

Session 19 Leader Guide:

Stay Active

Objectives

In this session, the participants will:

- Review ways to achieve the “sit less” goal by doing TABS and Super TABS.
- Be aware of their efforts to safely add TABS and Super TABS to their day.
- Make a plan to break up sitting time and complete TABS and Super TABS.
- Learn the benefits of good posture and how it supports a physically active lifestyle.
- Learn the risks of bad posture and how it could impact on their ability to achieve and maintain a physically active lifestyle.
- Describe and practice good standing posture.
- Describe and practice good sitting posture.
- Discuss ways to take a break from sitting that will ease the strain on muscles and joints.
- Learn and practice six desk stretches.
- Identify personal reasons for wanting to stay active.
- Identify barriers to physical activity and ways to overcome them.
- Discuss the importance of having social support for physical activity.
- Identify those who support their efforts to stay active and discuss how to get more of the support they need.

To Do Before the Session:

- If providing Food and Activity records, have a supply available for participants.
- Review Food and Activity records; add comments.
- Prepare Session 19 handout for participant notebooks.
- If collecting **Resistance Training Logs** and/or **Sit Less Trackers**; add comments.
- Print copies of the handout, **When You Reach Your Weight Goal** to review with participants, as they achieve their weight goals.
- Print copies of the **Group Lifestyle Balance Monthly Calendar**; have a supply available for participants.
- If providing **Resistance Training Logs**; have a supply available for participants.
- Given the array of self-monitoring tools provided, determine your protocol for review and feedback to the participants. Note: As session frequency decreases, the number of records returned at each session may increase.

Available in the DPP-GLB Providers Portal:

<https://www.diabetesprevention.pitt.edu/my/login.aspx>

- **GLB Resistance Training Log**
- **When You Reach Your Weight Goal** handout
- **Group Lifestyle Balance Monthly Calendar**
- **Guidelines for Reviewing Food and Activity Records**

*[Note: For those participants who have reached their goal weight, review with them the handout entitled **When You Reach Your Weight Goal**. This may be done before or after the group meeting.]*

Group Sharing Time (allow at least 5 minutes)

Let's take a few minutes to see how things went since our last meeting.

Overall, how did it go? What went well? What problems did you have? What could you do differently?

Were you able to apply what you learned at the last lesson to something in your life? If yes, how?

[Problem solve with the participants to address any barriers.]

[Praise all efforts to self-monitor and to change eating and activity behaviors. Be positive and nonjudgmental. Encourage group discussion.]

Sit Less Review (pages 1-2)

[Note: This is the final session with an activity/movement focus.]

Throughout GLB you have been asked to be aware of your total movement. You were gradually introduced to the components of a well-rounded activity plan that includes moderate intensity physical activity, strength training, sitting less and moving more. You have been working on achieving both your moderate activity and your sit less goals as important parts of your physically active lifestyle.

First, let's revisit the "sit less" activity goal.

[Review "Today, you will:"]

Please take out your **Sit Less Tracker** handout from last week or from Session 17. If you don't have it with you, please think about this past week.

[Review the directions for completing the chart on page 1. Encourage group discussion about what times of the day/week they are getting most of their TABS and Super TABS.]

[Discuss strategies participants have been using to add TABS and Super TABS to their day. Be sure to explore specific changes they have made in each of the areas listed.]

[Be sure to devote time to discussing the challenges participants are having with trying to sit less.]

[Review the definition of a "double-bonus". Emphasize that while reducing sitting alone can be good for your health, swapping sitting with moderate (or greater) intensity physical activity has been shown to be even more beneficial.]

[Give an example of a double bonus: If you replace sitting time with a moderate intensity physical activity (like brisk walking) for at least 10 minutes, you would get credit for sitting less (a Super TAB) and it would also count toward your weekly physical activity goal.]

Plan for a “Sit Less” Week (page 3)

[Review page 3. Emphasize the importance of having a plan.]

[If time permits, ask participants to complete their plan for the upcoming week. If you do not have time in class, encourage them to complete the chart at home.]

*Encourage participants to record TABS and Super TABS. One option is to use the **Sit Less Tracker** found on pages 14-15.]*

Good Posture Supports Your Physically Active Lifestyle (pages 4-5)

Now let’s talk about how good posture supports your physically active lifestyle and may prevent injury.

