



Group Session 6

Key Behavioral Strategies	<ul style="list-style-type: none">■ Situational control■ Making choices■ Action planning
Participant Behavioral Strategies	Before the next group session, the participants will: <ul style="list-style-type: none">■ Keep food and activity records and look up calories for 3-4 days.■ Incorporate new physical activities into plan
Process Objectives & Session Content	<ul style="list-style-type: none">■ Heighten awareness of making time for important things in life
Handouts	<ul style="list-style-type: none">■ Not Enough Time?■ Color Your Day■ My Action Plan for the Week■ Food and Fitness Diary (FFD)
Topics/Agenda (2 hours)	<p>CHECK-IN ~15 MINUTES Discuss data forms, questions and progress from the week</p> <p>TRY IT! DISCUSSION/ACTIVITIES ~45 MINUTES Color Your Day</p> <p>DO IT! ~40 MINUTES</p> <p>NEXT STEPS ~20 MINUTES Action plan for breakfast/physical activity next week What to expect next week Shop with Wise-Bucks</p>



I. Check-In

- Tracking calories
- Identifying portion sizes
- Barriers identified and solutions tried

~ 15 minutes

■ **Check- In**

Sample discussion approach:

How many people tried tracking their calories this past week? Was it more difficult or easier than you thought it would be? Were you surprised at how many calories you are taking? How surprised were you about your portions? What have you noticed about the servings in the packaging of your favorite foods? How has this changed your behavior? Does anyone have any questions or want to share any challenges?

Last week we also talked about quick, easy and healthy breakfast meals. What types of breakfast changes did you try? What worked for you? What made it hard to change? Since breakfast is such an important part of weight management, we will include it again in our action planning this week.

Your Notes:



II. Try It

- Paying attention to time

~ 45 minutes

1. Paying attention to time

- Explain importance of making time for things that are important
- Discuss rewards versus cost for certain activities in the day

Sample Discussion Approach:

*During these sessions, one of the most common themes we have heard is not having enough time. Who here feels that they have enough time in the day? If so, then how do you do it? Do you plan out your days? Keep from over-committing yourself? Even for the most organized individuals, having enough time to do everything you want to do is a challenge. Therefore, it becomes important to prioritize those things that are important in your life and make sure that you have time for these things. (Distribute the **Not Enough Time? Worksheet**) Let's write down some of the things that you make time*

Your Notes

for in your life or that are important in your life? Who is willing to share something that is important that you make time for? How about exercise? What about eating right? Where do these things rank? How important is it in your life?

*Sometimes it is difficult to find time for even these important things. This is when we need to re-examine our daily activities and determine where we may be able to save time. Let's look at the **Color Your Day** activity. Think about the 24 hours in the day. Each of the triangles in the circle represent 1 hour a day. We are going to color code our activities for the day to help us identify what takes the majority of our day and look for ways to save some time. For instance, if you sleep for 7 hours a day, color 7 of the triangles orange. If you typically work 8 hours a day, color 8 triangles blue and so forth. Use other color codes as you see fit.*

Of all these activities, which are ones that are least important to you? Are there other areas (such as sleeping or exercise) in which you need more time? Can you make any substitutions to this circle?

Your Notes

III. Do IT !!!



■ Group Aerobic Class
~ 40 MINUTES

<p>Safety alert!</p> 	<p>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.</p>
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Objectives:

1. Add variety to participants physical activity routine
2. Allow participants to do a full body workout

Materials/Equipment:

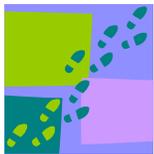
- ❖ Drinking water for participants
- ❖ Floor mats (if done on-site)
- ❖ Hand Weights (depending on instructor)

Instructions for interventionist:

1. Decide on the activity the group will do, then contact the appropriate instructor to teach the section (fitness instructor, martial arts instructor, exercise/physical therapist or personal trainer, or visit a local recreation center)
2. Discuss the purpose of the section with the instructor as it relates to the program
3. Allow instructor to conduct the section according to his/her professional expertise
4. Be sure the instructor follows basic safety principles during the class, such as:
 - Warm-up before activity
 - Pulse check during activity
 - Hydration before, during and after activity
 - Cool-down after activity

Debrief:

IV. Next Steps



- Plan for the Week
- Tracking (Self-Monitoring)
- What to Expect Next Week
- Shopping with Wise Bucks

~20 minutes

1. What did you think of the aerobic class?
2. What did you like the most? What did you like the least?
3. What area of this class would you include in your physical activity plan?

