

# Session 17 Leader Guide: Sit Less for Your Health

## Objectives

In this session, the participants will:

- Learn why it is important to be aware of their sitting time.
- Discuss why it is important to limit the amount of time spent sitting.
- Discuss suggestions for reducing the amount of time spend sitting.
- