

Solutions for **Wellness**

# Choosing Wellness: Physical Activity



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**Family Friendly Session** – good for use in family sessions or groups

# 1

## Mental Illness, Mental Health, and Physical Activity Facilitator Notes

**Main Learning Points and Review of Personal Practice Options from Last Session:**  
This is the first session. Every session except this one will begin with a review of the Main Learning Points from the last session.



### Note

This session could be used for family/friend groups or sessions. It offers an opportunity for the participant and family to practice skill-building together.

### Tips for this Session

#### Prepare for the Session:

Preparation for each session sets a tone of structure for the participants as well as a sense of importance of the topic. There are times when participants will want to invite guests or have materials for a session, so be sure to read the facilitator notes ahead of time. We recommend looking at them about a week in advance. Give yourself time to make enough copies of each session's materials and handouts.

Make the room attractive and inviting. Arrange the seats in a comfortable fashion conducive to interaction and learning.

## Suggestion for Topic Introduction and Relevance to Participants

(As this is the first session of a new workbook, start this session by having introductions. A nice way to make introductions is to have everyone introduce themselves and tell an interesting fact about themselves, e.g. what is their favorite game, favorite TV program, favorite color, etc. Be creative. If it is close to a holiday or seasonal celebration, ask them to identify something that relates to the holiday, e.g. their favorite holiday meal or activity. Start the introductions by introducing yourself to break the ice.)

*"Today is the first day of the Solutions for Wellness physical activity workbook. What types of things do you think we will be discussing over the next few weeks?"*

(Engage participants in a discussion about this. Encourage everyone to offer an idea. If participants are hesitant to speak up, let them know there are no wrong answers.)

*"Today we're going to discuss the impact that having mental illness can have on being physically active."*

*"Let's answer the first six questions on the Topic Assessment before we start, just to see how familiar we are with this topic."*

### Topic Assessment Answer Key

1. C    2. B    3. B    4. C

T – topic introduction  
R – relevance to participant  
I – identify objectives  
M – materials for session  
M – motivate to use

## Topic Assessment



Mark one: ☐ Pre ☐ Post

Your Score:  
+ \_\_\_\_ out of 4

### Directions:

1. Read each question carefully.
2. Read every answer before marking one.
3. Mark only one answer to each question.

Name: \_\_\_\_\_

Date: \_\_\_\_\_

### 1. Regular physical activity may improve which of the following:

- A. Only physical health
- B. Only mental health
- C. Both physical and mental health
- D. Only emotional well being

### 2. People with mental illness are often \_\_\_\_\_ physically active than people who do not have mental illnesses.

- A. a little more
- B. less
- C. just as
- D. a lot more

### 3. Healthy Lifestyles programs have no effect on people with mental illness.

- A. True
- B. False

### 4. The recommended amount of physical activity is at least \_\_\_\_\_ minutes a day.

- A. 10
- B. 20
- C. 30
- D. 60

## Topic Assessment



### 5. I am confident that I understand how mental illness can affect physical activity.

- |                          |                          |                               |                          |                          |                          |
|--------------------------|--------------------------|-------------------------------|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/>      | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Strongly<br>Disagree     | Disagree                 | Neither Agree<br>Nor Disagree | Agree                    | Strongly<br>Agree        | Unsure                   |

### 6. This information is important for me to know.

- |                          |                          |                               |                          |                          |
|--------------------------|--------------------------|-------------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/>      | <input type="checkbox"/> | <input type="checkbox"/> |
| Strongly<br>Disagree     | Disagree                 | Neither Agree<br>Nor Disagree | Agree                    | Strongly<br>Agree        |

At the end of the session, answer these questions before turning in this paper:

### 7. This session helped me.

- |                          |                          |                               |                          |                          |
|--------------------------|--------------------------|-------------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/>      | <input type="checkbox"/> | <input type="checkbox"/> |
| Strongly<br>Disagree     | Disagree                 | Neither Agree<br>Nor Disagree | Agree                    | Strongly<br>Agree        |

8. What I liked about this session: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

9. How this session could have been better for me: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Mental Illness, Mental Health, and Physical Activity

### Objectives for this Session

1. Identify 2 challenges to being more physically active.
2. Identify 2 ways physical activity can improve mental health.

Daily physical activity has many benefits. However, exercising at least 30 minutes each day can be challenging. For many reasons, people with mental illness are often less likely to be physically active.

#### Main Learning Point #1

**People with mental illness are often less likely to be physically active.**

Think about your own physical activity as you answer the following questions:



Have you ever started an exercise program? ☐ Yes ☐ No

Have you continued your exercise program? ☐ Yes ☐ No

Why/Why not? \_\_\_\_\_  
\_\_\_\_\_

What kind of physical activity have you done in the past? \_\_\_\_\_  
\_\_\_\_\_

What type of physical activity do you enjoy? \_\_\_\_\_  
\_\_\_\_\_

Do you like to exercise alone or as part of a group? \_\_\_\_\_

## Mental Illness, Mental Health, and Physical Activity (continued)

People with mental illness may have challenges in getting enough physical activity. A few of these challenges may be:

1. Symptoms:
  - Anxiety
  - Being withdrawn
  - Depression
  - Psychosis
2. Lifestyle:
  - Low income
  - Less access to gyms and activities
3. Medication Side Effects:
  - Drowsiness or sleepiness

Despite the challenges you may face, it still is important to get at least 30 minutes of physical activity each day.

#### Main Learning Point #2

**It can be challenging for people to get at least 30 minutes of physical activity each day.**

You can overcome these challenges. Research suggests that people with mental illness who participate in healthy lifestyle programs like this one often increase their physical activity.

#### Main Learning Point #3

**Programs that address healthy lifestyles may help people with mental illness increase their daily physical activity.**

## Mental Illness, Mental Health, and Physical Activity (continued)

Physical activity also can help ease symptoms of major depression, anxiety, some phobias, and may even improve brain function. However, exercise does not take the place of medicine. People with mental illness should talk to their healthcare provider about how physical activity may improve their current treatment.

Many people with mental illness also have health problems such as diabetes, hypertension, and high cholesterol. Physical activity can improve many of these physical health problems.

### Main Learning Point #4

**Physical activity can improve mental and physical health.**



**What is the number 1 reason for you to become more physically active?**

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**Walking is one of the easiest ways to add more physical activity. What is the easiest way you could add more physical activity to your day?**

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## Review & Moving Forward



**The main learning points of this session are:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

### Move Forward – Take A “Small Healthy Step” to Ensure Your Success!

It's important to practice new knowledge and skills. What will you do between now and the next session? Please choose one option from the list below:

- ☐ **1. STUDY.** I am going to reread my handout at least once.
- ☐ **2. SHARE.** I will share my handout with someone in my support system. I will ask \_\_\_\_\_ to read it and talk with me about what challenges I may face in being more physically active.
- ☐ **3. DISCUSS.** I will talk to my healthcare provider about how being more active could improve my physical and mental health.
- ☐ **4. OTHER** (Choose Your Own Healthy Step):  
\_\_\_\_\_

## 2

**Step Into Better Health**  
Facilitator Notes**Main Learning Points and Review of Healthy Steps from Last Session:**  
***Mental Illness, Mental Health, and Physical Activity***

1. People with mental illness are often less likely to be physically active.
2. It can be challenging for people to get at least 30 minutes of physical activity each day.
3. Programs that address healthy lifestyles may help people with mental illness increase their daily physical activity.
4. Physical activity can improve mental and physical health.

**Review Healthy Steps from last session.****Note**

This session could be used for family/friend groups or sessions. It offers an opportunity for the participant and family to practice skill-building together.

**Remember**

You can refer to the “*Facilitator’s Delivery Checklist*” when using *Solutions for Wellness* materials as a reminder of important facilitator tips.

**Tips for this Session**

When reviewing the six goals of the physical activity workbook, you may want to do one or more of the following:

- Write the goals of the workbook on a flip-chart or chalkboard. (You will probably want to do this before the session begins.)
- Ask participants to read each goal aloud.
- Discuss each goal.
- Ask each participant to select one or two goals that they are most interested in and to come up to the flip-chart or chalkboard and write their name next to those goals.

**Suggestion for Topic Introduction**  
**and Relevance to Participants**

*“Who remembers playing ‘tag’ or ‘hide and go seek?’ When you were a child, did you have any favorite games you played with siblings or friends?”*

*“How about swimming? Did your families ever go to a lake or the beach? Maybe you liked to hike in the woods, or played on sports teams in school. Who would like to share a favorite memory of activities, games or sports?”*

(Listen and respond to their memories.)

*“As we grow out of our teenage years, many of us become less physically active. It is possible that we forget how fun it is to be physically active. The information in this workbook will empower us to make healthier choices and increase our activity levels.”*

*“Hopefully, we also will begin to remember how much fun it is to play. Physical activity doesn’t have to be a chore – so let’s explore some things we can do.”*

*“Let’s answer the first six questions on the Topic Assessment before we start, just to see how familiar we are with this topic.”*

**Topic Assessment Answer Key**

1. A    2. A    3. B    4. C

T – topic introduction  
R – relevance to participant  
I – identify objectives  
M – materials for session  
M – motivate to use

## Review of Session 1: Mental Illness, Mental Health, and Physical Activity



### Main Learning Points of Session 1

What were the main learning points of Session 1? If you did not attend the last session, you may guess, and also write the answers as people say them:

1. People with mental illness are often less likely to be p\_\_\_\_\_y active.
2. It can be more challenging for people to get the recommended \_\_\_\_\_ minutes of physical activity each day.
3. Programs that address h\_\_\_\_\_y lifestyles may help people with mental illness increase their daily physical activity.
4. Physical activity can improve m\_\_\_\_\_l and physical health.

### Take a Small Healthy Step Review:

What small healthy step did you choose to work on between sessions?

Did you complete your personal practice yet?

☐ 1. **Yes.** How did it go? \_\_\_\_\_

☐ 2. **No.** What got in the way of completing your practice?  
\_\_\_\_\_  
\_\_\_\_\_

If you still plan to complete your practice, when will you do it?  
\_\_\_\_\_  
\_\_\_\_\_

☐ 3. **I didn't choose a personal practice option.**

## Topic Assessment



Mark one: ☐ Pre ☐ Post

Your Score:  
+ \_\_\_\_ out of 4

### Directions:

1. Read each question carefully.
2. Read every answer before marking one.
3. Mark only one answer to each question.

Name: \_\_\_\_\_

Date: \_\_\_\_\_

### 1. Physical activity:

- A. Benefits everyone.
- B. Gets us out of the house more and makes it more likely we will get sick.
- C. Completely stops the risk of developing diseases and health problems.
- D. Is not an important part of wellness or recovery.

### 2. Physical activity has both mental and physical health benefits.

- A. True
- B. False

### 3. When you are watching TV, you cannot exercise.

- A. True
- B. False

### 4. Physical activity can help lower the risk of all EXCEPT:

- A. Back problems.
- B. Heart disease, back problems, and high blood pressure.
- C. Toothaches.
- D. High blood pressure.

## Topic Assessment



### 5. I am confident that I am ready to “Step Into Better Health.”

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Strongly Disagree	Disagree	Neither Agree Nor Disagree	Agree	Strongly Agree	Unsure

### 6. This information is important for me to know.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Strongly Disagree	Disagree	Neither Agree Nor Disagree	Agree	Strongly Agree

At the **end** of the session, answer these questions before turning in this paper:

### 7. This session helped me.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Strongly Disagree	Disagree	Neither Agree Nor Disagree	Agree	Strongly Agree

8. What I liked about this session: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

9. How this session could have been better for me: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

## Step Into Better Health

### Objectives for this Session

1. Identify at least 1 goal from the physical activity workbook that interests you.
2. Identify at least 1 mental or physical health benefit of being physically active.

**Congratulations for taking this first step toward improving your physical health!** Just by opening this workbook, you’ve taken an important step toward becoming more physically active. These sessions will explain:

1. How physical activity benefits your mind and body. You will learn to use information and support, including family, friends and your treatment team, to reach your goals.
2. What affects your activity level and choices (including mental health, medication, TV and computers, tobacco, weather, and your living situation).
3. How you can make better choices about your physical activity and your lifestyle.
4. How the foods you eat affect your physical activity.
5. How to add more physical activity to your day.
6. How your sleep habits, stress, food choices and tobacco use affect your health.



## Step Into Better Health (continued)

Regular physical activity is one of the most important steps to better health. Physical activity also may lower your chance of developing certain diseases. Physical activity can:

1. Make life more fun!
2. Improve self-esteem and self-confidence.
3. Help you relax, deal with stress, and sleep better.
4. Decrease anxious or depressed feelings.
5. Prevent weight gain or help you maintain a healthy weight.
6. Strengthen muscles and joints.
7. Reduce health problems such as back pain, heart disease, cancer, diabetes, high blood pressure, high cholesterol and stroke.
8. Improve overall well-being.
9. Increase brain chemicals that make you feel good.



Please list one or two benefits from the list above that interest you:

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### Main Learning Point #1

Physical activity may improve your physical health.

## How Can People with Mental Illness Benefit from Physical Activity?

Regular physical activity benefits everyone. People working toward recovery have described the benefits of physical activity in the following ways:

- “When I work out I feel better about myself. It increases my self-esteem.”  
— Tom
- “Exercise helps me stay grounded. It helps control my stress, and my symptoms seem to get better if I exercise.”  
— Jack
- “I can’t afford a gym, so I walk in my neighborhood. I walk three or four times a week. I feel better since I have started to lose weight.”  
— Debbie

### Main Learning Point #2

Physical activity may improve your mental health.



Please describe how physical activity improves your mental health:

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You may be surprised to learn how fun and easy it can be to add “small healthy steps” to your everyday life. **Here’s the first small tip!**

### Main Learning Point #3

Physical activity can benefit everyone.

### Small Tip for Success:

Walk in place during TV commercials. You can add many steps to your day this way.

## Review & Moving Forward



The main learning points of this session are:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### Move Forward – Take A “Small Healthy Step” to Ensure Your Success!

It's important to practice new knowledge and skills. What will you do between now and the next session? Please choose one or two healthy steps from the list below:

- ☐ **1. STUDY.** I am going to reread my handout at least once.
- ☐ **2. SHARE.** I will share my handout with someone in my support system. I will ask \_\_\_\_\_ to read it and talk with me about it.
- ☐ **3. WRITE.** I will write down the benefit of physical activity that interests me the most and put it in a place that I see all the time (such as my dresser or bedside stand).
- ☐ **4. OTHER** (Choose Your Own Healthy Step):  
\_\_\_\_\_

### Take An “Extra Small Healthy Step” to Ensure Your Success!

- ☐ **5. REVIEW.** I will talk to someone in my family or support system about some of the physical activities I enjoyed when I was younger. I will talk with them about fun ways I can add more physical activity to my life now.

If there is time left before the end of the session, you might talk about your personal practice goals. How will you **remember** and **reach** your goal by the next session?

# 3

## Physical Activity and Our Environment Facilitator Notes

### Main Learning Points and Review of Healthy Steps from Last Session: *Step Into Better Health*

1. Physical activity may improve your **physical** health.
2. Physical activity may improve your **mental** health.
3. Physical activity can benefit **everyone**.

### Review Personal Practice Options from last session.



#### Note

This session could be used for family/friend groups or sessions. It offers an opportunity for the participant and family to practice skill-building together.

#### Remember

It is important to acknowledge and discuss participants' successes, progress, and challenges.

#### Tips for this Session

1. There are some easy scales within the session. It would be beneficial to have them read, answer, write and discuss their thoughts. In this way, several modalities of learning have been touched, possibly leading to improved learning.
2. When referring to “our lifestyle,” it reflects some common behaviors or attitudes in America today. This will not apply to everyone. Adapt these materials to the people attending your sessions.

#### General Tips:

**Motivation and engagement.** Participants may not believe they can reach their goals or they may fear failure if they go after their hopes and dreams.

Make learning interesting and enjoyable. The beginning of a group should be devoted to motivating and engaging participants to learn about and practice physical wellness.

There is no single formula for motivating people to engage in wellness behaviors. Many factors affect someone's motivation to learn and practice wellness principles:

1. interest in the subject matter
2. the perception of its usefulness
3. general concern with health, self-confidence and self-esteem
4. patience and persistence

There is no single formula for engaging participants in sessions, either. Occasionally participants are naturally enthusiastic about learning, but more often they need the group leader to inspire, challenge and stimulate them. People give us cues as to what engages them (e.g., body language, facial expressions), so as you proceed with sessions, observe what works and what doesn't work for your participant(s).

### Suggestion for Topic Introduction and Relevance to Participants

*"Does anyone remember the famous astronaut Neil Armstrong?"*

(The first person to step foot on the moon.)

*"He said something very profound when he stepped out on the moon."*

(If any participants remember him, ask if they remember what he said.)

*"He said, 'That's one small step for man, one giant leap for mankind.'"*

*"That's a very wise quote, and we are using a similar 'small steps' approach toward better physical activities that add up to big changes over time."*

*"Today we will talk about how our culture has changed. Culture is our environment, or the lifestyle that surrounds us. For example, the American culture is different from the French culture, which is different from the Latino culture, and they are all different from the Chinese culture."*

*"In American culture today, it's easier to be physically inactive. We will also talk about some easy ways that we can add more activity to our day."*

*"Let's answer the first six questions on the Topic Assessment before we start, just to see how familiar we are with this topic."*

#### Topic Assessment Answer Key

1. A    2. C    3. D    4. B

T – topic introduction  
 R – relevance to participant  
 I – identify objectives  
 M – materials for session  
 M – motivate to use

## Review of Session 2: Step Into Better Health



### Main Learning Points of Session 2

What were the main learning points of Session 2? If you did not attend the last session, you may guess, and also write the answers as people say them:

1. Physical a\_\_\_\_\_y may improve your physical health.
2. Physical activity may improve your m\_\_\_\_\_l health.
3. Physical activity can benefit e\_\_\_\_\_e.

### Take a Small Healthy Step Review:

What small healthy step did you choose to work on between sessions?

Did you complete your healthy step yet?

☐ 1. **Yes.** How did it go? \_\_\_\_\_

☐ 2. **No.** What got in the way of completing your practice?  
 \_\_\_\_\_

If you still plan to complete your practice, when will you do it?  
 \_\_\_\_\_

☐ 3. **I didn't choose a small healthy step.**

## Topic Assessment



Mark one: ☐ Pre ☐ Post

Your Score:  
+ \_\_\_\_ out of 4

### Directions:

1. Read each question carefully.
2. Read every answer before marking one.
3. Mark only one answer to each question.

Name: \_\_\_\_\_

Date: \_\_\_\_\_

### 1. Many people are physically inactive.

- A. True    B. False

### 2. The best way to become more physically active is to:

- A. Make one big change right away.  
B. Start with the hardest change and do that first.  
C. Use a small changes approach.  
D. Make at least 3 easy changes at the same time.

### 3. People with mental illness:

- A. Are the only individuals who are not physically active.  
B. Are not able to be more physically active.  
C. Should just work on reducing their symptoms of mental illness.  
D. Can make small healthy steps to become more physically active.

### 4. People with mental illness don't have any challenges with being physically active.

- A. True    B. False

### 5. I am confident that I will use small steps to add physical activity to my life.

- |                          |                          |                               |                          |                          |                          |
|--------------------------|--------------------------|-------------------------------|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/>      | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Strongly<br>Disagree     | Disagree                 | Neither Agree<br>Nor Disagree | Agree                    | Strongly<br>Agree        | Unsure                   |

## Topic Assessment



### 6. This information is important for me to know.

- |                          |                          |                               |                          |                          |
|--------------------------|--------------------------|-------------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/>      | <input type="checkbox"/> | <input type="checkbox"/> |
| Strongly<br>Disagree     | Disagree                 | Neither Agree<br>Nor Disagree | Agree                    | Strongly<br>Agree        |

At the end of the session, answer these questions before turning in this paper:

### 7. This session helped me.

- |                          |                          |                               |                          |                          |
|--------------------------|--------------------------|-------------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/>      | <input type="checkbox"/> | <input type="checkbox"/> |
| Strongly<br>Disagree     | Disagree                 | Neither Agree<br>Nor Disagree | Agree                    | Strongly<br>Agree        |

### 8. What I liked about this session: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### 9. How this session could have been better for me: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Physical Activity and Our Environment

### Objectives for this Session

1. Identify 2 ways you are inactive that you would like to change.
2. Identify 1 small step you can take to be more active.

As we know, regular physical activity offers many physical and mental health benefits. Everyone benefits from being more physically active, not just people with mental illness. In this session, we will learn how our lifestyle encourages us to be physically inactive.

### Physical Activity and Our Environment

Although physical activity benefits everyone, many people still choose inactive lifestyles. Many of our great inventions save us time and energy but reduce our physical activity:

- |                                |                       |
|--------------------------------|-----------------------|
| 1. elevators and escalators    | 6. riding lawn mowers |
| 2. cars, buses, subways        | 7. computers          |
| 3. TV remote controls          | 8. pre-packaged foods |
| 4. washing machines and dryers | 9. fast foods         |
| 5. vacuum cleaners             |                       |

Additionally, some symptoms of mental illness and medication make it more challenging to be active. (Refer to Session 1 for more details about how mental illness may affect activity level).

### Main Learning Point #1

**Many people lead physically inactive lives.**

## Physical Activity and Our Environment (continued)

As we become young adults, we become less active.



### How Physically Active Are You?

What is your answer to this question? \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

### I am less active now than when I was a child.

- |                          |                          |                               |                          |                          |
|--------------------------|--------------------------|-------------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/>      | <input type="checkbox"/> | <input type="checkbox"/> |
| Strongly<br>Disagree     | Disagree                 | Neither Agree<br>Nor Disagree | Agree                    | Strongly<br>Agree        |



**Health Tip:** **Watch less TV.** The more TV you watch the more likely you are to gain weight and develop other health problems.

### Think about the health tip above and answer these questions:

Are you surprised by this fact? What do you think about it? \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

How many hours of TV do you watch each day? \_\_\_\_\_

Do you think you should watch less TV? ☐ Yes ☐ No ☐ Unsure

If yes, how much time are you willing to give up? \_\_\_\_\_ (minutes/hours)

## Physical Activity and Our Environment (continued)

A “small changes” approach to physical activity helps you safely and slowly fit physical activity into your daily routine. Adding small healthy steps is part of the “small changes” approach to a healthier lifestyle. You can add physical activity to your day in many ways.

As you continue with these sessions, you will see small healthy tips listed. If you see this: **Small Steps for Success**, you may want to circle it or write it down to remember.

### Main Learning Point #2

**I can become more active by using a small changes approach.**

## Review & Moving Forward



The *main learning points* of this session are:

1. \_\_\_\_\_
2. \_\_\_\_\_

### Move Forward – Take A “Small Healthy Step” to Ensure Your Success!

It’s important to practice new knowledge and skills. What will you do between now and the next session? Please choose one or two healthy steps from the list below:

- ☐ **1. STUDY.** I am going to reread my handout at least once.
- ☐ **2. SHARE.** I will share my handout with someone in my support system. I will ask \_\_\_\_\_ to read it and talk with me about it.
- ☐ **3. CUT.** I will cut down on my TV watching by \_\_\_\_\_ (minutes or hours) per day.
- ☐ **4. OTHER** (Choose Your Own Healthy Step):  
\_\_\_\_\_

### Take An “Extra Small Healthy Step” to Ensure Your Success!

- ☐ **5. ADD.** I will add a few steps to my day by walking during some commercials or dancing to at least one song every day. I will tell the facilitator how it went at our next session.

# 4

## How Physically Active are We? Facilitator Notes

### Main Learning Points and Review of Healthy Steps from Last Session: *Physical Activity and Our Environment*

1. Most people are physically inactive.
2. I can become more active by using a small changes approach

### Review Personal Practice Options from last session.



#### Note

This session could be used for family/friend groups or sessions. It offers an opportunity for the participant and family to practice skill-building together.

#### Remember

It is important to acknowledge and discuss participants' successes, progress, and challenges.

#### Materials Needed to Accompany

##### Participant Handout:

1. Each participant will need a copy of the *Daily Physical Activity Tracker* for practice. Bring extra copies in case participants choose to use this handout when they select personal practice options at the end of the session.
2. Because this handout will be referenced and used in several sessions, you will find the *Physical Activity Tracker* at the end of this workbook.

#### Tip for this Session

1. When participants are working on the *Physical Activity Pyramid*, walk around among them to ensure that everyone is able to manage the task. Assist as needed.

## Suggestion for Topic Introduction and Relevance to Participants

*"Okay, everybody on your feet, please!  
Today we're going to play charades.  
Charades is acting out certain things to see  
if someone can guess what we're doing."*

(Facilitator - simulate a way to be physically active such as dancing, swimming, walking, bowling, walking a dog, playing golf, playing basketball, gardening, skipping rope, walking down stairs, etc.)

*"Does anyone know what I'm doing?"*

(When someone guesses correctly...)

*"Good. Can you all do this with me?"*

(Repeat the same simulation and have everyone mimic it. Be encouraging and have fun with it!)

*"Let's do another one."*

(Demonstrate another activity and have them guess what it is and then have them repeat it with you.)

*"Would anyone else like to demonstrate one?"*

(Encourage them, but if no one volunteers, you do a third and repeat the process. Each time, ask them to do the activity after someone has guessed what you're doing. If several participants volunteer, take time to do this.)

*"How do you feel? And do you know what?  
We just increased our physical activity in a  
creative way! Today we're going to look at  
how physically active we are."*

*"Let's answer the first six questions on the  
Topic Assessment before we start, just to  
see how familiar we are with this topic."*

#### Topic Assessment Answer Key

1. A    2. A    3. B    4. B

T – topic introduction  
R – relevance to participant  
I – identify objectives  
M – materials for session  
M – motivate to use

## Review of Session 3: Physical Activity and Our Environment



### Main Learning Points of Session 3

What were the main learning points of Session 3? If you did not attend the last session, you may guess, and also write the answers as people say them:

1. Most people live physically i\_\_\_\_\_e lives.
2. I can become more active by using a small c\_\_\_\_\_s approach.

### Take a Small Healthy Step Review:

What small healthy step did you choose to work on between sessions?

Did you complete your healthy step yet?

☐ 1. **Yes.** How did it go? \_\_\_\_\_

☐ 2. **No.** What got in the way of completing your practice?  
\_\_\_\_\_  
\_\_\_\_\_

If you still plan to complete your practice, when will you do it?  
\_\_\_\_\_  
\_\_\_\_\_

☐ 3. **I didn't choose a small healthy step.**

## Topic Assessment



Mark one: ☐ Pre ☐ Post

Your Score:  
+ \_\_\_\_ out of 4

### Directions:

1. Read each question carefully.
2. Read every answer before marking one.
3. Mark only one answer to each question.

Name: \_\_\_\_\_

Date: \_\_\_\_\_

**1. The Physical Activity Pyramid can help us make better physical activity choices.**

A. True B. False

**2. If a person is physically inactive, it is probably best to begin with activities at the bottom of the Pyramid (the base).**

A. True B. False

**3. One of the best ways to be more aware of your physical activity is to:**

- A. Ask someone to keep track of your progress for you.
- B. Use a daily tracker.
- C. Buy some new and expensive exercise equipment.
- D. Find out what your doctor recommends.

**4. Which is the best way to change your activity level?**

- A. Begin at the top of the Physical Activity Pyramid.
- B. Add small changes to your activity level.
- C. Exercise for as long as you can the first time you exercise.
- D. Make big changes to your activity level when you first begin.

**5. I am confident that I know how to improve my activity level.**

☐ Strongly Disagree ☐ Disagree ☐ Neither Agree Nor Disagree ☐ Agree ☐ Strongly Agree ☐ Unsure



## Topic Assessment



### 6. This information is important for me to know.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Strongly Disagree	Disagree	Neither Agree Nor Disagree	Agree	Strongly Agree

At the **end** of the session, answer these questions before turning in this paper:

### 7. This session helped me.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Strongly Disagree	Disagree	Neither Agree Nor Disagree	Agree	Strongly Agree

8. What I liked about this session: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

9. How this session could have been better for me: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

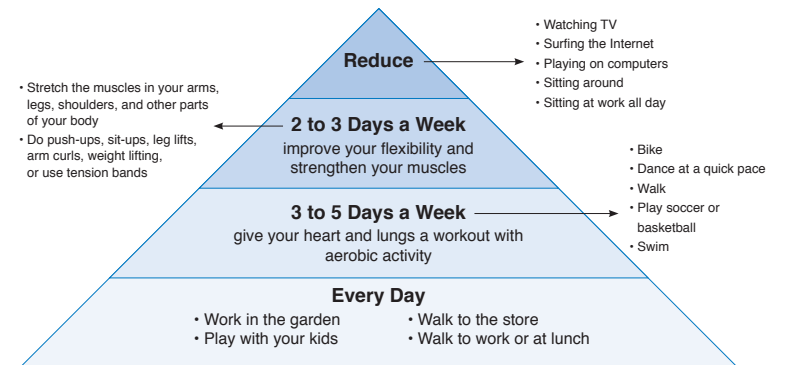
## How Physically Active Are We?

### Objectives for this Session

1. Learn how to use a daily physical activity tracker to track your daily physical activity patterns.
2. Identify 1 additional way you can add physical activity to your day.

### How Physically Active are You?

The Physical Activity Pyramid is a helpful guide that explains the difference between active and inactive behaviors.



**If You Are Rarely Physically Active:** Pick activities at the base of the pyramid.

**If You Are Sometimes Physically Active:** Pick activities in the middle of the pyramid.

**If You Are Often Physically Active:** Pick a mix of aerobic, flexibility, and strengthening activities.

**Main Learning Point #1**

**Add small changes to your activity level.**

## How Physically Active are You? (continued)



List a few differences you notice between the activities at the base of the pyramid and the top of the pyramid:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**NOTE:** Talk to your healthcare provider before starting or changing your physical activities.



**Tools for Success:** Use a *Daily Physical Activity Tracker*. Let's use the *Daily Physical Activity Tracker* to write down your physical activity from yesterday. We'll complete only the physical activity column.

### Main Learning Point #2

**Using a daily tracker will help you be more aware of your physical activity.**



Read your *Physical Activity Tracker* and answer:

1. What is the best activity choice you made yesterday?

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2. What is another choice you could have made?

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## How Physically Active are You? (continued)

### Small Steps for Success

You can be active every day in many ways. Below is a list of ideas:

1. Gardening or taking care of the yard
2. Riding a bicycle
3. Playing with your children, nieces or nephews
4. Swimming
5. Playing soccer
6. Playing a game of basketball
7. Walking with a family member or a friend
8. Yoga
9. Dancing
10. Other: \_\_\_\_\_



Which activity from the list interests you the most? \_\_\_\_\_

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Which activity from the list will you begin? \_\_\_\_\_

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## Review & Moving Forward



The main learning points of this session are:

1. \_\_\_\_\_
2. \_\_\_\_\_

### Move Forward – Take A “Small Healthy Step” to Ensure Your Success!

It’s important to practice new knowledge and skills. What will you do between now and the next session? Please choose one or two healthy steps from the list below:

- ☐ **1. STUDY.** I am going to reread my handout at least once.
- ☐ **2. SHARE.** I will share my handout with someone in my support system. I will ask \_\_\_\_\_ to read it and talk with me about fun ways I can be more active.
- ☐ **3. PREPARE.** I will choose a physical activity goal for tomorrow (write in): \_\_\_\_\_
- ☐ **4. OTHER** (Choose Your Own Healthy Step):  
\_\_\_\_\_

### Take an “Extra Step Forward” (optional)

- ☐ **5. TRACK.** I will use the activity tracker at least two times before the next session. I will bring it to the next session to discuss with the facilitator.

# 5

## The Benefits and Barriers of Being Physically Active: Part I Facilitator Notes

### Main Learning Points and Review of Healthy Steps from Last Session: *How Physically Active are We?*

1. You can add small changes to your activity level.
2. Use a daily tracker to be more aware of your physical activity.

### Review Personal Practice Options from last session.



#### Note

This session could be used for family/friend groups or sessions. It offers an opportunity for the participant and family to practice skill-building together.

#### Remember

You can refer to the “Facilitator’s Delivery Checklist” when using *Solutions for Wellness* materials as a reminder of important facilitator tips.

#### Tips for this Session

Keep the group engaged by creating a group benefits and barriers list. Before the session begins, you may want to draw a barriers and benefits grid on the board or flipchart so you can have an interactive portion to the session. After participants read *Ericka’s Story*, you may want to ask participants to write Ericka’s benefits and barriers on the grid. Brainstorm and come up with as many solutions as possible for each barrier.

### Suggestion for Topic Introduction and Relevance to Participants

*"Who has ever made a New Year's Resolution? Would anyone like to share their New Year's Resolution?"*

(Listen and respond encouragingly.)

*"How many of you were able to keep your Resolution? It's really hard to make changes, isn't it? Even when it is a change that we really want to make, it takes time. We all go through a process to make changes."*

*"We'll talk about the change process today and how to cope with benefits and barriers."*

*"Let's answer the first six questions on the Topic Assessment before we start, just to see how familiar we are with this topic."*

**Topic Assessment Answer Key**  
1. B   2. C   3. A   4. B

T – topic introduction  
R – relevance to participant  
I – identify objectives  
M – materials for session  
M – motivate to use

## Review of Session 4: How Physically Active are We?



### Main Learning Points of Session 4

What were the main learning points of Session 4? If you did not attend the last session, you may guess, and also write the answers as people say them:

1. You can add small c\_\_\_\_\_s to your activity level.
2. Use a daily t\_\_\_\_\_r to be more aware of your physical activity.

### Take a Small Healthy Step Review:

What small healthy step did you choose to work on between sessions?

Did you complete your healthy step yet?

☐ 1. **Yes.** How did it go? \_\_\_\_\_

☐ 2. **No.** What got in the way of completing your practice?  
\_\_\_\_\_  
\_\_\_\_\_

If you still plan to complete your practice, when will you do it?  
\_\_\_\_\_  
\_\_\_\_\_

☐ 3. **I didn't choose a small healthy step.**

## Topic Assessment



Mark one: ☐ Pre ☐ Post

Your Score:  
+ \_\_\_\_ out of 4

### Directions:

1. Read each question carefully.
2. Read every answer before marking one.
3. Mark only one answer to each question.

Name: \_\_\_\_\_

Date: \_\_\_\_\_

**1. Someone who thinks, “I am considering becoming more physically active, but I haven’t actually done anything yet” would be in the “action” stage.**

- A. True      B. False

**2. Change occurs in:**

- A. Waves  
B. Layers  
C. Stages  
D. Cycles

**3. A change that “benefits” you is:**

- A. A positive change. It helps you.  
B. Something that gets in the way of making a change.  
C. A change that might not work out very well.  
D. A barrier.

**4. A “barrier” to change is something that helps me.**

- A. True      B. False

## Topic Assessment



**5. I am confident that I can learn how to be more physically active.**

- |                          |                          |                               |                          |                          |                          |
|--------------------------|--------------------------|-------------------------------|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/>      | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Strongly<br>Disagree     | Disagree                 | Neither Agree<br>Nor Disagree | Agree                    | Strongly<br>Agree        | Unsure                   |

**6. This information is important for me to know.**

- |                          |                          |                               |                          |                          |
|--------------------------|--------------------------|-------------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/>      | <input type="checkbox"/> | <input type="checkbox"/> |
| Strongly<br>Disagree     | Disagree                 | Neither Agree<br>Nor Disagree | Agree                    | Strongly<br>Agree        |

**At the end of the session, answer these questions before turning in this paper:**

**7. This session helped me.**

- |                          |                          |                               |                          |                          |
|--------------------------|--------------------------|-------------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/>      | <input type="checkbox"/> | <input type="checkbox"/> |
| Strongly<br>Disagree     | Disagree                 | Neither Agree<br>Nor Disagree | Agree                    | Strongly<br>Agree        |

**8. What I liked about this session:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**9. How this session could have been better for me:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## The Benefits and Barriers of Being Physically Active: Part I

### Objectives for this Session

1. Recognize 1 stage of change.
2. Identify 1 benefit of physical activity.
3. Identify 1 barrier of being physically active.

**It takes time to make a change.** When you make a change, even a change for the better, you go through a “process.” This process is called the “stages of change.” Let’s take a look at where you are in the process of becoming more physically active.

#### Main Learning Point #1

There are stages of making changes.

**If someone asked you to do 30 minutes of physical activity at least five days a week, which stage of change best describes your answer (circle one):**



1. I’m not really thinking about it. (the pre-contemplation stage).
2. I’m thinking about doing it, but I haven’t done anything yet. (the contemplation stage).
3. I’m making plans to do it, but I am not doing anything regularly. (the preparation stage).
4. I’m physically active for 30 minutes or more at least five days per week, but I have been doing this for less than six months. (the action stage).
5. I’m physically active for 30 minutes or more at least five days per week, and I have been doing this for more than six months. (the maintenance stage).

**Which stage of change did you circle:**

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## The Benefits and Barriers of Being Physically Active: Part I (continued)



It may be easier to think about it this way:

### Stages of Change

- **Pre-Contemplation** —————> Not thinking about it
- **Contemplation** —————> Thinking about it
- **Preparation** —————> Planning but not doing it yet
- **Action** —————> Doing it, but less than 6 months
- **Maintenance** —————> Doing it more than 6 months

Each stage of change is important and you can benefit from different tips and strategies for each stage.

#### Main Learning Point #2

Change occurs in stages.

### Exploring Benefits and Barriers of Change:

When you are thinking about making a change, it is important to decide if the change is good for you and if it is a change you want to make. If it will benefit you, it is a positive change. Something that gets in the way of making a change is a barrier.

What are the benefits and barriers of making a change? Take a few moments to think about the benefits and barriers of making a change by reading “*Ericka’s Story*.”

#### Main Learning Point #3

A change that benefits you is a positive change.

#### Main Learning Point #4

Something that gets in the way of making a change is a barrier.

## “Ericka’s Story”

New Year’s Day was a month away. Ericka thought to herself, “My doctor told me I should be more active. I know I should.” She decided that the New Year was the perfect time to make a resolution to exercise. She had saved some money, so she decided she would use it to join a gym. She didn’t know what kind of exercise she liked to do, but she figured the staff at the gym could help her.

New Year’s Day came and went, and Ericka never made it to the gym. She wondered if she could get her money back. She wondered if it would’ve been better to buy a few exercise videos...

Ericka’s Benefits	Ericka’s Barriers
My doctor told me I should lose weight.	I don’t know where to begin.
I want to lose a few pounds.	I might look stupid at the gym with all those people who like to exercise.
	Constant effort.
	Joining a gym is expensive.
	I don’t like to exercise.



**I believe Ericka is motivated to increase her physical activity.**

☐ Strongly Disagree
 ☐ Disagree
 ☐ Neither Agree Nor Disagree
 ☐ Agree
 ☐ Strongly Agree

**Why do you think this?**

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**Can you think of one “small step” you would recommend to Ericka to help her add more physical activity to her life that would be easy and inexpensive?**

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In the next session we will explore your personal benefits and barriers to becoming more physically active.

## Review & Moving Forward



**The main learning points of this session are:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

**Move Forward – Take A “Small Healthy Step” to Ensure Your Success!**

It’s important to practice new knowledge and skills. What will you do between now and the next session? Please choose one or two healthy steps from the list below:

- ☐ **1. STUDY.** I am going to reread my handout at least once.
- ☐ **2. SHARE.** I will share my handout with someone in my support system. I will ask \_\_\_\_\_ to read it and talk with me about *Ericka’s Story*.
- ☐ **3. TRACK.** I will use the *Daily Physical Activity Tracker* at least one time between now and the next session to increase my awareness about my physical activity.
- ☐ **4. OTHER** (Choose Your Own Healthy Step):  
 \_\_\_\_\_

# 6

## The Benefits and Barriers of Being Physically Active: Part II Facilitator Notes

### Main Learning Points and Review of Healthy Steps from Last Session: *The Benefits and Barriers of Being Physically Active: Part I*

1. There are stages of making changes.
2. Change occurs in stages.
3. A change that benefits you is a positive change.
4. Something that gets in the way of making a change is a barrier.

Review Personal Practice Options from last session.



#### Note

This session could be used for family/friend groups or sessions. It offers an opportunity for the participant and family to practice skill-building together.

#### Tips for this Session

An exercise at the end of the session encourages participants to explore benefits and barriers to becoming more physically active. You may choose to have participants do this exercise individually or as a group activity.

## Suggestion for Topic Introduction and Relevance to Participants

*"Today we are going to make our own benefits and barriers chart to physical activity."*

*"How might it be helpful to you to know how more activity would be good for you?"*

*"Let's answer the first six questions on the Topic Assessment before we start, just to see how familiar we are with this topic."*

#### Topic Assessment Answer Key

1. A    2. A    3. C    4. B

T – topic introduction  
R – relevance to participant  
I – identify objectives  
M – materials for session  
M – motivate to use



## Review of Session 5: The Benefits and Barriers of Being Physically Active: Part I



### Main Learning Points of Session 5

What were the main learning points of Session 5? If you did not attend the last session, you may guess, and also write the answers as people say them:

1. There are \_\_\_\_\_s of making changes.
2. C\_\_\_\_\_e occurs in stages.
3. A change that benefits you is a p\_\_\_\_\_e change.
4. Something that gets in the way of making a change is a b\_\_\_\_\_r.

### Take a Small Healthy Step Review:

What small healthy step did you choose to work on between sessions?

Did you complete your healthy step yet?

☐ 1. **Yes.** How did it go? \_\_\_\_\_  
\_\_\_\_\_

☐ 2. **No.** What got in the way of completing your practice?  
\_\_\_\_\_  
\_\_\_\_\_

If you still plan to complete your practice, when will you do it?

\_\_\_\_\_  
\_\_\_\_\_

☐ 3. **I didn't choose a small healthy step.**

## Topic Assessment



Mark one: ☐ Pre ☐ Post

Your Score:  
+ \_\_\_\_ out of 4

### Directions:

1. Read each question carefully.
2. Read every answer before marking one.
3. Mark only one answer to each question.

Name: \_\_\_\_\_

Date: \_\_\_\_\_

### 1. Most people need to be aware of having more \_\_\_\_\_ than barriers when they are thinking about making a change.

- A. benefits
- B. money
- C. ideas
- D. conflicts

### 2. Exercising regularly:

- A. Can be difficult. It is a challenge for many people.
- B. Is always very easy if you just set your mind to it.
- C. Tests how smart and creative you are.
- D. Is only difficult for people who are living with mental illness.

### 3. To reach your physical activity goals, it is important to:

- A. Make a plan that cannot fail.
- B. Do it alone, since you are responsible for your goals.
- C. Get support from family and friends.
- D. Realize you failed before so you might fail again.

### 4. When making a list of barriers and benefits, if your list has more barriers, then it is always a bad idea to develop an activity goal.

- A. True
- B. False

## Topic Assessment



5. I am confident that I understand my own benefits and barriers to increasing physical activity.

☐ Strongly Disagree   
 ☐ Disagree   
 ☐ Neither Agree Nor Disagree   
 ☐ Agree   
 ☐ Strongly Agree   
 ☐ Unsure

6. This information is important for me to know.

☐ Strongly Disagree   
 ☐ Disagree   
 ☐ Neither Agree Nor Disagree   
 ☐ Agree   
 ☐ Strongly Agree

At the end of the session, answer these questions before turning in this paper:

7. This session helped me.

☐ Strongly Disagree   
 ☐ Disagree   
 ☐ Neither Agree Nor Disagree   
 ☐ Agree   
 ☐ Strongly Agree

8. What I liked about this session: \_\_\_\_\_

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9. How this session could have been better for me: \_\_\_\_\_

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## The Benefits and Barriers of Being Physically Active: Part II

### Objectives for this Session

1. Develop a personal benefits and barriers list about becoming more physically active.
2. List 1 person who can support you in reaching personal goals.

**Common Roadblocks.** Have you ever planned to exercise one day but then realized at the end of the day that it didn't happen? Have you ever started an exercise program and found that after a few days you did less and less and eventually stopped?

### Some people find it difficult to exercise regularly.

Below are reasons people give for not exercising.

1. It's boring.
2. I'm too busy.
3. I can't afford it.
4. I'm too fat.
5. I'm too tired.
6. I don't want to do it alone.
7. I will look stupid.
8. I tried it once and it didn't work.
9. I'm afraid.
10. I've tried so many times and failed, it's just no use.

### Main Learning Point #1

Sticking to an exercise program can be difficult.

## The Benefits and Barriers of Being Physically Active: Part II (continued)

### Your Personal Physical Activity Benefits and Barriers

Please take a moment to write your own list of Benefits and Barriers to becoming more physically active.



My Personal Benefits	My Personal Barriers
Example: I would be less sluggish and have more energy.	Example: I'm tired in the evening.

Now that you have completed your list, do you have more benefits or barriers? If you are doing this activity in a group, does your group list have more benefits or barriers? It is better to have more benefits than barriers when thinking about a change. Please keep your list as a reference. As you learn more, you may want to add items to your list.

#### Main Learning Point #2

**It is better to have more benefits than barriers on your list.**

## The Benefits and Barriers of Being Physically Active: Part II (continued)

### Overcome the Barriers

To overcome your barriers it is important to know which small steps you like and work best for you.

#### Small Steps for Success: Tips for overcoming barriers

- 1. Get the support of family, friends, and members of your support team to help you reach your goals.** Ask a friend or family member to be your activity buddy and do activities together.
- 2. Start easy. Add 5 to 10 minutes of physical activity to your day.** Slowly add 5 or 10 more minutes each day until you reach your goals.
- 3. Set simple, short-term goals and reward yourself for following your plan.** Remember, small steps lead to great rewards.

#### Main Learning Point #3

**Support from family and friends helps you reach your goals.**



Can you think of another idea to help people add more physical activity to their day?

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## Review & Moving Forward



The main learning points of this session are:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### Move Forward – Take A “Small Healthy Step” to Ensure Your Success!

It's important to practice new knowledge and skills. What will you do between now and the next session? Please choose one or two healthy steps from the list below:

- ☐ **1. STUDY.** I am going to reread my handout at least once.
- ☐ **2. SHARE.** I will share my handout with someone in my support system. I will ask \_\_\_\_\_ to read it and talk with me about who can support my wish to be more physically active.
- ☐ **3. POST.** I will take my Benefits and Barriers List and place it in a spot I will see every day (bulletin board, refrigerator door, bedside stand, etc.) and think about a benefit or barrier that I would like to add to my list before the next session.
- ☐ **4. OTHER** (Choose Your Own Healthy Step):  
\_\_\_\_\_

### Take An “Extra Small Healthy Step”

- ☐ **5. TRACK.** I will use the *Daily Physical Activity Tracker* at least two times between now and the next session to keep track of any physical activities I add to my schedule.

# 7

## Fitness Self-Assessment and Goal Setting Facilitator Notes

### Main Learning Points and Review of Healthy Steps from Last Session: *The Benefits and Barriers of Being Physically Active: Part II*

1. It is better to have more benefits than barriers on your list.
2. Support from family and friends helps you reach your goals.

### Review Personal Practice Options from last session.



#### Note

This session could be used for family/friend groups or sessions. It offers an opportunity for the participant and family to practice skill-building together.

#### Remember

Refer to the “Facilitator’s Delivery Checklist” when using *Solutions for Wellness* materials.

#### Materials Needed to Accompany

##### Participant Handout:

A few calculators would be helpful to score the self-assessment.

#### General Tip

##### Emphasize participants' strengths and encourage hope.

When people begin to experience symptoms of mental illness, they often have difficulty meeting the expectations of their families, teachers and employers, as well as their own expectations. As a result, recovery is often a process of turning away from defeats and failures rather than focusing on strengths and resilience. As the facilitator, emphasize the unique strengths of each participant, which will provide them with hope and encouragement. Many consumers say that the lack of hope they recognize in their treatment providers discourages them from being hopeful.

### Suggestion for Topic Introduction and Relevance to Participants

*"Can anyone identify one fitness goal they would like to achieve?"*

(Listen and reply to responses. If no one wants to start, you start by telling a personal fitness goal.)

*"Can everyone think of one fitness goal you have and share it with us?"*

*"Today we're going to look at our fitness goals by using a fitness self-assessment. We will also learn how to check our resting pulse (or heart) rate. By the end of this session, I hope that all of you can identify at least one fitness goal that you want to work on."*

*"Let's answer the first six questions on the Topic Assessment before we start, just to see how familiar we are with this topic."*

#### Topic Assessment

1. A    2. D    3. B    4. B

T – topic introduction  
R – relevance to participant  
I – identify objectives  
M – materials for session  
M – motivate to use

## Review of Session 6: The Benefits and Barriers of Being Physically Active: Part II



### Main Learning Points of Session 6

What were the main learning points of Session 6? If you did not attend the last session, you may guess, and also write the answers as people say them:

1. It is b\_\_\_\_\_r to have more benefits than barriers on your list.
2. Support from family and f\_\_\_\_\_s helps you reach your goals.

### Take a Small Healthy Step Review:

What small healthy step did you choose to work on between sessions?

Did you complete your healthy step yet?

☐ 1. **Yes.** How did it go? \_\_\_\_\_

☐ 2. **No.** What got in the way of completing your practice?  
\_\_\_\_\_  
\_\_\_\_\_

If you still plan to complete your practice, when will you do it?

\_\_\_\_\_  
\_\_\_\_\_

☐ 3. **I didn't choose a small healthy step.**

## Topic Assessment



Mark one: ☐ Pre ☐ Post

Your Score:  
+ \_\_\_\_ out of 4

### Directions:

1. Read each question carefully.
2. Read every answer before marking one.
3. Mark only one answer to each question.

Name: \_\_\_\_\_

Date: \_\_\_\_\_

### 1. To improve your physical fitness it is helpful to do which of the following?

- A. Get at least 30 minutes of daily physical activity.
- B. Spend more time using a computer instead of watching TV.
- C. Switch from chewing tobacco to cigars or cigarettes.
- D. Get health check-ups only when you are extremely sick.

### 2. Tracking your fitness progress can:

- A. Show when you should stop exercising.
- B. Tell you when to start lifting weights instead of stretching.
- C. Show that stretching is no longer necessary before exercise.
- D. Help you see your progress.

### 3. Tracking your fitness progress probably won't help you reach your goals.

- A. True
- B. False

### 4. Our hearts normally beat \_\_\_\_\_ times a minute when we're resting.

- A. 40-60
- B. 60-80
- C. 80-100
- D. 100-120

### 5. I am confident that I can choose and carry out plans to improve my physical fitness.

- |                          |                          |                               |                          |                          |                          |
|--------------------------|--------------------------|-------------------------------|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/>      | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Strongly<br>Disagree     | Disagree                 | Neither Agree<br>Nor Disagree | Agree                    | Strongly<br>Agree        | Unsure                   |

## Topic Assessment



### 6. This information is important for me to know.

- |                          |                          |                               |                          |                          |
|--------------------------|--------------------------|-------------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/>      | <input type="checkbox"/> | <input type="checkbox"/> |
| Strongly<br>Disagree     | Disagree                 | Neither Agree<br>Nor Disagree | Agree                    | Strongly<br>Agree        |

At the end of the session, answer these questions before turning in this paper:

### 7. This session helped me.

- |                          |                          |                               |                          |                          |
|--------------------------|--------------------------|-------------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/>      | <input type="checkbox"/> | <input type="checkbox"/> |
| Strongly<br>Disagree     | Disagree                 | Neither Agree<br>Nor Disagree | Agree                    | Strongly<br>Agree        |

### 8. What I liked about this session: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### 9. How this session could have been better for me: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Fitness Self-Assessment and Goal Setting

### Objectives for this Session

1. Identify 1 personal goal based on your self-assessment.
2. Identify 1 barrier to reaching your goal and 1 step you can take to overcome it.

How physically fit you are may change as you grow older. For example, are you more physically fit today than you were last year or five years ago? The following Fitness Self-Assessment will give you an idea of your current level of fitness and physical activity.

## Tools for Success

### Complete a Fitness Self-Assessment.

A fitness self-assessment can be a great tool to:

- measure progress
- help you pick your own fitness goals
- track your progress over time

Score yourself according to how well you match the following statements:

- 1 = Never  
2 = Rarely  
3 = Sometimes  
4 = Often  
5 = Always



- ☐ 1. I get at least 30 minutes of physical activity each day.
- ☐ 2. I usually do physical activity that is in the moderate range (for example, brisk walking instead of strolling).
- ☐ 3. I spend no more than two hours a day being physically inactive (for example, watching TV or working on a computer).
- ☐ 4. Throughout the week, I get a variety of aerobic (e.g. brisk walking), flexibility (e.g. stretching) and strengthening (e.g. weight lifting) exercises.
- ☐ 5. I take at least three short walks (5-10 minutes) daily.
- ☐ 6. I avoid using tobacco products (cigarettes and chewing tobacco).
- ☐ 7. I sleep 7-10 hours each night.
- ☐ 8. I have the support of friends and/or family to exercise regularly.
- ☐ 9. I can recognize and handle stress and tension in my life.
- ☐ 10. I get regular health check-ups (physical exam, dental and eye exams.)
- ☐ 11. I take my pulse when I exercise.
- ☐ 12. I have physical activities I enjoy.
- ☐ 13. I set goals for physical activity.
- ☐ 14. I keep track of my physical activity.
- ☐ 15. My diet is well-balanced and wholesome.

Add up your score and place your total number here: \_\_\_\_\_

Divide the number by 15: \_\_\_\_\_

## Fitness Self-Assessment and Goal Setting (continued)

### How Did You Rate?

- Above 4:** You are more physically fit than average and are less likely to develop some chronic diseases. Keep up the great work!
- 3 – 3.9:** You are average in your approach to health and physical activity. You still can improve your health and be more physically active in some areas of your life.
- 2 – 2.9:** Your healthy lifestyle and physical activity plan could be healthier. Take a look at the key recommendations on Physical Activity from the Dietary Guidelines for Americans and think about how you can add more physical activity to your day.
- 1 – 1.9:** The good news is that while there's lots of room for improvement, your healthcare provider, treatment team and support network can help you improve your physical activity habits.

#### Main Learning Point #1

Tracking your fitness progress will help you reach your goals.



**Tools for Success:** To keep track of your physical fitness, check your resting heart rate (pulse) regularly. *A resting heart rate is the number of times a person's heart beats per minute when they are at rest.*

## Fitness Self-Assessment and Goal Setting (continued)

### Did you know?

Our heart normally beats 60-80 times a minute when we're resting. As we get older, our resting heart rate tends to increase, and our heart beats faster. As we become more fit, the lower our resting heart rate will read. The best time to measure your resting heart rate is in the morning, before you get out of bed.

### How can I measure my resting heart rate or pulse?

You can measure your resting heart rate or pulse using one of two ways:

1. Sitting at rest, place the tips of your first finger (do not use your thumb) lightly over the blood vessels on either the left or right of your Adam's apple on your neck. Count your pulse for 6 seconds and multiply by 10. This number is how many times your heart beats each minute.  
**NOTE: Be sure to only use one side of your neck to do this.**
2. Sitting at rest, place the tip of your third finger on your wrist, just below your thumb and count your pulse for 6 seconds, then multiply by 10.

**Practice.** Let's find your pulse. At first, it can be tricky to find your pulse. If you cannot, don't worry. It just takes a little practice. Let's do it again.

#### Main Learning Point #2

Tracking your fitness helps you see your progress.



### Tools for Success: Use a Personal Goal Sheet.

**Goal Number 1:** I want to add more physical activity to my day.

#### Step(s) I am Willing/Able to do:

- Take a 5 to 10 minute walk every day before dinner.
- Talk to my residential counselor and ask him or her to add a walk to my treatment plan and to encourage me to walk daily.
- If the weather is not good outside I will dance to music for at least 5 minutes before dinner.

**Step(s) I will take if I run into a "barrier":** I will ask a friend or family member to join me and use a "buddy-system" so we help each other.



## Fitness Self-Assessment and Goal Setting (continued)



**Goal Number 2:** Monitor my resting pulse.

**Step(s) I am Willing/Able to do:**

- Check my resting pulse every Sunday morning and write it down.
- Put a reminder note on my bedside stand.

**Step(s) I will take if I run into a “barrier”:** I will use another way to check my physical fitness or activity level, such as the Daily Physical Activity Tracker.



**My Personal Goals: Please complete 1 or 2 of your goals below:**

**Goal # 1:** \_\_\_\_\_

**Step(s) I am Willing/Able to Take:** \_\_\_\_\_

\_\_\_\_\_

**Step(s) I will take if I run into a “barrier”:** \_\_\_\_\_

\_\_\_\_\_

**Goal # 2 (optional):** \_\_\_\_\_

**Step(s) I am Willing/Able to Take:** \_\_\_\_\_

\_\_\_\_\_

**Step(s) I will take if I run into a “barrier”:** \_\_\_\_\_

\_\_\_\_\_

**Small Steps for Success:** Get support from family, friends or other members of your support team to help reach your physical fitness goal.

## Review & Moving Forward



**The main learning points of this session are:**

1. \_\_\_\_\_
2. \_\_\_\_\_

**Move Forward – Take A “Small Healthy Step” to Ensure Your Success!**

It’s important to practice new knowledge and skills. What will you do between now and the next session? Please choose one or two healthy steps from the list below:

- ☐ **1. STUDY.** I am going to reread my handout at least once.
- ☐ **2. SHARE.** I will share my handout with someone in my support system. I will ask \_\_\_\_\_ to read it and talk with me about how to track my fitness activity.
- ☐ **3. DISCUSS.** I’ve decided to ask \_\_\_\_\_ what he or she remembers about my activity level before I was first diagnosed.
- ☐ **4. OTHER** (Choose Your Own Healthy Step): \_\_\_\_\_

**Take An “Extra Small Healthy Step” (optional)**

- ☐ **5. TAKE SMALL STEPS.** I will take one or two small steps toward my personal goal \_\_\_\_\_.
- I will talk to \_\_\_\_\_ if I run into any barriers.

# 8

## Creating Balance Facilitator Notes

### Main Learning Points and Review of Healthy Steps from Last Session: *Fitness Self-Assessment and Goal Setting*

1. Tracking your fitness progress will help you reach your goals.
2. Tracking your fitness helps you see your progress.

### Review Personal Practice Options from last session.



#### Note

This session could be used for family/friend groups or sessions. It offers an opportunity for the participant and family to practice skill-building together.

#### Remember

You can refer to the *"Facilitator's Delivery Checklist"* when using Team Solutions materials as a reminder of important facilitator tips.

#### Materials Needed to Accompany Participant Handout:

- *Tips to Help Balance Your Lifestyle*
- *Daily Activity Schedule Tracker*

#### Tips for this Session

During the Circle interactive section, you may want to ask if anyone would come to the board or flip chart and share their two circles with the group. Ask participants to brainstorm solutions to create more balance between the person's two areas of life.

For example, if the two circles represent sleep and work, but sleep is affecting work, the group could think of possible solutions to help the participant sleep better.

## Suggestion for Topic Introduction and Relevance to Participants

*"Could everyone stand up, please? I thought we'd start today with a group exercise. Let's take a moment to stand up and place our feet about 12 inches apart."*

(Be encouraging and complimentary to participants).

*"Now let's stretch our arms out wide, like a seesaw. That's good! Now stand really still, stretch wide. How balanced are you in this position? Now, bend from the waist to either your left or right side."*

(Demonstrate)

*"How do you feel now? If you were to walk around all day in this position, would you feel balanced?"*

*"Today we're talking about bringing balance to our lives."*

*"Let's answer the first six questions on the Topic Assessment before we start, just to see how familiar we are with this topic."*

#### Topic Assessment

1. A    2. C    3. D    4. B

T – topic introduction  
R – relevance to participant  
I – identify objectives  
M – materials for session  
M – motivate to use

## Review of Session 7: Fitness Self-Assessment and Goal Setting



### Main Learning Points of Session 7

What were the main learning points of Session 7? If you did not attend the last session, you may guess, and also write the answers as people say them:

1. Tracking your f\_\_\_\_\_s progress will help you reach your goals.
2. Tracking your fitness helps you see your p\_\_\_\_\_s.

### Take a Small Healthy Step Review:

What small healthy step did you choose to work on between sessions?

Did you complete your healthy step yet?

☐ 1. **Yes.** How did it go? \_\_\_\_\_  
\_\_\_\_\_

☐ 2. **No.** What got in the way of completing your practice?  
\_\_\_\_\_  
\_\_\_\_\_

If you still plan to complete your practice, when will you do it?  
\_\_\_\_\_  
\_\_\_\_\_

☐ 3. **I didn't choose a small healthy step.**

## Topic Assessment



Mark one: ☐ Pre ☐ Post

Your Score:  
+ \_\_\_\_ out of 4

### Directions:

1. Read each question carefully.
2. Read every answer before marking one.
3. Mark only one answer to each question.

Name: \_\_\_\_\_

Date: \_\_\_\_\_

### 1. Paying a lot of attention to one area of life, and little or no attention to other areas in life:

- A. Is out of balance and some areas of life will suffer.
- B. Is the best choice if it pleases others.
- C. Is good, because you should just ignore things that bother you.
- D. Helps us evaluate our lives.

### 2. Giving time and energy to several areas in life:

- A. Is unwise because it makes life too stressful.
- B. Has to wait until all your symptoms are totally gone.
- C. Helps keep your life in balance.
- D. Is not possible for a person with a mental illness.

### 3. To be well rested, most adults usually need \_\_\_\_\_ hours of sleep each night.

- A. 2-3
- B. 4-5
- C. 6-8
- D. 7-10

### 4. Creating a balanced activity schedule:

- A. Can only be done after you are in top physical condition.
- B. Will help you have time and energy for several areas in life.
- C. Has to wait until you are done managing your mental illness.
- D. Won't be helpful unless you are ready to make big changes.

## Topic Assessment



5. I am confident that I understand how to keep my life in balance so I am strong and healthy.

☐ Strongly Disagree   
 ☐ Disagree   
 ☐ Neither Agree Nor Disagree   
 ☐ Agree   
 ☐ Strongly Agree   
 ☐ Unsure

6. This information is important for me to know.

☐ Strongly Disagree   
 ☐ Disagree   
 ☐ Neither Agree Nor Disagree   
 ☐ Agree   
 ☐ Strongly Agree

At the end of the session, answer these questions before turning in this paper:

7. This session helped me.

☐ Strongly Disagree   
 ☐ Disagree   
 ☐ Neither Agree Nor Disagree   
 ☐ Agree   
 ☐ Strongly Agree

8. What I liked about this session: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

9. How this session could have been better for me: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Creating Balance

### Objectives for this Session

1. Identify 1 thing in your activity schedule that may throw your lifestyle out of balance.
2. Identify one 1 thing in your activity schedule that helps keep your life in balance.

**This session focuses on the balance we need in our daily activities to live a healthy lifestyle.** Most people have many roles in life that require much time and energy. If we put effort into only one role (for example, being a student), and ignore our family and friends, we might do well in school, but our relationships will suffer. Our life will be out of balance.

Creating a healthy balance while paying attention to many areas in life, can be difficult. We have to learn how to divide our energy and effort a little more evenly and find balance among the many roles in our life.

### Main Learning Point #1

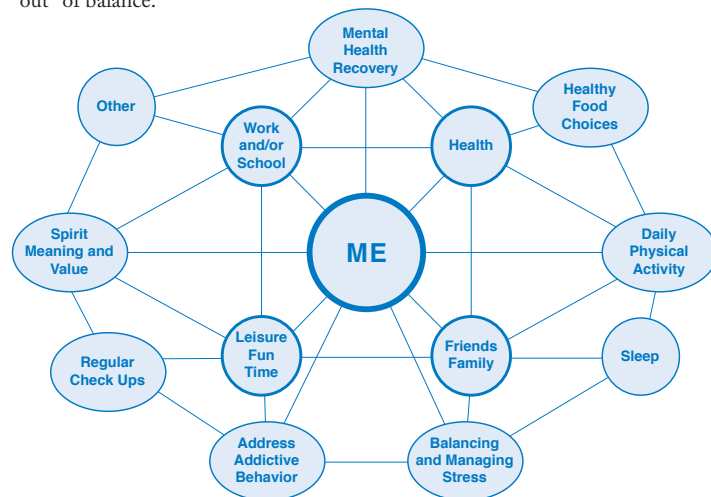
**Giving time and energy to several areas in life helps keep your life in balance.**

## Creating a Balanced Activity Schedule

**Most of us have to learn how to balance our lives.** Imagine that we were to walk around all day in an awkward, out of line position (like we experienced earlier as lopsided seesaws). Could we still get things done? Perhaps. But it would be much easier if we were walking straight.

Dividing our energy and effort a little more evenly takes practice.

**Finding balance often is like a juggling act.** The following exercise will help you take a closer look at your life and learn more about what is keeping you “in” or “out” of balance.

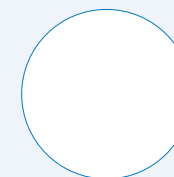
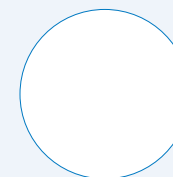


**Look at all the circles in the wheel above.** You are in the center and many circles are around you. Each circle is an example of the many parts of your life. Only you know what goes in each circle, how important it is to you, and how much time and energy you give to it. What all of these circles have in common is that they are all connected to you.

**The circles are also connected to each other.** For example, if you do not get enough sleep at night, stress may bother you more. If you are really stressed, it may make you sick.

## Creating a Balanced Activity Schedule (continued)

**Take a moment and pick one circle on the wheel that is important to you.** Then pick *another* circle on the wheel that could throw it out of balance, especially if it uses a lot of your time and energy. For example, not getting enough sleep may throw your mental health recovery off balance. In the circles below, please write two areas of your life that affect each other.



**Which circle throws the other one off balance and why?** \_\_\_\_\_

\_\_\_\_\_

**Is there one thing you could do differently to reduce the chance of being thrown off balance?** \_\_\_\_\_

\_\_\_\_\_

Paying too much attention to one area while not paying enough attention to another area can throw us off balance. By taking a careful look at the many areas of our lives, we can improve our health, well-being, relationships and quality of life.

### Small Steps for Success

Most of us need 7 to 10 hours of sleep each night. You need enough sleep to feel refreshed and function well throughout the day.

### Main Learning Point #2

**To be well rested, adults need 7 to 10 hours of sleep each night.**

## Creating a Balanced Activity Schedule (continued)

The attached handout titled “Tips to Help Balance Your Lifestyle” may be helpful to you as you create more balance in your healthy lifestyle. Practice one in the next week and notice if you feel more balanced.



How would you answer this statement?

My lifestyle right now is balanced.

- |                          |                          |                               |                          |                          |
|--------------------------|--------------------------|-------------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/>      | <input type="checkbox"/> | <input type="checkbox"/> |
| Strongly<br>Disagree     | Disagree                 | Neither Agree<br>Nor Disagree | Agree                    | Strongly<br>Agree        |

## Review & Moving Forward



The *main learning points* of this session are:

1. \_\_\_\_\_
2. \_\_\_\_\_

### Move Forward – Take A “Small Healthy Step” to Ensure Your Success!

It’s important to practice new knowledge and skills. What will you do between now and the next session? Please choose one or two healthy steps from the list below:

- ☐ **1. STUDY.** I am going to reread my handout at least once.
- ☐ **2. SHARE.** I will share my handout with someone in my support system. I will ask \_\_\_\_\_ to read it and talk with me about it.
- ☐ **3. PRACTICE.** I will use the handout, *Tips to Help Balance Your Lifestyle*. I will circle one or two tips and practice them this week. I will bring the sheet next week and discuss how I did with the facilitator.
- ☐ **4. OTHER** (Choose Your Own Healthy Step):  
\_\_\_\_\_

### Take An “Extra Small Healthy Step” (optional)

- ☐ **5. USE.** I will use the *Daily Activity Handout* and list three or four activities and the days and times I do them.
- ☐ **6. REVIEW.** I will review the *Daily Activity Handout* and place a star by the activities that are most meaningful to me. I will bring it to the next session to share with \_\_\_\_\_.

## Tips to Help Balance Your Lifestyle

1. **Slow down:** Take a break, breathe and clear your mind.
2. **Take care of yourself first:** Treat yourself right! Schedule time during the day just for you!
3. **Reduce your stress:** Identify what stresses you and how your body and emotions react to stress. Then you can change the way you react to stress.
4. **Get enough sleep:** Go to bed at the same time every night and get up at the same time every morning. Take a warm bath before you go to bed.
5. **Make good food choices:** Eat appropriate amounts of food on a regular schedule. Use your Daily Food and Beverage Tracker to help you.
6. **Exercise Regularly:** Getting at least 30 minutes of physical activity everyday improves your overall health and reduces the chance of disease. You can break up the 30 minutes into blocks of 5 or 10 minutes and get the same results.
7. **Set manageable goals each day:** Make one change at a time. Make a to-do list and take care of important tasks first. Know what you want and make good decisions.
8. **Communicate:** If you need help or are having trouble, be calm, rational, and say how you feel with words.
9. **Get Support:** Talk with friends or family if you need help. You are not alone.
10. **Be positive and have fun!**

# 9

## Step Out of Stress Facilitator Notes

### Main Learning Points from last session:

#### *Balance of Mind, Body, Spirit: A Holistic Approach*

1. Giving time and energy to several areas in life helps keep your life in balance.
2. To be well rested, adults need 7 to 10 hours of sleep each night.

### Review Personal Practice Options from last session.



#### Note

This session could be used for family/friend groups or sessions. It offers an opportunity for the participant and family to practice skill-building together.

#### Remember

You can refer to the "Facilitator's Delivery Checklist" when using *Solutions for Wellness* materials as a reminder of important facilitator tips.

#### Tips for this Session

If you use the Suggestion for Topic Introduction for this session, you may want to make 4 signs that read:

1. Not at all
2. A little
3. A lot
4. All the time

Tape them to the walls before the session begins so you are ready ahead of time.

### Suggestion for Topic Introduction and Relevance to Participants

*"How much do you let stress affect your life? If you look around, you'll see that we have some signs on the wall. Think about the question, 'How much do you let stress affect your life?' and go stand by the sign that matches your answer."*

Not At All    A little    A lot    All the time

(Wait until all participants have selected an answer on the continuum scale.)

*"Okay. Those of you by the 'Not at all' and the 'A little' signs – how do you keep stress from affecting you very much?"*

(Listen and respond to their answers. If anyone mentions they exercise to reduce stress, use that to move into the session. If no one mentions they use physical activity to reduce stress, ask:)

*"Who thinks stress is good for your health? It really isn't. Do you know that we all have the ability to use physical activity to keep our stress manageable? Today we're going to talk about stepping out of stress."*

*"Let's answer the first six questions on the Topic Assessment before we start, just to see how familiar we are with this topic."*

#### Topic Assessment

1. B    2. A    3. A    4. D

T – topic introduction  
R – relevance to participant  
I – identify objectives  
M – materials for session  
M – motivate to use

## Review of Session 8: Creating Balance



### Main Learning Points of Session 8

What were the main learning points of Session 8? If you did not attend the last session, you may guess, and also write the answers as people say them:

1. Giving time and e\_\_\_\_\_y to several areas in life helps keep your life in balance.
2. To be well rested, adults need 7 to 10 hours of s\_\_\_\_\_p each night.

### Take a Small Healthy Step Review:

What small healthy step did you choose to work on between sessions?

Did you complete your healthy step yet?

☐ 1. **Yes.** How did it go? \_\_\_\_\_

☐ 2. **No.** What got in the way of completing your practice?

If you still plan to complete your practice, when will you do it?

☐ 3. **I didn't choose a small healthy step.**



## Topic Assessment



Mark one: ☐ Pre ☐ Post

Your Score:  
+ \_\_\_\_ out of 4

### Directions:

1. Read each question carefully.
2. Read every answer before marking one.
3. Mark only one answer to each question.

Name: \_\_\_\_\_

Date: \_\_\_\_\_

### 1. Which of the following is a healthy way to reduce stress?

- A. caffeine
- B. physical activity
- C. sugar
- D. fruit drinks

### 2. Having too much stress may put your health at risk.

- A. True
- B. False

### 3. For people with mental illness, too much stress increases the chances of relapse.

- A. True
- B. False

### 4. Physical activity:

- A. Is always too painful and difficult.
- B. Does not help manage stress.
- C. Increases stress and should be avoided during times of trouble.
- D. Reduces stress and helps you feel more in control.

### 5. I am confident that I understand how physical activity affects stress.

- |                          |                          |                               |                          |                          |                          |
|--------------------------|--------------------------|-------------------------------|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/>      | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Strongly<br>Disagree     | Disagree                 | Neither Agree<br>Nor Disagree | Agree                    | Strongly<br>Agree        | Unsure                   |

## Topic Assessment



### 6. This information is important for me to know.

- |                          |                          |                               |                          |                          |
|--------------------------|--------------------------|-------------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/>      | <input type="checkbox"/> | <input type="checkbox"/> |
| Strongly<br>Disagree     | Disagree                 | Neither Agree<br>Nor Disagree | Agree                    | Strongly<br>Agree        |

At the end of the session, answer these questions before turning in this paper:

### 7. This session helped me.

- |                          |                          |                               |                          |                          |
|--------------------------|--------------------------|-------------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/>      | <input type="checkbox"/> | <input type="checkbox"/> |
| Strongly<br>Disagree     | Disagree                 | Neither Agree<br>Nor Disagree | Agree                    | Strongly<br>Agree        |

### 8. What I liked about this session: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### 9. How this session could have been better for me: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Step Out of Stress

### Objectives for this Session

1. Identify 1 way to reduce and manage stress.
2. Identify and apply at least 2 physical activity tips to prevent and manage stress.

**Stress is a normal part of life, but having too much stress is unhealthy.** Stress can lead to obesity, heart disease, depression, and sleep problems. It also makes it more difficult for your body to fight infection, which means you are more likely to get sick. Too much stress can cause you to feel very tired, and may increase your chances of a relapse.

Stress can throw your life out of balance. This session focuses on how physical activity helps you manage stress, and keeps your life in balance.

**Did you know?** Having too much stress causes tension. Physical activity helps release unwanted tension caused by stress and helps you feel more in control of your health. Aerobic exercise is the type of physical activity that keeps you moving and makes your heart beat faster. The key to aerobic exercise is to keep moving. Examples of aerobic exercise are walking, jogging and riding a bike. Aerobic exercise makes our heart and lungs stronger and helps our bodies use oxygen better.

Aerobic exercise also increases endorphins, a natural chemical your body can make. Endorphins can improve mood, reduce physical pain and make you less hungry.

### Main Learning Point #1

**Having too much stress may put your health at risk.**



- |                          |                          |                            |                          |                          |
|--------------------------|--------------------------|----------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/>   | <input type="checkbox"/> | <input type="checkbox"/> |
| Strongly Disagree        | Disagree                 | Neither Agree Nor Disagree | Agree                    | Strongly Agree           |

**Stress affects everyone differently. Everyone deals with stress in their own way. Let's take a look at how Mario deals with stress.**

## “Mario’s Story”

Mario woke one Monday morning to his neighbor’s screaming voice. His neighbor had been yelling at someone all night, and throughout the morning, too. Because Mario didn’t sleep much that night and was tired, he skipped breakfast and his morning shower. He got dressed and went downstairs to catch the van to attend the day program. When Mario got outside, the van was already there and the driver scolded him for being late. Mario was embarrassed, but he didn’t say anything.

At the day program, Mario went inside without talking to any of his friends. He went into the recreation room and sat alone in the far corner and stared at the television set. While Mario waited for his first group, the activity specialist asked him if he wanted to join her exercise class until his group started. Mario said “no” and walked off to get a candy bar and a cup of coffee from the vending machine.

While eating his candy bar, Mario thought about his neighbor and the van driver yelling at him. The more he thought about them, the angrier he became. A few minutes later, Mario’s friend Tom came in and noticed how upset Mario looked. He asked Mario if he wanted to take a walk and talk. Mario said “no” and walked back to his chair to watch more television and smoke a cigarette.



**1. List two things that caused Mario stress in this story?** \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

**2. List two things Mario does to help with his stress:** \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

**3. What could Mario have done differently?** \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

## Step Out of Stress (continued)

Physical activity has many benefits, which can include reducing stress:

<input type="checkbox"/> Improves blood flow to the brain	<input type="checkbox"/> Reduces stress
<input type="checkbox"/> Helps the body get rid of unhealthy substances	<input type="checkbox"/> Reduces anxiety and depression
<input type="checkbox"/> Helps you think more clearly	<input type="checkbox"/> Improves mood
<input type="checkbox"/> Helps you get a more restful sleep	<input type="checkbox"/> Improves how you feel about yourself



Using the suggestions above, list one or two ways that physical activity might help you prevent or reduce stress in your life?

1. \_\_\_\_\_
2. \_\_\_\_\_

**Did you know?** Physical activity and exercise may also help people quit smoking. Exercise may help you in the following ways:

- Eases the stress of quitting
- Reduces cravings
- Prevents possible weight gain

If you smoke, this is just another reason to Step out of Stress by using physical activity!

### Main Learning Point #2

**For people with a mental illness, too much stress increases the chance of a relapse.**

### Small Steps for Success:

**Don't Let Stress Build Up Before You Deal With It!** Be prepared with a few physical activity tips that can help you prevent stress.

## Step Out of Stress (continued)

**Tips to Step Out of Stress:** Put a checkmark beside any of these tips that you might like to try.

- ☐ **1. Relax your muscles.** Lie down on your back in a comfortable position. Starting with your toes, tense and relax your muscles. Focus on your feet, legs, thighs, stomach, back, fingers, hands, arms, shoulders, and neck until you reach the top of your head. Tighten your muscles, count to 5, and then relax completely.
- ☐ **2. Stretch like a cat.** Roll your head in a gentle circle. Reach toward the ceiling and bend from side to side slowly. Roll your shoulders.
- ☐ **3. Go outside and take a mini-walk.** Even a 10 minute walk will make a difference. Get some sunshine and fresh air. Take a long walk if possible.
- ☐ **4. Notice how your body feels when you take time to relax.** You can relax by practicing yoga or simply by breathing while stretching your muscles.
- ☐ **5. Make a schedule.** Decide on specific times, days and places to be more physically active.
- ☐ **6. Plan for fun.** Plan some fun and laugh.
- ☐ **7. Get an exercise buddy.** Work out or exercise with a family member or friend.
- ☐ **8. Join a team.** Play on a team sport like basketball or soccer.
- ☐ **9. Take time to breathe.** Take time out to slow down and breathe. Just 10 minutes a day of simple breathing exercises make a big difference. Remember to stretch your muscles while you breathe.

And remember, healthy eating, getting a good night's sleep and less caffeine can also make a big difference in helping you step out of stress!

### Main Learning Point #3

**Physical activity reduces stress and helps you feel more in control.**

## Review & Moving Forward



The main learning points of this session are:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### Take A “Small Healthy Step” to Ensure Your Success!

It’s important to practice new knowledge and skills. What will you do between now and the next session? Please choose one healthy step from the list below:

- ☐ **1. STUDY.** I am going to reread my handout at least once.
- ☐ **2. SHARE.** I will share my handout with someone in my support system. I will ask \_\_\_\_\_ to read it and talk with me about inexpensive ways to have fun.
- ☐ **3. PRACTICE.** I will use at least one tip to prevent stress from taking over my day. The tip I have selected is: \_\_\_\_\_
- ☐ **4. OTHER:** \_\_\_\_\_

# 10

## Physical Activity and Safety Facilitator Notes

### Main Learning Points and Review of Healthy Steps from Last Session: *Step Out of Stress*

1. Too much stress may put your health at risk.
2. For people with a mental illness, too much stress increases the chance of relapse.
3. Physical activity reduces stress and helps you feel more in control.

Review Personal Practice Options from last session.



#### Note

This session could be used for family/friend groups or sessions. It offers an opportunity for the participant and family to practice skill-building together.

#### Tips for this Session

Refer all participants to their healthcare provider who manages their overall health and wellness before you encourage participants to exercise. Physical safety of participants, as it relates to level of activity, is best determined by the healthcare provider and the participant.

### Suggestion for Topic Introduction and Relevance to Participants

*"How many of you would like to run a marathon race this weekend? Anyone?"*

If anyone says they would, enjoy it with them.

*"We know that exercise is good for us, right? So can you think of any times when exercising might not be good for us?"*

Encourage answers and responses. If anyone has a correct answer, affirm the response.

*"I know that I couldn't run a marathon race this weekend because I'm not in shape to do so. It is best to start an exercise program and gradually build the amount of time and type of exercise. If I start training today, I might be able to run that marathon in about four or five months."*

*"Today we're going to look at physical activity and safety."*

*"Let's answer the first six questions on the Topic Assessment before we start, just to see how familiar we are with this topic."*

#### Topic Assessment

1. A    2. C    3. A    4. B

T – topic introduction  
R – relevance to participant  
I – identify objectives  
M – materials for session  
M – motivate to use

## Review of Session 9: Step Out of Stress



### Main Learning Points of Session 9

What were the main learning points of Session 9? If you did not attend the last session, you may guess, and also write the answers as people say them:

1. Too much s\_\_\_\_\_s may put your health at risk.
2. For people with a mental illness, too much stress i\_\_\_\_\_s the chances of relapse.
3. Don't let stress build up. Physical a\_\_\_\_\_y can reduce stress and help you feel more in control.

### Take a Small Healthy Step Review:

What small healthy step did you choose to work on between sessions?

Did you complete your healthy step yet?

☐ 1. **Yes.** How did it go? \_\_\_\_\_

☐ 2. **No.** What got in the way of completing your practice?

\_\_\_\_\_

If you still plan to complete your practice, when will you do it?

☐ 3. **I didn't choose a small healthy step.**

## Topic Assessment



Mark one: ☐ Pre ☐ Post

Your Score:  
+ \_\_\_\_ out of 4

### Directions:

1. Read each question carefully.
2. Read every answer before marking one.
3. Mark only one answer to each question.

Name: \_\_\_\_\_

Date: \_\_\_\_\_

### 1. Which of the following is a reason to stop exercising and rest?

- A. Abnormal heart rhythm/palpitations
- B. Increased heart rate
- C. Light sweating
- D. Breathing a little heavier

### 2. Which of the following is the most important reason to talk to your healthcare provider about an exercise program?

- A. If I am more than 30 years old.
- B. If I am healthy and I plan to walk 5 or more minutes a day.
- C. If I am going to start or change an exercise program.
- D. If I am sad.

### 3. There are things I can do to make it safer to start a physical activity program.

- A. True
- B. False

### 4. It is important to make sure I drink less water before, during and after exercising.

- A. True
- B. False

## Topic Assessment



### 5. I am confident that I understand how to safely start an exercise program.

- |                          |                          |                               |                          |                          |                          |
|--------------------------|--------------------------|-------------------------------|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/>      | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Strongly<br>Disagree     | Disagree                 | Neither Agree<br>Nor Disagree | Agree                    | Strongly<br>Agree        | Unsure                   |

### 6. This information is important for me to know.

- |                          |                          |                               |                          |                          |
|--------------------------|--------------------------|-------------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/>      | <input type="checkbox"/> | <input type="checkbox"/> |
| Strongly<br>Disagree     | Disagree                 | Neither Agree<br>Nor Disagree | Agree                    | Strongly<br>Agree        |

At the end of the session, answer these questions before turning in this paper:

### 7. This session helped me.

- |                          |                          |                               |                          |                          |
|--------------------------|--------------------------|-------------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/>      | <input type="checkbox"/> | <input type="checkbox"/> |
| Strongly<br>Disagree     | Disagree                 | Neither Agree<br>Nor Disagree | Agree                    | Strongly<br>Agree        |

### 8. What I liked about this session: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### 9. How this session could have been better for me: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Physical Activity and Safety

### Objectives for this Session

1. Identify at least 2 safety tips to remember when starting or doing physical activity.
2. Identify at least 2 symptoms that alert you to take a break.



**Physical activity is a natural part of life.** Physical activities are everyday activities, like cleaning the house, as well as more intense activities, like walking, gardening, jogging, or swimming. List one or two examples of physical activity you do:

1. \_\_\_\_\_
2. \_\_\_\_\_

Most people can do many different types of physical activity without worrying about hurting themselves. Although most people in good health probably are able to begin exercising regularly, it's always a good idea to check with a healthcare provider before starting or changing an exercise program. Remember to begin slowly and add more activity over several weeks.

### Main Learning Point #1

**It's a good idea to talk to your healthcare provider before starting or changing an exercise program.**

## Safety Tips for Starting Physical Activity

It is best to start a new physical activity, such as walking, at a slow pace for a short amount of time. As you become more physically fit, you can spend more time exercising, and adding new activities.

### 1. Drink plenty of water before, during and after your physical activity.

Most people need between six and eight 8-ounce glasses of water each day. You may need more water if you are very physically active or if you are active in hot or humid weather.

**NOTE:** More doesn't always mean better. Check with your healthcare provider to see how much water they recommend for you.

### 2. For outdoor activities during the warmer months, put on sunscreen with a sunburn protection factor (SPF) of 15 or higher.

**NOTE:** During hotter months, begin physical activities during early morning, late afternoon or in an air-conditioned place to avoid over heating or other heat-related problems. Consider walking in air-conditioned malls or using exercise videos in air-conditioned places.

### 3. Wear comfortable shoes and clothing. When it is cool outside, wear layers of clothing outdoors.

### 4. If you are older or you have balance problems, be extra careful not to fall during an activity.

Consult with your healthcare provider about walking aids, such as a cane.

### 5. Diseases, such as arthritis, make certain physical activities more difficult.

Your healthcare provider can help you choose a physical activity that is right for you.

### 6. You do not usually need approval from your healthcare provider before beginning physical activities such as walking.

However, some health conditions may need a healthcare provider's attention.

### Main Learning Point #2

**There are tips that help you stay safe when starting a new physical activity program.**

## Physical Activity and Safety (continued)

### When to Stop Exercising

If you experience any of the following symptoms when you exercise, stop and rest. Call your healthcare provider and tell him or her your symptoms.

1. Dizziness or lightheadedness
2. Abnormal heart rhythm or your heart feels like it's beating differently
3. Pain in the chest, under the breastbone and/or down the arm
4. Pain in the knees, feet, or ankles
5. Becoming extremely tired
6. Shortness of breath or wheezing
7. Headache

## Review & Moving Forward



The *main learning points* of this session are:

1. \_\_\_\_\_
2. \_\_\_\_\_

### Move Forward – Choose a Personal Practice Option

It's important to practice new knowledge and skills. What will you do between now and the next session? Please choose one option from the list below:

- ☐ **1. STUDY.** I am going to reread my handout at least once.
- ☐ **2. SHARE.** I will share my handout with someone in my support system. I will ask \_\_\_\_\_ to read it and talk with me about how to start an exercise program in a safe way.
- ☐ **3. MAKE APPOINTMENT.** I will set up an appointment with my healthcare provider to discuss my plans to start or add to my physical activity.
- ☐ **4. OTHER:** \_\_\_\_\_



## 11

**Fitting Physical Activity Into Your Daily Routine**  
Facilitator Notes**Main Learning Points and Review of Healthy Steps from Last Session:**  
**Physical Activity and Safety**

1. Talk to your healthcare provider before starting or changing an exercise program.
2. A number of tips can help you stay safe when starting a new physical activity program.

**Review Personal Practice Options from last session.****Note**

This session could be used for family/friend groups or sessions. It offers an opportunity for the participant and family to practice skill-building together.

**Remember**

It is important to acknowledge and discuss participants' successes, progress and challenges.

**Materials Needed to Accompany Participant Handout:**

*Safe Walking Technique*

**Tips for this Session**

If you use the suggestion for topic introduction, everyone will walk in place for two minutes. Another section of the participant materials suggests another two minutes of walking in place. These brief walking exercises are designed to show how simple it is to add a few minutes of activity to the day. Make this fun for yourself and the participants, and add your own creative touches (e.g. moving your arms at the same time, marching, dancing).

**Suggestion for Topic Introduction and Relevance to Participants**

*"Have you ever bought a new pair of shoes and they just didn't feel right even though they were a great buy and your exact size? How does it feel breaking in new shoes? Do your feet get used to them over time?"*

Listen and respond to comments.

*"Breaking in new shoes can take a few days, but after a while, most shoes will feel pretty comfortable. Fitting physical activity into your life may take a little while to feel comfortable or enjoyable, but eventually, you'll feel really good about it."*

*"Today we will talk about how to fit more physical activity into your everyday life. You already may be doing some of these physical activities without being aware of it."*

*"Let's all stand up and walk in place for 2 minutes right now."*

Encourage them to stand and either walk in place or move around the room. At the end of the 2 minutes, say,

*"Do you believe that short walks help you feel better? It didn't take a lot of effort, but it can make a big difference overall."*

*"Let's answer the first six questions on the Topic Assessment before we start, just to see how familiar we are with this topic."*

**Topic Assessment**

1. B    2. C    3. B    4. C

T – topic introduction  
R – relevance to participant  
I – identify objectives  
M – materials for session  
M – motivate to use

## Review of Session 10: Physical Activity and Safety



### Main Learning Points of Session 10

What were the main learning points of Session 10? If you did not attend the last session, you may guess, and also write the answers as people say them:

1. Talk to your doctor or healthcare provider before starting or changing an e\_\_\_\_\_ program.
2. There are tips that help you stay s\_\_\_\_\_ when starting a new physical activity program.

### Take a Small Healthy Step Review:

What small healthy step did you choose to work on between sessions?

Did you complete your healthy step yet?

☐ 1. **Yes.** How did it go? \_\_\_\_\_

\_\_\_\_\_

☐ 2. **No.** What got in the way of completing your practice?

\_\_\_\_\_

\_\_\_\_\_

If you still plan to complete your practice, when will you do it?

\_\_\_\_\_

\_\_\_\_\_

☐ 3. **I didn't choose a small healthy step.**

## Topic Assessment



Mark one: ☐ Pre ☐ Post

Your Score:  
+ \_\_\_\_ out of 4

### Directions:

1. Read each question carefully.
2. Read every answer before marking one.
3. Mark only one answer to each question.

Name: \_\_\_\_\_

Date: \_\_\_\_\_

1. A healthy goal is to get at least \_\_\_\_\_ of physical activity every day.

- A. 30 steps
- B. 30 minutes
- C. 30 miles
- D. 30 repetitions

2. Which of the following is not a healthy way for most people to increase their physical activity level?

- A. Move in place instead of standing still.
- B. Get off the bus several blocks from home or work and walk the rest of the way.
- C. Take the elevators instead of the stairs.
- D. Do 100 jumping jacks while watching TV.

3. The best and only way to get more physical activity is by walking.

- A. True
- B. False

4. If you are using a pedometer or step counter, an ideal goal is to work up to walking how many steps a day?

- A. 1,000
- B. 5,000
- C. 10,000
- D. 50,000

## Topic Assessment



5. I am confident that I can fit more physical activity into my daily routine.

☐ Strongly Disagree  
 ☐ Disagree  
 ☐ Neither Agree Nor Disagree  
 ☐ Agree  
 ☐ Strongly Agree  
 ☐ Unsure

6. This information is important for me to know.

☐ Strongly Disagree  
 ☐ Disagree  
 ☐ Neither Agree Nor Disagree  
 ☐ Agree  
 ☐ Strongly Agree

At the end of the session, answer these questions before turning in this paper:

7. This session helped me.

☐ Strongly Disagree  
 ☐ Disagree  
 ☐ Neither Agree Nor Disagree  
 ☐ Agree  
 ☐ Strongly Agree

8. What I liked about this session: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

9. How this session could have been better for me: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

## Fitting Physical Activity Into Your Daily Routine

Objectives for this Session

1. Identify at least 2 benefits of walking.
2. Identify 1 tip to add more activity to your daily activities.



Fitting physical activity into your life can seem difficult if you think of it as “time to exercise.” However, it is important to get at least 30 minutes of physical activity every day. If you think about your daily schedule of activities, do you think it includes enough daily physical activity?

☐ Yes  
 ☐ No  
 ☐ Unsure

**Plenty of physical activity is important to our overall health.**

Regular physical activity can improve your energy level, reduce tiredness and help you sleep better.

Everyday activities like walking, doing yard work, gardening, doing the laundry, and cleaning the house are great ways to increase your daily physical activity. Other ways to add more physical activity to your daily routine include:

- Get off the bus several blocks from home or work and walk the rest of the way.
- Use the stairs instead of the elevators and escalators.
- Find a mailbox 10 minutes away from your home or work and walk there to mail letters.
- Sit instead of lying down. Stand instead of sitting. Move in place instead of standing still.
- Watch TV less and go for a walk.
- Walk around the room while you talk on the phone or brush your teeth.

**Main Learning Point #1**

**A healthy goal is to get at least 30 minutes of physical activity every day.**

## Fitting Physical Activity Into Your Daily Routine (continued)



**Do you do any one of these already?** If so, which ones? \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

**How can you add more physical activity into your daily routine so you get the exercise you need?** \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Walking is something most of us can do every day to increase our physical activity.

### Walking - An Ideal Physical Activity

Walking is probably the best way to add physical activity to your life. In fact, if you are not physically active or are over 40 and out of shape, walking has many benefits:

1. Walking is safe, easy to do, and requires no special equipment (except a pair of good shoes that won't hurt your feet).
2. You can walk anywhere.
3. Walking can improve your overall physical fitness.
4. Walking can improve mental and physical health.
5. Walking can reduce stress and help you feel better overall.
6. Walking regularly can help you maintain weight.

Let's stop reading for a few moments and do some walking right now. Please get up and walk in place for two minutes and describe how you feel:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### Main Learning Point #2

Walking is an ideal physical activity.

## Fitting Physical Activity Into Your Daily Routine (continued)

### Small Steps for Success

There are 1440 minutes in every day. Try to schedule 30 of these minutes for physical activity at least five times a week. You can cut the 30 minutes into three 10-minute walks to reach the full thirty minutes.

**Did you know?** Pedometers, or step counters, are helpful tools to easily and safely add more steps to your day. A goal of 10,000 steps a day meets the current public health guidelines. For weight loss, a good goal is anywhere from 12,000-15,000 steps. A healthy place to start is to see how many steps you already take each day and then add 500 steps. Continue adding an additional 500 steps every few weeks.

This extra physical activity will make a difference. If you want to learn more about pedometers or step counters, please talk to your nurse or other treatment team member.

**The following tips can help you increase your walking. Check off the tips that interest you most:**



- ☐ 1. Walk in place during TV commercials.
- ☐ 2. Walk with a friend.
- ☐ 3. Walk your dog or your neighbor's dog.
- ☐ 4. Take a walk during work breaks or group breaks.
- ☐ 5. If you don't feel like walking, dance to music!
- ☐ 6. Take a walk after dinner.
- ☐ 7. Vacuum.
- ☐ 8. Mow the lawn.
- ☐ 9. Walk to do your errands.
- ☐ 10. Wear a pedometer and make your steps count!
- ☐ 11. Take a 5-10 minute "walking break" a few times each day (if you are a smoker, please don't smoke during these healthy breaks.)

### Main Learning Point #3

A pedometer or step counter is a good way to track and work toward the goal of 10,000 steps a day.

## Review & Moving Forward



The *main learning points* of this session are:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### Move Forward – Choose a Personal Practice Option

It's important to practice new knowledge and skills. What will you do between now and the next session? Please choose one option from the list below:

- ☐ **1. STUDY.** I am going to reread my handout at least once.
- ☐ **2. SHARE.** I will share my handout with someone in my support system. I will ask \_\_\_\_\_ to read it and talk with me about it.
- ☐ **3. PRACTICE.** This week, I will apply one of the tips learned in this session to increase my physical activity. The tip I have selected is: \_\_\_\_\_ and I will practice using this tip at least once before the next session.
- ☐ **4. OTHER:** \_\_\_\_\_

Take an “Extra Step Forward” (optional)

- ☐ **5. ORGANIZE.** I will walk to a place I'd like to visit. For example, I will organize a “walking club” with my family or friends. We will go to a local park (or a shopping mall if we want to avoid the weather) or other location and walk together.

## Safe Walking Technique



- ☐ **1. Focus on a tall walking posture**—head back, abdomen in, buttocks under.
- ☐ **2. Take even, comfortable steps.** Lengthen steps and keep unused muscles loose.
- ☐ **3. Allow your arms to swing freely and rhythmically.**
- ☐ **4. Keep your body relaxed, knees slightly bent.**
- ☐ **5. Wear loose-fitting clothes, preferably cotton.** This allows body heat to escape.
- ☐ **6. Wear layers of clothing with a cotton layer next to your body.** In cold weather, wear a hat, scarf and gloves (or walk indoors at a shopping mall).
- ☐ **7. Choose good walking shoes:** good arch support, non-slip soles (such as rubber), and breathable uppers (such as nylon mesh).
- ☐ **8. Check your heart rate after you walk for a few minutes.** If you reach your target heart rate, walk a little faster. Do not walk so fast that you are not able to talk while you walk—if you can't talk, SLOW DOWN.

## 12

**What to Choose: Different Types of Physical Activities**  
Facilitator Notes**Main Learning Points and Review of Healthy Steps from Last Session:**  
**Fitting Physical Activity Into Your Daily Routine**

1. A healthy goal is to get at least 30 minutes of physical activity every day.
2. Walking is an ideal physical activity.
3. A pedometer or step counter is a good way to track and work toward the goal of 10,000 steps a day.

**Review Personal Practice Options from last session.****Note**

This session could be used for family/friend groups or sessions. It offers an opportunity for the participant and family to practice skill-building together.

**Remember**

You can refer to the “Facilitator’s Delivery Checklist” when using *Solutions for Wellness* materials as a reminder of important facilitator tips.

**Tips for this Session**

In this session, repeat the topic introduction from the previous session, but this time identify the different types of exercise as you do them.

**Suggestion for Topic Introduction and Relevance to Participants**

*“We’re going to start today’s session with another demonstration of some types of exercise. Everyone stand up and march in place.”*

(After a few seconds, ask)

*“Can anyone name this type of exercise?”*

(If no one answers, “aerobic” or “cardiovascular,” tell them what type of exercise it is. Demonstrate the next exercise. Repeat the question for each of the three types of exercise and inform participants if no one answers.)

*“Now stretch your arms above your head and hold the stretch for a few seconds.”*

(Demonstrate what you want them to do. After a few seconds, lean to one side, arms still over head, then after a few seconds lean to the other side. This is a stretching exercise.)

*“That’s good! Now, walk to a wall. Stand with your feet about 12 inches apart and put your arms straight out to the wall. When you are ready, use your arms and do a wall push-up. Do not move your feet. I will demonstrate.”*

(Again, demonstrate a wall push up and encourage everyone to do a few. This is an example of a weight bearing exercise).

*“Let’s answer the first six questions on the Topic Assessment before we start, just to see how familiar we are with this topic.”*

**Topic Assessment**

1. A    2. B    3. D    4. C

T – topic introduction  
R – relevance to participant  
I – identify objectives  
M – materials for session  
M – motivate to use

## Review of Session 11: Fitting Physical Activity Into Your Daily Routine



### Main Learning Points of Session 11

What were the main learning points of Session 11? If you did not attend the last session, you may guess, and also write the answers as people say them:

1. A healthy goal is to get at least \_\_\_\_\_ minutes of physical activity every day.
2. W\_\_\_\_\_g is an ideal physical activity.
3. A pedometer or step counter is a good way to track and work toward the goal of 1\_\_\_\_\_0 steps each day.

### Take a Small Healthy Step Review:

What small healthy step did you choose to work on between sessions?

Did you complete your healthy step yet?

☐ 1. **Yes.** How did it go? \_\_\_\_\_  
\_\_\_\_\_

☐ 2. **No.** What got in the way of completing your practice?  
\_\_\_\_\_  
\_\_\_\_\_

If you still plan to complete your practice, when will you do it?  
\_\_\_\_\_  
\_\_\_\_\_

☐ 3. **I didn't choose a small healthy step.**

## Topic Assessment



Mark one: ☐ Pre ☐ Post

Your Score:  
+ \_\_\_\_\_ out of 4

### Directions:

1. Read each question carefully.
2. Read every answer before marking one.
3. Mark only one answer to each question.

Name: \_\_\_\_\_

Date: \_\_\_\_\_

**1. As we get older, certain exercises can keep our bones healthier, longer.**

A. True B. False

**2. Aerobic exercise makes us more flexible.**

A. True B. False

**3. Stretching exercises:**

- A. Make our muscles bigger and stronger.
- B. Make the heart and lungs stronger.
- C. Keep our bones healthier, longer.
- D. Improve our flexibility.

**4. Which type of exercise makes the heart and lungs stronger?**

- A. Mental
- B. Watching TV
- C. Aerobic
- D. Stretching

**5. I am confident that I know the benefits of different types of exercises.**

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Strongly	Disagree	Neither Agree	Agree	Strongly	Unsure
Disagree		Nor Disagree		Agree	

## Topic Assessment



6. This information is important for me to know.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Strongly Disagree	Disagree	Neither Agree Nor Disagree	Agree	Strongly Agree

At the **end** of the session, answer these questions before turning in this paper:

7. This session helped me.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Strongly Disagree	Disagree	Neither Agree Nor Disagree	Agree	Strongly Agree

8. What I liked about this session: \_\_\_\_\_

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9. How this session could have been better for me: \_\_\_\_\_

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## What to Choose: Different Types of Physical Activities

Objectives for this Session

1. Learn 3 types of physical activity.
2. Select 1 type of physical activity you will use.

**Did you know?** In the United States, about 300,000 people are hospitalized for a broken hip every year. Broken hips are often caused by accidents in which people fall. As we get older we lose muscle and bone mass, which can affect our balance. However, we can benefit from using different parts of our body through regular physical activity. Certain types of physical activity improves our strength, keeps our bones healthy and creates muscle mass. If we don't exercise regularly, we lose the strength our bodies need to stay healthier.

### Main Learning Point #1

**Certain exercises can keep our bones healthier, longer.**

A number of flexibility and strengthening exercises are explained in the *Flexibility Exercises* and *Strengthening Exercises* sessions of this workbook. These exercises help you build strength, energy and balance, and many can be done in a chair or by holding onto a chair. Practicing these exercises regularly plus adding another activity, such as taking a brisk walk or doing garden work 30 minutes a day, will keep your physical activity needs in balance.

In this session, you will learn about three main types of physical activity needed for a complete and balanced exercise program. Including each type of physical activity in your daily routine is important because each one affects your body differently.



## What to Choose: Different Types of Physical Activities (continued)

Below, you will find a brief description of each type of physical activity. More information on each activity will be provided in the following sessions.

### 1. Aerobic Activity:

Aerobic activity strengthens the heart and lungs. Also, aerobic activity helps build endurance, which is the ability to do an activity longer each time you do it. Aerobic activity increases your heart rate. Brisk walking, jogging, running and riding a bike are good examples of aerobic exercises.

### 2. Flexibility (Stretching) Exercises:

Flexibility exercise lengthens, stretches, and flexes muscles. Increasing flexibility also relaxes muscles, improves physical balance, and allows for easier movement. Flexibility exercise also helps to prevent chronic back pain. Stretching, yoga and tai chi are good examples of flexibility exercises.

#### Main Learning Point #2

**Aerobic activity makes the heart and lungs stronger.**

### 3. Strengthening (weight lifting) Exercises:

Strengthening exercise makes your muscles stronger. Strengthening exercises strengthen muscles for better posture, coordination, balance and flexibility. Strength training can help with many daily living activities, such as carrying grocery bags. Weight lifting is a good example of a strengthening exercise.

#### Main Learning Point #3

**Stretching exercises make you more flexible.**

#### Main Learning Point #4

**Strengthening exercises make your muscles stronger.**

## What to Choose: Different Types of Physical Activities (continued)



### Which type of physical activity do you do?

- Aerobic ☐ Yes ☐ No \_\_\_\_\_
- Stretching ☐ Yes ☐ No \_\_\_\_\_
- Strengthening ☐ Yes ☐ No \_\_\_\_\_

### Which type of physical activity will you practice?

\_\_\_\_\_

\_\_\_\_\_

### Choosing Physical Activities

You can choose from many activities to add to your daily routine. In the chart below, check off which ones interest you. If you are already doing some of these activities, what new activities will you start?



<input type="checkbox"/> Running/Jogging	<input type="checkbox"/> Walking
<input type="checkbox"/> Jumping Rope	<input type="checkbox"/> Ping-Pong
<input type="checkbox"/> Swimming	<input type="checkbox"/> Roller Skating
<input type="checkbox"/> Practicing Yoga	<input type="checkbox"/> Basketball
<input type="checkbox"/> Tennis	<input type="checkbox"/> Dancing
<input type="checkbox"/> Bowling	<input type="checkbox"/> Gardening or Lawn Care
<input type="checkbox"/> Aerobics	<input type="checkbox"/> Hiking
<input type="checkbox"/> Housework	<input type="checkbox"/> Football
<input type="checkbox"/> Bike Riding	<input type="checkbox"/> Baseball
<input type="checkbox"/> Weight Lifting	<input type="checkbox"/> Handball
<input type="checkbox"/> Golfing	<input type="checkbox"/> Other

## What to Choose: Different Types of Physical Activities (continued)



What other physical activities are you doing now or will do that are not listed above?

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Think about the following when choosing an exercise:

- ☐ 1. Choose an exercise that you enjoy or have always wanted to try.
- ☐ 2. Be aware of your limitations. Do not overdo it.
- ☐ 3. Avoid injury and stay safe.
- ☐ 4. Choose an exercise you can stick with for a long time.
- ☐ 5. Exercising with a friend may make it more fun.
- ☐ 6. Do you like to exercise alone, with another person or with a group?  
Knowing this can help you choose an activity that is best for you.

Is there anything else that you want or need to think about when choosing an exercise? Please, list below.

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Any exercise you choose will increase your physical activity. Remember, adding physical activity will reduce your chance for developing long-term illnesses. In addition, you may find it easier to achieve a healthier weight for yourself. **Congratulations on taking another step toward better health.**

## Review & Moving Forward



The *main learning points* of this session are:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Take A “Small Healthy Step” to Ensure Your Success!**

It’s important to practice new knowledge and skills. What will you do between now and the next session? Please choose one healthy step from the list below:

- ☐ 1. **STUDY.** I am going to reread my handout at least once.
- ☐ 2. **SHARE.** I will share my handout with someone in my support system. I will ask \_\_\_\_\_ to read it and talk with me about it.
- ☐ 3. **PRACTICE.** I will choose and practice at least one exercise before the next session. I also will decide what type of exercise (cardiovascular, flexibility, or strengthening) I will do.
- ☐ 4. **OTHER** (Choose Your Own “Small Healthy Step”):

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## 13

**Aerobic Exercise**  
Facilitator Notes**Main Learning Points and Review of Healthy Steps from Last Session:**  
***What to Choose: Different Types of Physical Activities***

1. Certain exercises can keep bones healthier, longer.
2. Aerobic activity makes the heart and lungs stronger.
3. Stretching exercises make you more flexible.
4. Strengthening exercises make your muscles stronger.

**Review Personal Practice Options from last session.****Note**

This session could be used for family/friend groups or sessions. It offers an opportunity for the participant and family to practice skill-building together.

**Materials Needed for this Session:**

*Daily Physical Activity Tracker*

**Tips for this Session**

1. If possible, bring in some type of lively music to introduce this session. It is an example of an enjoyable way to do aerobic exercise. (Salsa is always easy to move to!)
2. This is a lengthy session, so you may want to cover it in two sessions.

**Suggestion for Topic Introduction**  
**and Relevance to Participants**

(Facilitator – Play lively music and begin to move as you talk to participants. You do not have to be an excellent dancer for this to be an effective session opener. Enjoy yourself.)

*“Everyone, on your feet. Today we’re talking about aerobic exercise. That’s right, just get up and move. You don’t have to be a dancer to move to music, just enjoy yourself and move!”*

*“There are many ways to get aerobic exercise, such as running, swimming or bike riding. Can you think of other examples of aerobic exercise?”*

(Possible responses: dancing, walking, jogging, playing a sport. Keep moving to the music until the song is done).

*“Dancing is certainly one way, and it’s one of my favorites.”*

(Or whatever is your favorite. When the song ends...)

*“Today we’ll learn more about why aerobic exercise is important to your health and wellness.”*

*“Let’s answer the first six questions on the Topic Assessment before we start, just to see how familiar we are with this topic.”*

**Topic Assessment**

1. B    2. C    3. B    4. D

T – topic introduction  
R – relevance to participant  
I – identify objectives  
M – materials for session  
M – motivate to use

## Review of Session 12: What to Choose: Different Types of Physical Activities



### Main Learning Points of Session 12

What were the main learning points of Session 12? If you did not attend the last session, you may guess, and also write the answers as people say them:

1. Certain exercises can keep b\_\_\_\_\_s healthier, longer.
2. Aerobic activity makes the h\_\_\_\_\_t and lungs stronger.
3. Stretching exercises make you more f\_\_\_\_\_e.
4. Strengthening exercises make your m\_\_\_\_\_s stronger.

### Take a Small Healthy Step Review:

What small healthy step did you choose to work on between sessions?

Did you complete your healthy step yet?

☐ 1. **Yes.** How did it go? \_\_\_\_\_  
\_\_\_\_\_

☐ 2. **No.** What got in the way of completing your practice?  
\_\_\_\_\_  
\_\_\_\_\_

If you still plan to complete your practice, when will you do it?  
\_\_\_\_\_  
\_\_\_\_\_

☐ 3. **I didn't choose a small healthy step.**

## Topic Assessment



Mark one: ☐ Pre ☐ Post

Your Score:  
+ \_\_\_\_ out of 4

### Directions:

1. Read each question carefully.
2. Read every answer before marking one.
3. Mark only one answer to each question.

Name: \_\_\_\_\_

Date: \_\_\_\_\_

### 1. An example of an aerobic activity is:

- A. Side bends
- B. Brisk walking
- C. Toe touches
- D. None of the above

### 2. Regular aerobic exercise can help do which of the following?

- A. Weaken muscles
- B. Increase stress and anxiety
- C. Make your heart and lungs stronger
- D. Worsen your overall health

### 3. The 3 parts of aerobic exercise are warm-up, exercise, and rest.

- A. True
- B. False

### 4. When doing aerobic exercise, it is important to slowly increase:

- A. Just the amount of time.
- B. The number of slow deep breaths you take.
- C. How fast you move and nothing else.
- D. The time, frequency and intensity.

### 5. I am confident that I understand the benefits of aerobic exercises.

- |                          |                          |                               |                          |                          |                          |
|--------------------------|--------------------------|-------------------------------|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/>      | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Strongly<br>Disagree     | Disagree                 | Neither Agree<br>Nor Disagree | Agree                    | Strongly<br>Agree        | Unsure                   |

## Topic Assessment



### 6. This information is important for me to know.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Strongly Disagree	Disagree	Neither Agree Nor Disagree	Agree	Strongly Agree

At the **end** of the session, answer these questions before turning in this paper:

### 7. This session helped me.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Strongly Disagree	Disagree	Neither Agree Nor Disagree	Agree	Strongly Agree

### 8. What I liked about this session: \_\_\_\_\_

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### 9. How this session could have been better for me: \_\_\_\_\_

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## Aerobic Exercise

### Objectives for this Session

1. Identify at least 1 way aerobic exercise can improve your health and well-being.
2. Understand that aerobic activity needs to be in the “moderate intense” range for good heart health.
3. Understand the 3 parts of aerobic exercise: warm-up, exercise and cool down.

Aerobic exercise is any kind of physical activity in which the body must use more oxygen to produce energy. When you do aerobic exercise, your heart beat increases and you breathe faster. This happens because your body needs more oxygen to produce the energy to move.

### What Are the Benefits of Aerobic Exercise?

1. Improves your overall health
2. Lessens stress and anxiety
3. Boosts self-esteem and helps maintain weight
4. Reduces the risk of diseases, such as heart disease and diabetes

Another important benefit of aerobic exercise is that it strengthens your heart and helps it to work better. Regular aerobic exercise makes your heart stronger and better able to do its job.

### Main Learning Point #1

**Aerobic exercise makes your heart and lungs stronger and is good for your overall health.**

## Aerobic Exercise (continued)



### Examples of Aerobic Exercise

Several examples of aerobic activities are listed below. Place a check next to all the activities that you have done at least once in your life. Write in other activities in the blank spaces provided.

- |  |   |   |
|--|---|---|
| <input type="checkbox"/> Brisk Walking | <input type="checkbox"/> Jumping Rope   | <input type="checkbox"/> Running            |
| <input type="checkbox"/> Jogging       | <input type="checkbox"/> Dancing        | <input type="checkbox"/> Playing Basketball |
| <input type="checkbox"/> Bike Riding   | <input type="checkbox"/> Roller Skating | <input type="checkbox"/> _____              |
| <input type="checkbox"/> Swimming      | <input type="checkbox"/> Ice Skating    | <input type="checkbox"/> _____              |

**What are benefits you might get from adding aerobic exercise to your day? Write them below.**

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Although there are many benefits to doing aerobic activity on a daily basis, the benefits and results will be different for each person. We are all different shapes, weights and sizes, and we all have different abilities. If you have been inactive for a long time, or if you are out of shape, do not be discouraged. Start right where you are.

**Helpful Tips.** These tips might help you add to the amount of aerobic exercise in your daily routine:

1. **Do something different each day**—go for a brisk walk, do some gardening, dance, or ride a bike.
2. **Choose activities that are fun for you.**
3. **Listen to your favorite music while you walk at a brisk pace or dance.**
4. **Pace yourself; do not overdo it.** Start off slow and add to it over time.
5. **Ask your family and or other members of your support team to help you.**
6. **Find an exercise buddy.**

## Aerobic Exercise (continued)



### Tip for Success: Take Time Out for a 5 to 10 minute Physical Activity Break!

How can you add just 5 or 10 minutes of aerobic activity to your day? List ideas below:

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**Note:** Talk to your healthcare provider before starting or changing your exercise program.

To get the best possible results from aerobic exercise, you want to slowly increase the time, frequency and intensity in which you do aerobic exercise.

<b>Time</b> (How much)	Work up to brisk physical activity for at least 30 minutes each day.
<b>Frequency</b> (How often)	At least 5 days a week.
<b>Intensity</b> (How hard)	At a level that causes an increase in your heart-rate or your breathing, but not to the point you are unable to talk.

### Main Learning Point #2

**Slowly increase the time, frequency and intensity that you spend doing aerobic exercise.**

### Aerobic Exercise

**There are three different parts to aerobic exercises. These include:**

## 1. Warm-up

The warm-up part of aerobic exercise increases blood flow to the muscles and helps the body prepare itself for physical activity. The warm-up phase of aerobic exercise lasts for about 5 to 10 minutes.

The person starts out doing the physical activity at a slower pace and works up to a faster pace. For example, a person may start out walking at a leisurely pace or stroll and then work up to a brisk pace.

### Main Learning Point #3

**Warming up before physical activity can help prevent injury.**

## 2. Exercise

The aerobic exercise section generally is 20 to 30 minutes of steady physical activity that is fast enough to get the heart to beat within a “healthy heart range.” Check your heart rate (pulse) 10 minutes into your activity, and again after another 10 minutes. Your pulse will let you know if you are reaching your “target heart rate” for good heart health (see target heart zone handout).

You also may get many of the same benefits from exercising briskly for 5-10 minutes several times a day (for example, walking at a quick pace like you are rushing to catch a bus). Brisk walking is a good way to help keep your heart healthy!

### 3. Cool-down

This phase gradually decreases the intensity of the exercise to ease the body back to the resting state. Cool-down should last about 5 minutes. A slow walk or the same exercises used for the warm-up can be used to cool down. If you are breaking up your aerobic activity into three or more 5 to 10 minute bouts of brisk walking per day, you may not need to add a cool-down.

### Main Learning Point #4

The three main parts of aerobic exercise include:  
Warm-up Exercise Cool-Down

### Aerobic Exercise

(continued)

### How Do I Know if my Physical Activity is in the “Moderate Intensity” Range Needed for Good Heart Health?

For aerobic or heart-health benefits, it is important for your physical activity to be in a “moderate-intensity” range. An example of the moderate-intensity range is how you would feel if you were walking fast enough to catch a bus.

Target Heart Rate is a measurement that can help you find out the intensity of your physical activity. See the handout to check your target heart rate.

You may choose to use the “talk test” to check the intensity of your aerobic exercise. If you are unable to walk (or whatever aerobic exercise you are doing) and talk at the same time (because you are out of breath), you may want to slow down.

## Finally...

**Take a closer look at the Daily Physical Activity Tracker.** Look at the last column named “exertion.” You will see the words light, moderate, and vigorous after the word exertion. Now you can use this part of the Physical Activity Tracker.

Tools for Success: Daily Physical Activity Tracker					
Home (Monthly) Counts					
Item	Unit	Frequency (1/1/16 - 1/31/16)	How long?	How often?	Goal (1/1/16 - 1/31/16)
WALKING	mi.	3.00	30 min	5 times	5
STRETCHING	min	10	10 min	5 times	5
Cardio	min	10	10 min	5 times	5
Strength	min	10	10 min	5 times	5
Flexibility	min	10	10 min	5 times	5
Balance	min	10	10 min	5 times	5
Coordination	min	10	10 min	5 times	5
Agility	min	10	10 min	5 times	5
Endurance	min	10	10 min	5 times	5
Speed	min	10	10 min	5 times	5
Power	min	10	10 min	5 times	5
Reaction	min	10	10 min	5 times	5
Comprehension	min	10	10 min	5 times	5
Problem Solving	min	10	10 min	5 times	5
Decision Making	min	10	10 min	5 times	5
Interpersonal Skills	min	10	10 min	5 times	5
Self-Management	min	10	10 min	5 times	5
Learning	min	10	10 min	5 times	5
Communication	min	10	10 min	5 times	5
Collaboration	min	10	10 min	5 times	5
Teamwork	min	10	10 min	5 times	5
Leadership	min	10	10 min	5 times	5
Initiative	min	10	10 min	5 times	5
Responsibility	min	10	10 min	5 times	5
Accountability	min	10	10 min	5 times	5
Commitment	min	10	10 min	5 times	5
Perseverance	min	10	10 min	5 times	5
Resilience	min	10	10 min	5 times	5
Adaptability	min	10	10 min	5 times	5
Flexibility	min	10	10 min	5 times	5
Openness	min	10	10 min	5 times	5
Conscientiousness	min	10	10 min	5 times	5
Emotional Stability	min	10	10 min	5 times	5
Self-Confidence	min	10	10 min	5 times	5
Self-Esteem	min	10	10 min	5 times	5
Self-Respect	min	10	10 min	5 times	5
Self-Discipline	min	10	10 min	5 times	5
Self-Motivation	min	10	10 min	5 times	5
Self-Regulation	min	10	10 min	5 times	5
Self-Improvement	min	10	10 min	5 times	5
Self-Reflection	min	10	10 min	5 times	5
Self-Analysis	min	10	10 min	5 times	5
Self-Evaluation	min	10	10 min	5 times	5
Self-Criticism	min	10	10 min	5 times	5
Self-Encouragement	min	10	10 min	5 times	5
Self-Appraisal	min	10	10 min	5 times	5
Self-Insight	min	10	10 min	5 times	5
Self-Understanding	min	10	10 min	5 times	5
Self-Knowledge	min	10	10 min	5 times	5
Self-Discovery	min	10	10 min	5 times	5
Self-Exploration	min	10	10 min	5 times	5
Self-Experimentation	min	10	10 min	5 times	5
Self-Testing	min	10	10 min	5 times	5
Self-Verification	min	10	10 min	5 times	5
Self-Validation	min	10	10 min	5 times	5
Self-Confirmation	min	10	10 min	5 times	5
Self-Justification	min	10	10 min	5 times	5
Self-Explanation	min	10	10 min	5 times	5
Self-Defense	min	10	10 min	5 times	5
Self-Protection	min	10	10 min	5 times	5
Self-Preservation	min	10	10 min	5 times	5
Self-Maintenance	min	10	10 min	5 times	5
Self-Care	min	10	10 min	5 times	5
Self-Attention	min	10	10 min	5 times	5
Self-Interest	min	10	10 min	5 times	5
Self-Engagement	min	10	10 min	5 times	5
Self-Participation	min	10	10 min	5 times	5
Self-Involvement	min	10	10 min	5 times	5
Self-Commitment	min	10	10 min	5 times	5
Self-Dedication	min	10	10 min	5 times	5
Self-Sacrifice	min	10	10 min	5 times	5
Self-Devotion	min	10	10 min	5 times	5

Only use these tags: ☐

## Review & Moving Forward



The *main learning points* of this session are:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

### Take A “Small Healthy Step” to Ensure Your Success!

It’s important to practice new knowledge and skills. What will you do between now and the next session? Please choose one healthy step from the list below:

- ☐ **1. STUDY.** I am going to reread my handout at least once.
- ☐ **2. SHARE.** I will share my handout with someone in my support system. I will ask \_\_\_\_\_ to read it and talk with me about it.
- ☐ **3. TEST MYSELF.** I will use the “Talk Test” or “Target Heart Rate” (fill in which one): \_\_\_\_\_
- ☐ **4. OTHER** (Choose Your Own “Small Healthy Step”):  
\_\_\_\_\_  
\_\_\_\_\_

### Take an “Extra Step Forward” (optional)

- ☐ **5. LIST AND EXPERIMENT.** Make a list of all the aerobic activities you might like to try and make time to do at least one of those activities this week.  
\_\_\_\_\_  
\_\_\_\_\_

## Target Heart Rate

Your exercise heart rate, called the Target Heart Rate, is one of the best ways to find out exercise intensity.

### Finding Your Target Heart Rate Zone

The most healthful physical activity level uses 50 to 75 percent of your “maximum” heart rate, which is the fastest your heart should beat based on your age. During the first few months of your activity program, aim to reach 50 percent of your maximum rate. As you get into better shape, you can slowly build up to 75 percent of your maximum heart rate. To find your target heart rate zone, look for the age closest to yours in the table below. For example, if you are 30 years old, your target zone is 95-142 beats per minute during aerobic exercise. If you are 43 years old, your closest age on the chart is 45, so your target zone is 88-131 beats per minute. The figures in the table are averages, so use them as general guidelines.

### What is My Target Heart Rate Number?

Age	Target Range (per 60 seconds) Zone: 50%-75%	Maximum Heart Rate 100% per minute
20	100-150	200
25	98-146	195
30	95-142	190
35	93-138	185
40	90-135	180
45	88-131	175
50	85-127	170
55	83-123	165
60	80-120	160
65	78-116	155
70	75-113	150

What is the target heart range zone for my age? \_\_\_\_\_

**A Note about Medications:** A few blood pressure medications lower the maximum heart rate and the target heart zone. Some medications and caffeine increase your pulse. Ask your healthcare provider if you have questions.



## 14

**Flexibility Exercises**  
Facilitator Notes**Main Learning Points and Review of Healthy Steps from Last Session:  
Aerobic Exercise**

1. Aerobic exercise makes your heart and lungs stronger and is good for your overall health.
2. Slowly increase the time, frequency and intensity that you do **aerobic** exercise.
3. **Warming up** before physical activity can help prevent injury.
4. The three main parts of aerobic exercise include:
 

Warm-up	Exercise	Cool-Down
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**Review Personal Practice Options from last session.****Note**

This session could be used for family/friend groups or sessions. It offers an opportunity for the participant and family to practice skill-building together.

**Remember**

You can refer to the “*Facilitator’s Delivery Checklist*” when using *Solutions for Wellness* materials as a reminder of important facilitator tips.

**Materials Needed to Accompany****Participant Handout:**

*Simple Flexibility (Stretching) Exercises You Can Do Anywhere*

**Tips for this Session**

**Practice one or two simple flexibility exercises in session.** Learning by doing will increase the likelihood that participants will sample the flexibility exercises outside of the session. Consider pairing participants to discuss how they feel after trying a simple flexibility exercise in session. Participants may say more to one person than to a group of people about how the stretching feels and if they are confident that they will use stretching exercises outside of the session.

**Suggestion for Topic Introduction  
and Relevance to Participants**

*“Is there any time during the day that you feel like stretching? I know that when I wake up in the morning, I like to stretch! If you want to, take a minute now and stretch your arms above your head. You can stand up or you can sit.”*

(Facilitator, stretch arms and encourage the others to do so.)

*“That feels pretty good to me. Would anyone like to share how it feels for them to stretch like that?”*

(Take the time to let them share their thoughts on stretching.)

*“Stretching is another important physical activity that helps us to be healthy and strong. Being flexible makes it easier for us to do everyday activities like bending to tie our shoes or turning our heads while driving.”*

*“The loss of flexibility can make it harder for the body to balance itself. Losing flexibility increases the chance of getting hurt. The good news is that doing flexibility exercises a few times each week can help stop the loss of flexibility.”*

*“Let’s answer the first six questions on the Topic Assessment before we start, just to see how familiar we are with this topic.”*

**Topic Assessment**

1. D    2. A    3. B    4. C

T – topic introduction  
R – relevance to participant  
I – identify objectives  
M – materials for session  
M – motivate to use

## Review of Session 13: Aerobic Exercise



### Main Learning Points of Session 13

What were the main learning points of Session 13? If you did not attend the last session, you may guess, and also write the answers as people say them:

1. Aerobic exercise makes your heart and lungs s\_\_\_\_\_r and is good for your overall health.
2. Slowly increase the time, frequency and intensity that you spend doing a\_\_\_\_\_c exercise.
3. W\_\_\_\_\_g up before physical activity can help prevent injury.
4. The three main parts of aerobic exercise include:  
Warm-up                      Exercise                      C\_\_\_\_\_l-Down

### Take a Small Healthy Step Review:

What small healthy step did you choose to work on between sessions?