1. Action Plan for the Week

Participants write a weekly action plan (handout “**My Action Plan for the Week**”) in at least the following areas:

- Breakfast meals (making time for breakfast)
- Physical Activity
- Participant choice

2. Tracking (Self-Monitoring)

The recommended tracking for the week is:

- a. Write down all the food you eat and drink every day.
- b. Calculate the calories from the foods you eat and drink, total, and summarize for at least 3 days.
- c. Keep track of servings of fruits and vegetables each day.
- d. Write down the minutes of exercise above your normal routine.

3. What to expect next week

- Bring calorie counter and diaries to examine lunch choices
- Discuss time management

4. Shopping with Wise Bucks

Allow participants to use Wise-Bucks to purchase some of the prizes available

Not enough time?

It is so hard to find time to do everything that we want to do. Therefore, we must make time for the things that are important to us.



What do you make time for in your life?

- | | |
|--------------------------------|--------------------------------|
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |

How important are these things in your life?

Place an X in the boxes of the 5 things that are most important to you

To think about...

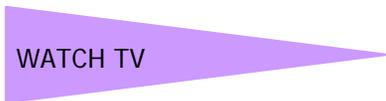
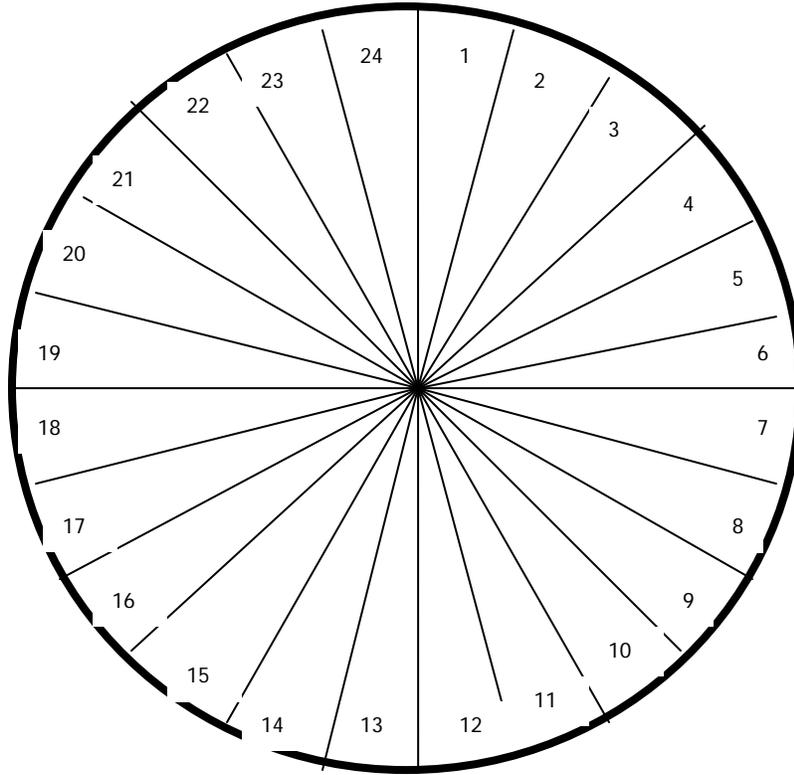
If I had more time, I would _____.

How can I make time for things that are important to me?

Are there things in my life that I could give up? _____

What are these things? _____

Color Your Day





My Action Plan for the Week

GOAL #1: Eat a healthy breakfast on 3 days this week

Day of Week	Breakfast

GOAL #2: 30 minutes of moderate physical activity on 5 days of the week

Day	Activity	Minutes
Sunday		
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
TOTAL		

GOAL #3: 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 #4: My other goal is: _____

What I need to do to reach this goal: