of us want our heart beat to be between 84 and 116 beats per minute when we exercise. Let's find our heart beat now. (Demonstrate how to find the pulse and use the worksheet). It is important to note that some medications can*

*affect the heart beat and those individuals need to keep in mind the general definition – feeling warm, breathing hard and sweating. Also, there may be other reasons that will cause the heart to beat faster or slower than normal during exercise so we always want to listen to our head first and foremost.*

*(Pass out “Exercise Smart” worksheet). Let’s briefly review this worksheet. For some, exercise may seem tiring at first and you may want to stop. But, sometimes you can push through the feeling of tiredness. It will be important to listen to your body and know when to stop, when to take a break and when to go for help. If you have not already done so, we recommend that you talk to your doctor about beginning to exercise.*

*Here is another worksheet that will help us summarize the points we have discussed today. (Pass out “Ms. Jones Goes for a Walk” worksheet and read out loud. Help participants answer the questions as a group by using the previous worksheets.)*

*Your Notes*

**III. Do IT!!!**



- Taking your heart rate
  - Group Walk
- ~ 25 MINUTES**

Purpose for G2 Session:

Allow participants to experience taking their own pulse after their heart rate increases.

A group walk is recommended for the first Do It! Be sure to have a 'back-up' plan in the event of inclement weather. Use of the Leslie Sansone video tapes may be one of your back-up activities.

**Safety alert!**  Remind the group to exercise at a moderate level – their perceived level of exertion should be “fairly light to somewhat hard.” They should feel like they are working but still be able to carry on a conversation. This is not a competition. Encourage participants to respect each others’ fitness levels.

**1. Taking your heart rate:**

**Steps:**

- A. Review the Worksheet “Listen to Your Heart” to discuss how to take a pulse reading.
- B. Have participants measure resting pulse rate.

**IMPORTANT:** Discuss the effects of taking beta blockers (medication for high blood pressure) on heart rate. If participants are taking beta blockers, they should use perceived level of exertion to judge if physical activities are moderate because their heart rate will not respond as well to exercise.

Beta blockers include medications such as the following:

Acebutolol	Atenolol	Betaxolol
Bisoprolol	Carteolol	Carvedilol
Esmolol	Labetalol	Levobunolol
Metipranolol	Metoprolol	Nadolol
Oxprenolol	Penbutolol	Pindolol
Propranolol	Sotalol	Timolol

- C. Have participants do an actual physical activity for three minutes to demonstrate increased heart rate from resting heart rate (examples of appropriate activities are listed in the Leader’s Guide Resource, “Warm-up/Cool-down Activities”, but can be marching in place)

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## 2. Group Walk

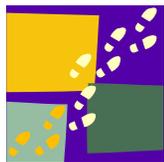
Find a safe, convenient area to walk close to the classroom. Have individuals pair up with a partner. Tell the group that you all will be walking for 15 minutes today. Every 5 minutes have members switch partners. Members will be required to walk at the same pace as their partner. This will give members an opportunity to meet three individuals and experience walking at different paces.

Alternative: Leslie Sansone "Walk Away the Pounds" video tape (1-mile tape)

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## IV. Next Steps

### Agenda for Session #2



- Plan for the Week
- To Do List (Self-Monitoring)
- Summary

~ 30 minutes

**Behavior strategy:** Setting goals and making plans for accomplishing goals is a key strategy for behavior changes. Try to avoid making goal setting time rote (as if it were a ticket to leave for the day once completed). Instead, this is a time for the participant to really reflect on what they need in order to make a change. The actual work of changing behaviors will happen outside of the group session, but writing down a plan will solidify commitment.

### 1. Plan for the Week

- Encourage participants to create a plan based on this discussion for the next week (see “**My Action Plan for the Week**”)
- Specifically, this will involve planning when participants will exercise for the week. Encourage participants to start out slowly and aim for at least 20 minutes of exercise on 3 days this coming week or 10 minutes on 5 days of the week.
- Consider having participants discuss their plan with a partner or in small groups
- Review some of the challenges mentioned in the beginning of the class on keeping the diary. Discuss as a group ways to overcome these challenges.