[Review the information on page 4 about good/bad posture and the role of healthy muscle and joints in maintaining good posture and fluid movement.]

How would you rate your posture: Consistently good or needs some work?

Good Posture, Good Movement (page 5)

A healthy back has three natural curves in balanced alignment. Please look at the pictures on page 5.

Let’s practice good standing posture.

[Ask participants to stand. Review the information on page 5 and ask the participants to correct their standing posture accordingly.]

Do you feel differently when your posture is correct? Do you think you look better? More confident? Do you notice that it is easier to breathe?

How much more of an effort was it for you to stand with good posture?

Good posture is important to help you stay active.

- On one hand, good posture supports your efforts to have a physically active lifestyle. It encourages healthy movement and may prevent injury. This can lead to a positive cycle of moving more.

- On the other hand, bad posture may discourage your efforts to move forward with a physically active lifestyle. This is because bad posture makes movement more difficult, less safe, and can cause muscles or joints to become stiff or sore. This can lead to a negative cycle of sitting more and moving less.

Good Sitting Posture (page 6)

[Ask participants to sit. Review the information on page 6.]

Let's practice good sitting posture. *[Ask participants to correct their sitting posture based on the information and the picture on page 6.]*

Do you notice a difference in how you feel when your sitting posture is correct?

How much more of an effort was it for you to sit with good posture?

Take a Break from Sitting/Desk Stretches (pages 7-9)

*[Review and discuss how to **Take a Break from Sitting**. Encourage discussion.]*

[Review the six different stretches. As you explain and demonstrate each stretch, ask participants to try it.]

Can you see yourself doing these desk stretches at home and/or at work? When are other times that you could do these stretches? *[Examples include on a plane, in your car when stuck in traffic, while watching a movie at home.]*

Why Do I Want to Stay Active? (page 10)

We have discussed all the different components of a well-rounded activity plan: moderately intense activity of at least 150 minutes per week, strength training 2-3 times per week, sitting less and moving more.

Reasons to stay active

Why do you stay active? *[Ask participants to jot down their answers on page 10. Ask participants to share their responses, if comfortable doing so.]*

Barriers and ways to cope with them

[Review and discuss the information in this section. You may want to give some examples of very busy people who still find time to be active.]

[Ask participants to complete the chart. Allow a few minutes for them to jot down their answers and then discuss.]

What are your biggest barriers/challenges to being active?

[After the group discussion, point out that the most common barriers to exercise that were reported by the group. Note: Typical barriers are lack of time, weather, feeling tired, and lack of motivation.]

What are some not-so-healthy responses? *[Examples: not doing any activity, spending more time sitting, eating more or making unhealthy food and beverage choices]*

What are some healthier responses; ways you have found to overcome these barriers?
[Examples:

- *Lack of time: walk in short bouts of 10-15 minutes, multi-task by walking in the treadmill while watching the evening news*
- *Weather: walk at the mall; use an exercise program on DVD, TV or computer; walk early in the day during the summer*
- *Feeling tired: be active earlier in the day; walk in short bouts*
- *Lack of motivation: find an exercise buddy; join an exercise class you enjoy; say to yourself that you can walk for 10-15 minutes and stop if you want]*

Social Support

[Review the information and encourage group discussion.]

To Do (page 11)

Turn to page 11 and let's focus on what you can do between now and the next session.

[Review and discuss. Encourage participants to take what they learned in today's group meeting and apply it. See if it helps them in their lifestyle change efforts.]

[Announce the day, time, and place for the next session.]

After the session:

- Weigh participants who did not do so prior to the group meeting.
- Complete data forms and documentation required in your setting.
- Follow your program's protocol for managing absences.
- Follow your program's protocol for reviewing and commenting on the various self-monitoring records.
- Review the self-monitoring records. Write brief comments. Be positive and nonjudgmental.
 - Praise all efforts to self-monitor and to change eating and activity behaviors.
 - Highlight any positive changes made that relate to the topic of the last session before the records were collected.
 - Refer to **Guidelines for Reviewing Food and Activity Records** available in the GLB Providers Portal.
- If collecting **Resistance Training Logs** and/or **Sit Less Trackers**, review them. Write brief comments. Be positive and encouraging.