

# **Network for a Healthy California African American Campaign**



**Walking on the Path  
to Better Health**



# Walking on a Path to Better Health



## Overview

- Teaches participants to view walking as a viable way to get their recommended level of physical activity at work or home.
- Demonstrates how to use safe walking techniques.
- Recommends walking as a way to get healthy while spending quality time with friends and family.



# Learning Objective 1:

- Identify at least three benefits of walking as a form of physical activity. Key benefits are to:
  - Improves cardio respiratory fitness
  - Improves circulation
  - Strengthens and tones leg muscles
  - It's fun and easy way to get at least 30 minutes of physical activity everyday.



## Learning Objective 2:

- Recall the physical activity recommendations.
  - **30** minutes of moderate-intensity physical activity every day to reduce the risk for chronic diseases.
  - **60** minutes of moderate – to vigorous-intensity physical activity most days of the week to keep your weight under control
  - **60-90** minutes of moderate-intensity physical activity every day if you lost weight and want to keep it off.



## Learning Objective 3:

- Apply the principles of exercise safety to physical activity. Some examples are:
  - Dressing appropriately
  - Stretching to warm-up your muscles
  - Drinking plenty of water
  - Always cool down



## Learning Objective 4:

- Use walking as a form of physical activity at work and at home. Some examples include:
  - Walking during breaks
  - Walking after dinner with family members



## Learning Objective 5:

- Recognize walking as a way to be physically active with friends and family members. Examples include:
  - Establishing or participating in a neighborhood walking club
  - Walking your dog with your children
  - Walking your children to school
  - Others?



# Learning Objective 6:

- Monitor their exertion during physical activity.
  - Use the “talk test”
    - With moderate intensity you should be able to talk without being out of breath
    - With vigorous intensity activity you should be able to say a few words without being out of breath
  - Participants self-monitor by asking themselves
    - How does it feel?
    - How warm am I?
    - What is my breathing like?





## Learning Objective 7:

- Name one new way to get family members to eat more fruits and vegetables. Examples include:
  - Eating fruit and vegetables as snacks
  - Preparing fruit smoothies
  - Adding vegetables to other meals (pasta dishes such as fettuccini alfredo with tomato, and tuna with shredded carrots)
  - Have children help shop for and prepare meals



# Preparation

- Review the lesson
- Find a safe site to do walking  
(indoor or outdoor)
- Photocopy handouts



# Conducting the Class

## Materials

- A watch that has a second hand
- A cell phone or quick access to a phone
- A safe walking route at a park, in a neighborhood, at a school, in a mall, or another easily accessible location
- Water (provide access to a water fountain or other water sources)
- A dry-erase board or large sheets of paper
- Markers



# Handouts

- The *Recommended Minutes of Physical Activity for Adults* handout (p. H - 6)
- The *Physical Activity Scoreboard* handout (p. H - 8)
- The *Physical Activity Pyramid* handout (p. H - 27)
- The *Let's Get Active* handout (p. H - 29)
- The *Physical Activity and Exercise Safety* handout (p. H - 30)
- The *Stretching Exercises* handout (p. H - 31)
- Pencils or pens



# Conducting the Class

## Warm-up Activity

- Distribute the *Recommended Minutes of Physical Activity for Adults* handout and review the information.
- Distribute the *Let's Get Active* handout
  - Ask participants to answer the questions and share their responses
  - Explain the health benefits of walking



# Conducting the Class

## Warm-up Activity

- Distribute the *Physical Activity and Exercise Safety* handout and review the information.
  - Engage participants in walking in place slowly for 3 to 5 minutes before heading out for the walk

# Conducting the Class



## The Walk

- Provide participants with directions or maps that cover the walking route.
- Ask participants to pair up
- Start the walk slowly, and gradually increase to a comfortable walking pace.
- Participants should monitor themselves during the walk according to the chart on the *Physical Activity and Exercise Safety* handout.
- Continue the walk for 15 to 20 minutes.
- Cool down by gradually returning to a slower pace for the last 2 to 3 minutes.
- Walk for a total of 30 minutes



# Conducting the Class

## Stretching

- Distribute the *Stretching Exercises* handout and review the information.
  - Engage participants in slow stretches such as
    - Side bends
    - Triceps Muscle Stretch
    - Shoulder Stretch





# Conducting the Class

- Distribute additional handouts
  - The *Physical Activity Scoreboard* handout
  - The *Physical Activity Pyramid* handout
- Encourage participants to meet their physical activity goals by taking 10-minute walks throughout the day.



# Key Messages

- Reiterate the health benefits of walking as a form of physical activity.
- Explain the 30-60-90 minute recommended levels of physical activity for adult health
- Describe the principles of exercise safety



# Key Messages

- Name two ways to add walking to your day at work and home
- List two places in the community where you can be physically active with friends and family
- Explain how to monitor exertion during physical activity
- Describe new ways family members can eat more fruits and vegetables.