Did you complete your healthy step yet?

☐ 1. **Yes.** How did it go? \_\_\_\_\_  
\_\_\_\_\_

☐ 2. **No.** What got in the way of completing your practice?  
\_\_\_\_\_  
\_\_\_\_\_

If you still plan to complete your practice, when will you do it?

\_\_\_\_\_  
\_\_\_\_\_

☐ 3. **I didn't choose a small healthy step.**

## Topic Assessment



Mark one: ☐ Pre ☐ Post

Your Score:  
+ \_\_\_\_ out of 4

### Directions:

1. Read each question carefully.
2. Read every answer before marking one.
3. Mark only one answer to each question.

Name: \_\_\_\_\_

Date: \_\_\_\_\_

### 1. The less active people are:

- A. The more flexible they will be.
- B. The more bounces they need to stretch.
- C. The longer they should hold each stretch.
- D. The less flexible they are likely to become.

### 2. Flexibility (stretching) exercise is one of three important parts of a balanced exercise program.

- A. True      B. False

### 3. It is a good idea to hold your breath when stretching.

- A. True      B. False

### 4. Stretches can be done:

- A. Only in certain places.
- B. Only if you are wearing exercise clothes.
- C. Almost anywhere and any time.
- D. Only in the morning.

### 5. I am confident that I understand the benefits of flexibility exercises.

- |                          |                          |                               |                          |                          |                          |
|--------------------------|--------------------------|-------------------------------|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/>      | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Strongly<br>Disagree     | Disagree                 | Neither Agree<br>Nor Disagree | Agree                    | Strongly<br>Agree        | Unsure                   |

## Topic Assessment



6. This information is important for me to know.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Strongly Disagree	Disagree	Neither Agree Nor Disagree	Agree	Strongly Agree

At the **end** of the session, answer these questions before turning in this paper:

7. This session helped me.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Strongly Disagree	Disagree	Neither Agree Nor Disagree	Agree	Strongly Agree

8. What I liked about this session: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

9. How this session could have been better for me: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Flexibility Exercises

**Objectives for this Session**

1. Explain 2 benefits of flexibility exercises.
2. Identify at least 1 tip for greater flexibility.
3. Identify at least 1 flexibility exercise you can add to your daily routine.

Maintaining our flexibility is important for the following reasons:

- relaxes our muscles
- helps our balance and coordination
- allows greater freedom of movement
- improves relaxation

Flexibility helps our joints move better and helps to prevent us from falling. As we get older, we have to work harder to stay flexible. If we are physically inactive, we are more likely to become less flexible (stiff) and to get hurt more easily.

### Main Learning Point #1

**The less active people are, the less flexible they are likely to become.**

**Let's try a simple stretch to test our flexibility.**

**Head Turns Flexibility Exercise:**

Relax your shoulders and slowly bend your head to the right so that your right ear is moving toward your right shoulder. Hold this position for three seconds then slowly move your head to the center, and rest your chin on your chest. Hold this position for three seconds, and then turn your head to the left and hold this position for another three seconds. Next, slowly bend your neck back, looking up toward the sky. Hold this position for three seconds and then slowly move your head back to the center.

## Flexibility Exercises

(continued)

### Self Assessment

How did you do? Were you able to complete the head turns? Did any areas of your neck or shoulders feel tight?



How do you think increasing your flexibility could help you? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

As with all physical activity, it is important to do flexibility exercises safely. You want to get the most flexibility benefits as possible without hurting yourself. To feel improvement, make time to stretch. Even five minutes of stretching can help your flexibility. Do this at least 3 to 4 times per week or every other day.

**Think about the following tips before you start a stretching routine:**

### Tips for Greater Flexibility

- 1. Start out easy and slow.** Stretch just far enough to feel a little “pull” in your muscles. Do not stretch to a point that it feels painful.
- 2. Pay attention to your body and notice how you feel during each stretch.** Be gentle and feel the stretch without feeling pain.
- 3. Hold stretches for a count of 15 if you are just starting to exercise regularly.** Increase the count as you get more flexible.
- 4. To stretch safely, do not hold your breath and do not bounce up and down.** Bouncing may cause you to pull a muscle. Go slow, breathe, relax and breathe out into each stretch. Breathing helps you relax into the stretch and may help to relieve stress and tension.
- 5. Stay balanced!** Always stretch both sides of your body.

Activities such as Yoga and Tai Chi also can help you to improve flexibility and balance.

### Main Learning Point #2

**When you stretch, do not hold your breath and do not bounce.**

## Flexibility Exercises

(continued)

**Flex for success! Bend a little!** Here are two examples of basic stretching exercises that you can do anywhere. Let’s try them together.

### 1. Straight Leg, Bent Knee, Hamstring Stretch

While sitting, extend your right leg in front of you (don’t lock your knee). Bend your left leg until the bottom of your left foot slightly touches the inside of your right thigh. Bend forward and reach toward your right foot until you feel the stretch tension, then hold. Repeat the exercise with your other side.

Be patient and understand that flexibility, like most exercise, improves with time and practice.

### 2. Shoulder Rolls

Roll both shoulders slowly at the same time. First roll your shoulders to the front, then, roll your shoulders to the back.

Stretches can be done almost anywhere and any time. Where and when can you add some stretches to your day?

### Main Learning Point #3

**Stretches can be done almost anywhere and any time.**

## Review & Moving Forward



The main learning points of this session are:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### Take A “Small Healthy Step” to Ensure Your Success!

It’s important to practice new knowledge and skills. What will you do between now and the next session? Please choose one healthy step from the list below:

- ☐ **1. STUDY.** I am going to reread my handout at least once.
- ☐ **2. SHARE.** I will share my handout with someone in my support system. I will ask \_\_\_\_\_ to read it and talk with me about it.
- ☐ **3. PRACTICE.** I will take one flexibility exercise that I’ve learned today and practice it daily. I will do it one time every day until the next session.
- ☐ **4. OTHER** (Choose Your Own “Small Healthy Step”):  
\_\_\_\_\_  
\_\_\_\_\_

### Take an “Extra Step Forward” (optional)

- ☐ **5. CHOOSE AND PRACTICE.** I will choose one extra flexibility exercise to practice this week from the attached handout titled, *Simple Flexibility (Stretching) Exercises to Fit into Your Everyday Life*.

## Flexibility Exercises to Fit into Your Everyday Life

### Overhead Arm Stretch

Link your fingers together, palms up and reach straight over your head. Feel your muscles stretch from the outside of your ribs and through both arms.



### Crossover Shoulder Stretch

Gently pull your elbow across your chest. Feel the stretch through your shoulder and upper back. Complete this with both arms.



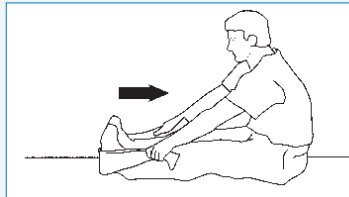
### Doorway Stretch

Stand in front of the doorway with arms outstretched and placed against the wall on both sides of the doorway. Lean forward slowly until tension is experienced in the chest muscles. Hold that position for 15-60 seconds. Repeat 3 times.



### Achilles Tendon Stretch

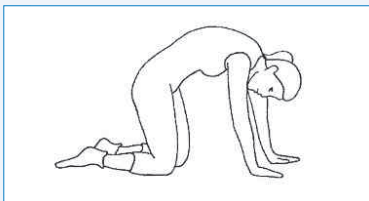
Sit on the floor with your legs straight in front of you. Keep your back straight. Grab each end of a towel, put your feet in the center of that towel and pull on the ends of the towel to gently stretch the Achilles tendons. The Achilles tendon runs down the back of the ankle, just above the heel of your foot and below the calf of your leg.



## Flexibility Exercises (continued)

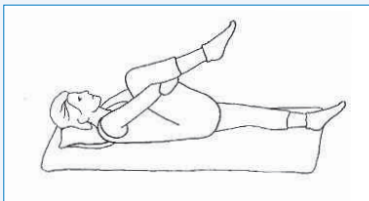
### Full Spinal Stretch

Position yourself on your hands and knees. Begin with your lower back and roll your spine up to your shoulders and hold at the top of the stretch.



### Back and Thigh Stretch

Lie on your back and pull your right leg toward your chest. Keep your leg as straight as possible. Do this exercise with each leg.



### Seated Spinal Twist and Hip Extension

Sit up straight. Bend both legs at the knees. Cross your left leg over your right leg. Reach your right arm over your left knee. With your left hand on the floor behind you to help maintain balance, gently twist your torso to the left. Breathe out and try to further twist at the spine. Reverse this stretch to go right.



### Straight Leg, Bent Knee, Hamstring Stretch

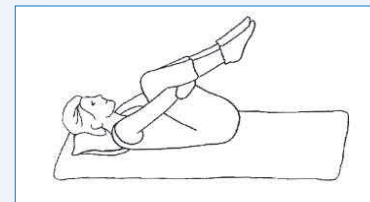
Sit up with your right leg extended in front of you (don't lock your knee). Bend your left leg until the sole of your left foot slightly touches the inside of your right thigh. Bend forward, reaching for your right foot until you feel the stretch tension, and then hold. Switch sides.



## Flexibility Exercises (continued)

### Knee to Chest Stretch

Lie on your back and pull both thighs to your chest. Support the back of your thighs with your hands.



## 15

**Strengthening Exercises**  
Facilitator Notes**Main Learning Points and Review of Healthy Steps from Last Session:**  
**Flexibility Exercises**

1. The less active people are, the less flexible they are likely to become.
2. When you are stretching, do not hold your breath and do not bounce.
3. Stretches can be done almost anywhere and anytime.

**Review Personal Practice Options from last session.****Note**

This session could be used for family/friend groups or sessions. It offers an opportunity for the participant and family to practice skill-building together.

**Remember**

It is important to acknowledge and discuss participants' successes, progress and challenges.

**Tips for this Session**

1. Have participants try a simple strengthening exercise, such as the toe raise. If you have materials available, demonstrate how to use two canned items (or milk jugs or soda bottles filled with water) as hand weights.
2. Have participants pair-up and practice with each other.

**Materials Needed to Accompany Participant Handout:**

1. 4 canned items (easy enough for hands to grip onto as hand weights)
2. A milk jug (filled with water)

**Suggestion for Topic Introduction and Relevance to Participants**

*"Perhaps you've heard the phrase, 'Use it or lose it.' How do you think this phrase applies to the muscles in our body as we get older?"*

(Encourage discussion among participants.)

*"As our bodies get older, we gradually lose muscle mass. This loss can affect our strength and balance. It can also affect how independent we are as we become senior citizens."*

*"Who would like to try an exercise with me? Find a spot by the wall. Now, face the wall and stand about 18 inches from the wall with your feet about 12 inches apart."*

(Demonstrate)

*"Put your hands on the wall at the same height as your shoulders. Next, lean in toward the wall. Don't move your feet, just your arms. I call this a standing push up."*

*"When you do an exercise like this, you are using the weight of your own body to build muscle and make yourself stronger."*

*"Today we will talk about strengthening exercises."*

*"Let's answer the first six questions on the Topic Assessment before we start, just to see how familiar we are with this topic."*

**Topic Assessment**

1. C    2. B    3. D    4. B

T – topic introduction  
R – relevance to participant  
I – identify objectives  
M – materials for session  
M – motivate to use

## Review of Session 14: Flexibility Exercise



### Main Learning Points of Session 14

What were the main learning points of Session 14? If you did not attend the last session, you may guess, and also write the answers as people say them:

1. The less a \_\_\_\_\_ e people are, the less flexible they are likely to become.
2. When you are stretching, do not hold your b \_\_\_\_\_ h and do not bounce.
3. S \_\_\_\_\_ s can be done almost anywhere and anytime.

### Take a Small Healthy Step Review:

What small healthy step did you choose to work on between sessions?

Did you complete your healthy step yet?

☐ 1. **Yes.** How did it go? \_\_\_\_\_  
\_\_\_\_\_

☐ 2. **No.** What got in the way of completing your practice?  
\_\_\_\_\_  
\_\_\_\_\_

If you still plan to complete your practice, when will you do it?

\_\_\_\_\_  
\_\_\_\_\_

☐ 3. **I didn't choose a small healthy step.**

## Topic Assessment



Mark one: ☐ Pre ☐ Post

Your Score:  
+ \_\_\_\_ out of 4

### Directions:

1. Read each question carefully.
2. Read every answer before marking one.
3. Mark only one answer to each question.

Name: \_\_\_\_\_

Date: \_\_\_\_\_

### 1. Strengthening exercises help us:

- A. Improve our posture, but not our balance.
- B. Make our lungs weaker.
- C. Improve our posture, balance and flexibility.
- D. Make our bones and heart weaker.

### 2. Because strengthening exercise helps to improve muscle strength and endurance, it can also help prevent \_\_\_\_\_.

- A. hearing loss
- B. common injuries
- C. stomach aches
- D. vision problems

### 3. A healthy physical activity plan includes:

- A. Only aerobic exercise.
- B. Only aerobic and flexibility exercises.
- C. Only strengthening exercises.
- D. Aerobic, flexibility and strengthening exercises.

### 4. There is only one right way to add strengthening exercises to your day.

- A. True
- B. False



## Topic Assessment



5. I am confident that I understand what a strengthening exercise is and how it can help me.

☐ Strongly Disagree   ☐ Disagree   ☐ Neither Agree Nor Disagree   ☐ Agree   ☐ Strongly Agree   ☐ Unsure

6. This information is important for me to know.

☐ Strongly Disagree   ☐ Disagree   ☐ Neither Agree Nor Disagree   ☐ Agree   ☐ Strongly Agree

At the end of the session, answer these questions before turning in this paper:

7. This session helped me.

☐ Strongly Disagree   ☐ Disagree   ☐ Neither Agree Nor Disagree   ☐ Agree   ☐ Strongly Agree

8. What I liked about this session: \_\_\_\_\_

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9. How this session could have been better for me: \_\_\_\_\_

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## Strengthening Exercises

### Objectives for this Session

1. Identify at least 1 benefit of strengthening exercise.
2. Identify at least 1 strengthening exercise that you can add to your daily routine.

Strengthening exercises often are referred to as weight bearing exercises or resistance training. For many reasons, it is important to do these exercises at least two times weekly.

**What Can Strengthening Exercises Do For You?** Strengthening exercises help you to prepare your muscles for better posture, coordination, balance and flexibility. Also, strengthening exercises increase your muscle mass and decrease body fat.

Strengthening exercises make muscles stronger and build endurance (how long you are able to do an activity). Strong muscles also help to prevent injuries by protecting your bones and joints. Strong, healthy muscles give you the strength to do everyday activities, such as carry groceries, open jars and walk. The stronger you are, the more likely you are to stay independent as you get older.

### Main Learning Point #1

**Strengthening exercises improve posture, balance and flexibility.**

**Did you know?** Muscle tissue burns more calories than other tissues in the body, such as fat. If you have more muscle tissue it is easier for your body to use the calories that you eat.

## Strengthening Exercises (continued)

There are several ways to add strengthening exercises to your day. From the list below, please check off the exercises that interest you:



- ☐ 1. If you do not own hand weights, use canned goods or plastic soda bottles (or milk jugs) filled with water. Increase the amount of water in the containers as your strength improves.
- ☐ 2. Try other physical activity programs like Yoga or Pilates. Buy or borrow an exercise video to follow. Schedule some time into your day to do this activity at home. Most public libraries have a good selection of videos you can borrow.
- ☐ 3. Use your own body weight to do exercises like push-ups or sit-ups. Or, try some of the examples listed and illustrated below.

### Main Learning Point #2

**There are many ways to add strengthening exercises to your day.**

## Strengthening Exercises (continued)



Below are some examples of strengthening exercises you can add to your day:

- ☐ 1. **The Standing Lateral Raise (See example on page 149)**  
This exercise strengthens your back, neck and shoulder muscles. Hold a weight in each hand and lift your arms straight out, away from each other. Do not bend your elbows. Hold this position for 15-60 seconds. Do 4 or 5 sets of 5-10 repetitions each.
- ☐ 2. **The Heel Raise (See example on page 149)** This benefits the calf muscles. Put your toes on a raised surface (long piece of wood). Hold a weight in each hand, arms bent, with weights close to your ears. Lift up on your toes, hold for 15-60 seconds. Go back to starting position. Do 4 or 5 sets of 5-10 repetitions each.
- ☐ 3. **The Toe Raise (See example on page 149)** Start in a standing position with your feet shoulder-width apart. Then, rock back onto your heels, lifting your toes off the floor. Arms extend forward. Lower toes to floor slowly, returning to the starting position. Repeat the toe raise for 8-15 repetitions.
- ☐ 4. **The Curl-up (See example on page 149)** Lie on your back and bend your knees with your heels close to your buttocks. Hold the weights on your chest. Curl up about a third to half way. Return to starting position. Do 4 or 5 sets of 5-10 repetitions each.

Which exercise will you choose to begin? \_\_\_\_\_

\_\_\_\_\_

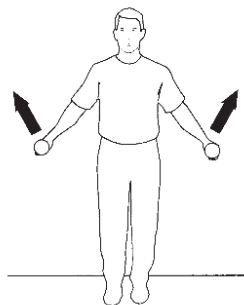
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### Safety Tips:

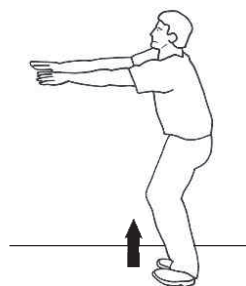
- Breathe regularly when doing strengthening exercises. Holding your breath can increase your blood pressure.
- Talk to your healthcare provider before starting or changing your exercise program.

Adding strengthening exercises to your weekly schedule, especially if combined with flexibility and aerobic exercise (like brisk walking), has many benefits. You will know you are getting stronger when you can carry a load of laundry or a bag of groceries very easily!

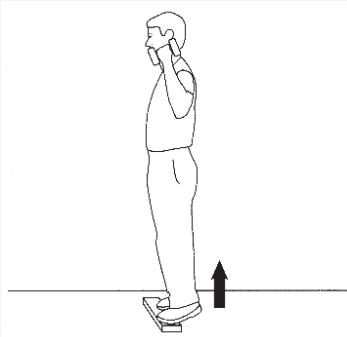
## Strengthening Exercises (continued)



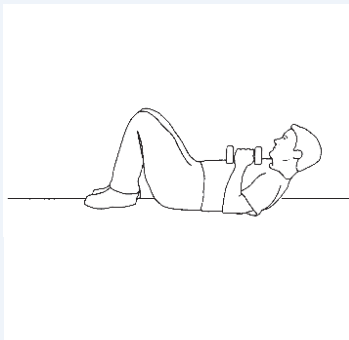
The Standing Lateral Raise



The Toe Raise



The Heel Raise



The Curl-up

## Review & Moving Forward



The *main learning points* of this session are:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### Take A “Small Healthy Step” to Ensure Your Success!

It's important to practice new knowledge and skills. What will you do between now and the next session? Please choose one healthy step from the list below:

- ☐ **1. STUDY.** I am going to reread my handout at least once.
- ☐ **2. SHARE.** I will share my handout with someone in my support system. I will ask \_\_\_\_\_ to read it and talk with me about it.
- ☐ **3. PRACTICE.** I will select one strengthening exercise and practice it at least once before the next session: \_\_\_\_\_.
- ☐ **4. OTHER** (Choose Your Own “Small Healthy Step”):  
 \_\_\_\_\_  
 \_\_\_\_\_

### Take an “Extra Small Healthy Step”

- ☐ **5. LEARN.** I will ask for professional help to add strengthening exercises to my weekly schedule. For example, I will consider working with someone at the YMCA to learn how to lift weights.

## 16

**Tobacco and Your Health**  
Facilitator Notes**Main Learning Points and Review of Healthy Steps from Last Session:  
Strengthening Exercises**

1. Strengthening exercises improve our posture, balance and flexibility.
2. There are many ways to add strengthening exercises to your day.

**Review Personal Practice Options from last session.****Note**

This session could be used for family/friend groups or sessions. It offers an opportunity for the participant and family to practice skill-building together.

**Materials Needed for this Session:**

*The Cost of Tobacco*

**Note**

This session does not fit with the theme of physical activity. However, because tobacco use poses a significant health threat to those with mental illness, we are including it here. Please make the distinction for participants, as it may be confusing as to why it is included in the physical activity workbook.

**Tips for this Session**

One of the Personal Practice Options is an exercise to help someone see how much money they spend on cigarettes. If you have a participant who chooses this exercise, you may want to have a calculator available for use.

**Suggestion for Topic Introduction  
and Relevance to Participants**

*"Today we're going to discuss a special topic. It isn't about physical activity exactly, but it can affect our physical health. How can tobacco affect our physical health?"*

(Be sensitive to cues that some of the participants may feel uncomfortable if they use tobacco products. Reassure everyone that this session, like all the others, is about learning about physical and mental health. If it appears to be needed, reassure that this session is not meant to embarrass anyone.)

