

Network for a Healthy California African American Campaign



Be Active Your Way



Overview

This lesson gives participants the specific details about and suggestions for obtaining the recommended levels of physical activity for good health



Learning Objectives

- By the end of this presentation, participants should be able to:
 - Name at least 3 benefits of physical activity.
 - Recall the physical activity recommendations
 - Identify at least 3 ways to be physically active at home and work.
 - Create a plan using the PA pyramid and Scoreboard
 - Understand how frequency, intensity, type and time formula help improve physical activity levels.



Learning Objective 1

- Name at least 3 benefits of physical activity
 - Gives you more energy
 - Helps you get and keep a healthy body weight
 - Lowers stress and helps you relax
 - Lowers risk of type 2 diabetes, high blood pressure, heart disease, stroke, and certain types of cancer
 - Strength training helps improve your posture



Learning Objective 2

- Recall the physical activity recommendations
 - 30 minutes of moderate intensity physical activity every day to reduce the risk of chronic disease
 - 60 minutes of moderate to vigorous physical activity to keep your weight under control
 - 60 to 90 minutes of moderate intensity physical activity to keep off the weight you've lost
 - Children and teens need 60 minutes of moderate to vigorous intensity PA every day



Learning Objective 3

- Identify at least 3 ways to be physically active at home and work
 - Play with your kids
 - Dance at a quick pace
 - Work in the garden
 - Take PA breaks during meetings
 - Have walking meetings
 - Walk to work



Learning Objective 4

- Create a weekly physical activity plan using the PA pyramid and Scoreboard
 - Choose a goal
 - Choose favorite types of physical activity
 - Chart your progress



Learning Objective 5

- Understand how frequency, intensity, time and type formula help improve physical activity levels
 - *Frequency* – everyday is best
 - *Intensity* – individualized and relates to your body's physical reaction (heart beat, breathing, body temperature)
 - *Time* – at least 30 minutes and may be in increments
 - *Type* – variety is best to avoid boredom, stretching should be included



Materials and Handouts

- 5 Handouts
 - Recommended Minutes of Physical Activity for Adults (H-6)
 - Health Benefits of Physical Activity (H-7)
 - Physical Activity Scoreboard (H-8)
 - Keeping FITT (H-26)
 - Physical Activity Pyramid (H-27)
- Dry-erase board or large sheet of paper
- Markers



Preparation

- Review the lesson
- Make copies of the handouts
- Gather necessary materials



Conducting the Class

- Review the Recommended Minutes of Physical Activity of Adults handout
 - Participants would have already seen this handout from the previous lesson
- Review the different levels of intensity for physical activity



Conducting the Class

Ask participants describe health benefits of physical activity

- Write responses on dry-erase board or paper

Distribute *Health Benefits of Physical Activity* handout

- Reduce risk of coronary heart disease
- Reduce your risk of stroke
- Lowering your risk of high blood pressure
- Reducing your risk of developing colon cancer



Conducting the Class

Engage participants in discussion about physical activity they like to do

- Ask about types of physical activity they enjoy doing with friends, family
- Ask about types of physical activity done at home or work
- Write responses on dry-erase board or paper

Distribute Physical Activity Pyramid handout

- Review info
- Different benefits associated with different level intensity physical activity
- Engage class



Conducting the Class

Keeping FITT

- Review *Keeping FITT*
- Give examples of how to increasing frequency, intensity, time, and type of physical activity

Physical Activity Scoreboard

- Review *Physical Activity Scoreboard*
- Importance of social support
- Encourage use of scoreboard



Key Messages

- Help participants understand the benefits of physical activity.
- Make sure participants know the physical activity recommendations
- Emphasize the variety of ways to be physically active at home and work.
- Help participants create a plan using the PA pyramid and Scoreboard
- Understand how frequency, intensity, type and time formula help improve physical activity levels