### 2. To Do List (Self-Monitoring)

The recommended tracking for the week is:

- Write down all the food you eat and drink every day
- Write down the minutes of exercise every day
- **Circle foods that you believe to be highest in calories**
- Bring your **completed diaries and summary sheets**
- Bring your Food and Physical Activity Diary and Calorie Counter; we'll be using them next week during the session

### 3. Summarize

- Review lessons from the week
- Discuss/answer remaining questions and/or concerns



# Some Examples of Physical Activity

Remember the goal: 30 minutes of moderate physical activity on 5 days a week

**Moderate physical activity = feeling warm + breathing hard + sweating**

Moderate

## Physical Activities

Fast walking

Gardening

Mopping

Raking the leaves

Mowing the lawn



Hiking

Biking



Dancing

Water aerobics

Circuit training *(like at Curves)*

Exercise class

Swimming

**More movement = more weight loss**

Light Physical

## Activities

Slow walking

Vacuuming

Washing dishes

Dusting



Bowling



Cooking

Fishing

Taking the stairs

Shopping

What other activities do *you like*? \_\_\_\_\_

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# Listen to your heart

When you exercise, you want your heart rate to be between **84 and 116**. To find your heart rate, count the number of times you feel a pulse for 15 seconds and then find the heart rate number that matches the number you counted. For example, if your pulse is 22, then your heart beat is 88. Congratulations! You are doing just fine.



Certain medications may affect your heart beat. Pay attention to the how you feel. You want to be breathing hard, feeling warmer and sweating.

For 15 seconds, if you count:	Your heart rate is:	
12	48	] → Too Low
13	52	
14	56	
15	60	
16	64	
17	68	
18	72	
19	76	
20	80	
21	84	← Just right
22	88	
23	92	
24	96	
25	100	
26	104	
27	108	
28	112	
29	116	
30	120	
31	124	
32	128	
33	132	
34	136	
35	140	

## Exercise Smart...Watch for Signs

	When exercising, if you...	You should...
	<ul style="list-style-type: none"> <li>➤ Feel tired</li> <li>➤ Cannot talk with a friend</li> </ul>	<ul style="list-style-type: none"> <li>➤ Slow down</li> </ul>
	<ul style="list-style-type: none"> <li>➤ Are breathing too fast</li> <li>➤ Cannot catch your breath</li> <li>➤ Get a cramp</li> </ul>	<ul style="list-style-type: none"> <li>➤ Take a break</li> <li>➤ Drink some water</li> </ul>
	<ul style="list-style-type: none"> <li>➤ Feel severe pain in your chest</li> <li>➤ Feel really sick to your stomach</li> <li>➤ Feel dizzy or lightheaded</li> </ul>	<ul style="list-style-type: none"> <li>➤ Stop immediately</li> <li>➤ Get help</li> <li>➤ Call your doctor</li> </ul>



We suggest that you talk to your doctor about exercise

## Ms. Jones Goes for a Walk



Ms. Jones met her friend Jane for a walk one afternoon. But, Jane was not feeling good and did not want to walk.

Ms. Jones wanted to make sure she was able to meet her exercise goal for the week so decided to go alone.

As she was walking, Ms. Jones started thinking about the day and how upset she was at her boss for making her work an extra shift this weekend. She thought about all the things she would have liked to say to her boss, but did not because she wants to keep her job.

All of a sudden, she felt that she was breathing really hard and could barely catch her breath. What should Ms. Jones do? \_\_\_\_\_

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She decided to take her pulse. She counted 30 beats in 15 seconds. What is her heart rate? \_\_\_\_\_

Is she walking too slow, too fast or just right? \_\_\_\_\_



## My Action Plan for the Week

**GOAL #1:** 30 minutes of moderate physical activity on 5 days of the week

This week, I will do the following activities:

Day	Activity	Minutes
Sunday		
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
	<b>TOTAL</b>	

**GOAL #2:** Keep track of all food/drinks and physical activity in the Food and Fitness Diary every day

Things that may get in my way	How I can make sure they don't
1.	1.
2.	2.
3.	3.

**GOAL #3:** \_\_\_\_\_

What I need to do to reach this goal:

# Physical Activity Ranges (Pedometer)

Based on Tudor-

Locke and Myers reference, 2001 (a systematic review of 32 studies)

Category	Range (steps/day) *
Healthy younger adults	<b>7,000 – 13,000</b>
Healthy older adults	<b>6,000 – 8,500</b>
Adults with disability or chronic illness	<b>3,500 – 5,500</b>

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\*women lower than men

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