*"Let's answer the first six questions on the Topic Assessment before we start, just to see how familiar we are with this topic."*

**Topic Assessment**

1. A    2. B    3. B    4. C

T – topic introduction  
R – relevance to participant  
I – identify objectives  
M – materials for session  
M – motivate to use

## Review of Session 15: Strengthening Exercise



### Main Learning Points of Session 15

What were the main learning points of Session 15? If you did not attend the last session, you may guess, and also write the answers as people say them:

1. Strengthening exercises improve our posture, b\_\_\_\_\_c and flexibility.
2. There are many ways to add s\_\_\_\_\_g exercises to your day.

### Take a Small Healthy Step Review:

What small healthy step did you choose to work on between sessions?

Did you complete your healthy step yet?

☐ 1. **Yes.** How did it go? \_\_\_\_\_

☐ 2. **No.** What got in the way of completing your practice?  
\_\_\_\_\_  
\_\_\_\_\_

If you still plan to complete your practice, when will you do it?  
\_\_\_\_\_  
\_\_\_\_\_

☐ 3. **I didn't choose a small healthy step.**

## Topic Assessment



Mark one: ☐ Pre ☐ Post

Your Score:  
+ \_\_\_\_ out of 4

### Directions:

1. Read each question carefully.
2. Read every answer before marking one.
3. Mark only one answer to each question.

Name: \_\_\_\_\_

Date: \_\_\_\_\_

**1. Many people continue to smoke even though more people die each year from smoking than any other substance.**

A. True B. False

**2. Which of the following statements is TRUE about tobacco?**

- A. It has only 4 chemicals.
- B. It contains at least 60 chemicals known to cause cancer.
- C. It is one of the least addictive substances on earth.
- D. It is one of the easiest habits to quit.

**3. Although tobacco use causes physical health problems, it does not affect mental health.**

A. True B. False

**4. Smoking tobacco:**

- A. May make your medicine work better.
- B. Is not a health risk if you only smoke 1 pack each day.
- C. May make it harder for medicine to work.
- D. Is safe if you just smoke "light" cigarettes.

**5. I am confident that I understand how using tobacco may affect my health.**

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Strongly	Disagree	Neither Agree	Agree	Strongly	Unsure
Disagree		Nor Disagree		Agree	

## Topic Assessment



### 6. This information is important for me to know.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Strongly Disagree	Disagree	Neither Agree Nor Disagree	Agree	Strongly Agree

At the end of the session, answer these questions before turning in this paper:

### 7. This session helped me.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Strongly Disagree	Disagree	Neither Agree Nor Disagree	Agree	Strongly Agree

### 8. What I liked about this session: \_\_\_\_\_

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### 9. How this session could have been better for me: \_\_\_\_\_

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## Tobacco and Your Health

### Objectives for this Session

1. Identify at least 1 health risk of smoking.
2. Identify at least 2 good reasons to stop using tobacco.
3. Identify at least 1 “small healthy step” to begin to reduce how much you smoke.

Most people know about the many negative ways smoking and tobacco use can affect their health. Still, smoking continues to be a major health concern for many people.

### Main Learning Point #1

**Many people continue to smoke in spite of the negative effects it has on physical health.**

**There are many reasons people smoke or use tobacco products (such as chewing tobacco):**

*“Smoking calms me down, reduces stress and helps me focus.”*

*“Smoking is the only pleasure I have. Why would I want to take that away?”*

*“I’ve tried to quit but I have failed. Everyone around me smokes.”*



**Why do you think you or other people continue to smoke or use tobacco products? List and discuss.**

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## Tobacco and Your Health (continued)

If you are not willing to quit smoking now, below are a few more reasons to think about smoking less and using fewer tobacco products.

- 1. On average, people with a serious mental illness die younger than someone without a mental illness.** The causes for early death may be mostly due to lifestyle choices, such as using tobacco. Quitting smoking is something you can do to live a longer and healthier life.
- 2. Tobacco smoke can lower or interfere with some medicines and may change the dosage you need.** Tobacco smoke also may make it harder for medicine to work well. Your mental health also may suffer.
- 3. Tobacco contains more than 4,000 chemicals. At least 60 of these chemicals are known to cause cancer.**
- 4. Tobacco is one of the most addictive substances on earth.**
- 5. When people quit smoking, physical fitness and heart health improve, and breathing is easier.** Quitting smoking makes physical activity easier, too.

### Main Learning Point #2

Smoking tobacco may make it harder for medicine to work.

## Tobacco and Your Health (continued)

Before making a decision to take a “small healthy step” to cut down on or quit smoking, it may help to list the advantages (pros) and disadvantages (cons) of cutting down or quitting. Listed below are some examples of a few pros and cons:

Pros	Cons
Food tastes better	May eat more
People who do not like smoking will enjoy being around me more	May not be as calm; may need to find other ways to stay calm
Save money	May lose friends—all of my friends smoke
Live longer and healthier life	Do not have something else to replace smoking
My family would be happy	

Please take a few moments to write down your personal pros and cons to cutting down on or quitting smoking. If you don't smoke, please think about a friend or family member who smokes or uses tobacco products. Complete the following list by imagining what the pros and cons may be for them:



Personal Pros	Personal Cons

Nicotine is an addictive substance found in cigarettes and other tobacco products. Like other addictive substances, nicotine can make us feel pleasant or seem to relieve stress temporarily. Nicotine is a very addictive substance. Nicotine can cause or worsen some physical illnesses, like heart disease, asthma, emphysema and cancer. Nicotine also can interfere with mental health.

## Tobacco and Your Health (continued)

So, let's think about this for a moment and talk about how you might be able to reduce smoking or tobacco use.

Your healthcare provider can share ideas with you to help you reach your goal of not smoking. You might be offered medicine or smoking cessation groups to help you quit.

You might also think about talking to other people who have quit smoking to find out what worked for them. Other possibilities are listed below.



### Small Healthy Steps You Can Take--Which one will you choose?

- ☐ 1. Count the number of cigarettes you smoke in one day and smoke one less each day for at least a week.
- ☐ 2. Cut down the amount of cigarettes you smoke by 5% each day.
- ☐ 3. Wait an hour longer each morning before lighting up.
- ☐ 4. Smoke only half your cigarette and throw the other half away.
- ☐ 5. Talk with your treatment or healthcare team about adding stopping smoking, or smoking cessation to your treatment plan.
- ☐ 6. Spend time with people in your life who don't smoke.
- ☐ 7. Attend or start your own "Take a Fresh Breath" support group.
- ☐ 8. Find and attend a nicotine anonymous meeting.
- ☐ 9. Take a fresh air walk and don't light up!

### Take a Small Healthy Step – You're Worth It!

Be honest with yourself. If you do not feel ready to quit right now, do not set yourself up for failure. You may be ready to take only a "small healthy step" at first, a step you know you can achieve. Remember that the benefits of quitting, or even reducing the amount you are smoking, are more important than any of reasons you are continuing to smoke.

### Small Steps for Success:

Attend a smoking cessation support group or contact the American Lung Association for support groups in your area.

## Review & Moving Forward



### The main learning points of this session are:

1. \_\_\_\_\_
2. \_\_\_\_\_

### Take A "Small Healthy Step" to Ensure Your Success!

It's important to practice new knowledge and skills. What will you do between now and the next session? Please choose one healthy step from the list below:

- ☐ 1. **STUDY.** I am going to reread my handout at least once.
- ☐ 2. **SHARE.** I will share my handout with someone in my support system. I will ask \_\_\_\_\_ to read it and talk with me about it.
- ☐ 3. **PRACTICE.** I will take a "small healthy step" to cut down on my smoking before the next session. I will use step \_\_\_\_\_ from the list above.
- ☐ 4. **OTHER** (Choose Your Own "Small Healthy Step"):  
\_\_\_\_\_  
\_\_\_\_\_

### Take an "Extra Small Healthy Step"

- ☐ 5. **CALCULATE.** I will use the handout, *The Cost of Tobacco*, to figure out how much money I spend on tobacco products every week and every month. I will bring it back to the next session and share what I learned with the facilitator.



## The Cost of Tobacco



Have you ever thought about how much money you spend on tobacco? If you are a smoker, below is a way you can figure out how much money you spend on cigarettes or other tobacco products:

How much does one pack of cigarettes cost? \_\_\_\_\_

Multiply this by the number of packs you smoke each week:

Price of one pack: \_\_\_\_\_ x Number of packs you smoke  
each week: \_\_\_\_\_ = \_\_\_\_\_ amount of money you  
spend each week.

Take the amount of money you spend each week and multiply that by 4.

Money spent each week \_\_\_\_\_ x 4 = \_\_\_\_\_

This answer is the amount of money you spend each month on cigarettes.

**Take a good look at the amount of money you spend on cigarettes.**

1. What else could you do with that money?
2. What could you buy instead of cigarettes or tobacco?
3. Are you willing to reduce your daily tobacco use in order to save some of that money for other things?

☐ Yes ☐ No ☐ Unsure

# 17

## Staying on the Road to a Healthier You Facilitator Notes

### Main Learning Points and Review of Healthy Steps from Last Session: *Tobacco and Your Health*

1. Many people continue to smoke in spite of the negative effects it can have on physical health.
2. Smoking tobacco may make it harder for medicine to work.

### Review Personal Practice Options from last session.

#### Note



This session could be used for family/friend groups or sessions. It offers an opportunity for the participant and family to practice skill-building together.

#### Remember

It is important to acknowledge and discuss participants' successes, progress and challenges.

#### Tips for this Session

1. This final session is a recap of the physical activity workbook. Encourage participants to reflect on what they found to be the most valuable information for them from the materials. It is always meaningful to give someone feedback on a strength they displayed or a contribution that they made. You may want to prepare comments for each participant that you can share with them.
2. This is a good time to go back and do another *Fitness Self-Assessment and Goal Setting* session if it fits with your planning. This activity can serve as a reminder of how much participants have learned and assist them in identifying new goals so they can maintain a healthy lifestyle.
3. Plan to celebrate the completion of this workbook by marking the event with something special. You may want the participants to plan a reception of some kind, or you may want to invite guests and treatment team members to plan a celebration for participants. In any event, mark the occasion with a special event.
4. Because this is the last session and you will structure it as you choose, there is no suggestion for topic introduction other than acknowledging the achievement of completing the workbook.

## Facilitator Notes

(continued)

If you are interested in an outcomes measurement for this workbook, you may want to consider using the Short-Form-12 Health Survey (John E. Ware, Jr., 1994, revised 1998), the Personal Growth Initiative Scale (PGIS), developed by Christine Robitschek, Ph.D., the Quality of Life Index by Dr. W. O. Spitzer, 1980, or the COOP Chart for Primary Care Practices (Eugene C. Nelson, 1987).

The Short-Form-12 Health Survey (John E. Ware, Jr., 1994, revised 1998) is an abbreviated version of the Short-Form-36 Health Survey. This survey has 7 questions (using Likert scales from 1-5) regarding the person's views about their own health in the last four weeks. It addresses general health and how health affects the person's physical activities and daily activities. It also addresses emotional issues and feelings and whether either physical or emotional health has interfered with social activities. The Short-Form correlates extremely well with the longer, 36 health survey and offers a good way to gauge physical and emotional health. Cultural differences can create potential challenges in regards to the interpretation of questions and, ultimately, answers. A heightened awareness by clinicians can increase the reliability of results.

The PGIS (Christine Robitschek, Ph.D) is a 9 question, self-report instrument that yields a single scale score for personal growth initiative. Personal growth initiative is a person's active and intentional involvement in changing and developing as a person. The PGIS consists of nine items that are rated on a Likert scale from 1 = Strongly Disagree to 6 = Strongly Agree. Item scores are summed to obtain a total PGIS score. There is evidence that high scores on the PGIS are strongly positively related to

psychological well-being and lower scores are related to psychological distress. Reliability and validity evidence has been strong. The PGIS takes about 5 minutes to complete, and there is no time limit. <http://www.ppc.sas.upenn.edu/ppquestionnaires.htm>

The Quality of Life Index, by Dr. W. O. Spitzer, has both a 5 topic self-rating scale and a 5 topic clinician scale, which allows clinicians to compare their impressions to a client's perception. The dimensions measure Activity, Daily Living, Health, Support, and Outlook. The clinician version measures from 0 - 2 with 0 indicating lower quality and 2 indicating higher quality of life. This instrument has been used in many studies and is considered a reliable and valid tool.

The COOP scales (The Dartmouth/Northern New England Primary Care Cooperative Information Project) was developed to create a system to measure health status in physicians' offices. One of the basic tenets of the charts is that the functioning of the person as a whole is more important than that of separate organ systems. You may have seen some of the graphic charts (e.g., the "face" charts to measure feelings). Other graphic charts measure daily activity levels, social activities, physical fitness, change in health, overall health, social support, and quality of life. These charts are widely used in studies and are found to have good reliability and high validity. They are rated as useful by high numbers of office staff and clients.

The editors believe this scale (or these scales) fit the content of this workbook well. These and other health measures can be found in McDowell, (2006).

## Suggestion for Topic Introduction and Relevance to Participants

(open as you think best to mark the occasion)

### Topic Assessment

1. B    2. C    3. A    4. A

T – topic introduction  
R – relevance to participant  
I – identify objectives  
M – materials for session  
M – motivate to use

## Review of Session 16: Aerobic Exercise



### Main Learning Points of Session 16

What were the main learning points of Session 16? If you did not attend the last session, you may guess, and also write the answers as people say them:

1. Many people continue to smoke in spite of the negative effects it can have on p\_\_\_\_\_l health.
2. Smoking tobacco may make it harder for m\_\_\_\_\_e to work.

### Take a Small Healthy Step Review:

What small healthy step did you choose to work on between sessions?

Did you complete your healthy step yet?

☐ 1. **Yes.** How did it go? \_\_\_\_\_

☐ 2. **No.** What got in the way of completing your practice?  
\_\_\_\_\_  
\_\_\_\_\_

If you still plan to complete your practice, when will you do it?  
\_\_\_\_\_  
\_\_\_\_\_

☐ 3. **I didn't choose a small healthy step.**

## Topic Assessment



Mark one: ☐ Pre ☐ Post

Your Score:  
+ \_\_\_\_ out of 4

### Directions:

1. Read each question carefully.
2. Read every answer before marking one.
3. Mark only one answer to each question.

Name: \_\_\_\_\_

Date: \_\_\_\_\_

### 1. We can't learn from any challenges we experience.

- A. True      B. False

### 2. Wellness and living a healthy lifestyle:

- A. Is an all-or-nothing decision.  
B. Just happens. You don't need to take action to make it happen.  
C. Is a process of taking small healthy steps.  
D. Is something you must make yourself do every day.

### 3. Getting and staying on the road to a healthy lifestyle is best achieved by a series of small healthy steps.

- A. True      B. False

### 4. When you choose your activity goals, it is best to start with:

- A. 1 or 2 goals  
B. 2 or 3 goals  
C. 3 or 4 goals  
D. 4 or 5 goals

### 5. I am confident that I can and will stay on a healthy path.

- |                          |                          |                               |                          |                          |                          |
|--------------------------|--------------------------|-------------------------------|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/>      | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Strongly<br>Disagree     | Disagree                 | Neither Agree<br>Nor Disagree | Agree                    | Strongly<br>Agree        | Unsure                   |

## Topic Assessment



### 6. This information is important for me to know.

- |                          |                          |                               |                          |                          |
|--------------------------|--------------------------|-------------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/>      | <input type="checkbox"/> | <input type="checkbox"/> |
| Strongly<br>Disagree     | Disagree                 | Neither Agree<br>Nor Disagree | Agree                    | Strongly<br>Agree        |

At the end of the session, answer these questions before turning in this paper:

### 7. This session helped me.

- |                          |                          |                               |                          |                          |
|--------------------------|--------------------------|-------------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/>      | <input type="checkbox"/> | <input type="checkbox"/> |
| Strongly<br>Disagree     | Disagree                 | Neither Agree<br>Nor Disagree | Agree                    | Strongly<br>Agree        |

### 8. What I liked about this session: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### 9. How this session could have been better for me: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Staying on the Road to a Healthier You

### Objective for this Session

Review the *Solutions for Wellness – Choosing Wellness: Physical Activity*.

You've been using the *Solutions for Wellness* program now for a while. Congratulations on a job well done! Below is some information and tips to help you stay on the road to a healthier you.

You have been armed with the right information, tools, and a team of people ready and willing to support your move toward a healthy lifestyle. Keep in mind that setbacks, or going back to your old ways, can be a natural part of the change process. Setbacks are often triggered by an unexpected event. Whatever the reason, people usually go through several cycles of setbacks and getting back on track.

Setbacks do not mean failure. The good news is that we can learn from every setback we experience. It is important to plan for them instead of resisting them.

#### Main Learning Point #1

**We can learn from every setback and challenge we experience.**

## Staying on the Road to a Healthier You (continued)



The greatest wealth is health. Invest in your wellness future by planning how to prevent and manage set-backs.

### Some Tips to Prevent and Manage Setbacks:

- ☐ 1. **Focus on one or two wellness goals at a time.** When you reach one goal and it has become part of your lifestyle, then start the next one.
- ☐ 2. **Be patient with yourself.** Change happens with “small healthy steps.” If one healthy step doesn't work for you, select another. Different steps work for different people.
- ☐ 3. **To be successful, think about a healthy lifestyle as a life-long process.** Make a commitment each morning to live healthy life one day at a time.
- ☐ 4. **Spend less time in front of the TV or computer.**
- ☐ 5. **Practice doing some form of physical activity, outside of your daily activities, at least 3 times a week.**
- ☐ 6. **Keep tempting foods out of sight and out of reach.**
- ☐ 7. **Sleep well.** Get a restful night's sleep on a regular basis.
- ☐ 8. **Watch your caffeine and sugar intake, especially before you go to bed.**
- ☐ 9. **Manage your stress.** Making time for physical activities can help you do this.
- ☐ 10. **See your primary care practitioner, dentist and eye doctor regularly.**
- ☐ 11. **If you run into barriers, speak to a friend, family member, treatment team member or someone else in your support network.**
- ☐ 12. **Other:** \_\_\_\_\_

Wellness and living a healthy lifestyle is not an “all or nothing” decision. It is a process and some days you will do better than others. If a day or two goes by where “there is a lot of room for improvement” in your wellness choices, it is important to take another look and not continue on this path for weeks at a time. The longer you do something, the more likely it is to become a habit.

## Staying on the Road to a Healthier You (continued)

This program encourages you to keep track of your progress and think about small healthy steps you can take every day to make better choices, such as moving more and eating healthier. You may choose to re-assess your fitness by taking your *Fitness Self-Assessment*, again, now or at a later time. This is a tool you are encouraged to use at different stages of your wellness journey.

### Main Learning Point #2

**Moving forward with a wellness and physical activity lifestyle is a process of taking small, healthy steps.**

If you realize one day that you are making unhealthy choices, decide right away to make healthier choices and to talk to someone in your support system who can help you.

### Main Learning Point #3

**You have the right tools and information to have a healthy lifestyle.**

## Review & Moving Forward



The *main learning points* of this session are:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### Take A “Small Healthy Step” to Ensure Your Success!

Since this is the last session, it is even *more* important to keep practicing the knowledge and skills you have gained. What will you do in the days and weeks to come to practice what you have learned? Please choose one healthy step from the list below:

- ☐ **1. STUDY.** I am going to reread my handout at least once.
- ☐ **2. SHARE.** I will share my handout with someone in my support system. I will ask \_\_\_\_\_ to read it and talk with me about it.
- ☐ **3. APPLY.** I will choose and apply one of the “Tips to Prevent and Manage Setbacks” to my healthy lifestyle.
- ☐ **4. OTHER** (Choose Your Own “Small Healthy Step”):

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**Congratulations for completing this workbook. Keep working on meeting your physical activity goals.**

# Certificate of Achievement

is presented to

for completion of

## Choosing Wellness: Physical Activity

Facilitator

Date

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## Tools for Success: Daily Physical Activity Tracker Remember, Honesty Counts!

Date	Time	Physical Activity (type and amount)	How long?	Mood Before	Mood After	Exertion (Rate 1 to 10) 1=not at all to 10=extremely strong
4/10/07 EXAMPLE	6 a.m. – 8 a.m. EXAMPLE	Walked my dog around the block	15 min	Irritable	Happy	3
	Morning (5 a.m. – 9 a.m.)					
	Mid/Late Morning (9 a.m. - 12 p.m.)					
	Early-Afternoon (12 p.m. - 2:30 p.m.)					
	Mid-Afternoon (2:30 p.m. - 5 p.m.)					
	Evening (5 p.m. - 8 p.m.)					
	Late Evening (8 p.m. - 12 p.m.)					
	Early Morning (12 p.m. - 5 a.m.)					
Daily Activity						

How did I do today? ☐ Great ☐ Good ☐ So-So ☐ There is a lot of Room for Improvement

What is the best physical activity choice I made today? \_\_\_\_\_

What is one thing I could have done to move more today? \_\_\_\_\_

My physical activity goal for tomorrow is: \_\_\_\_\_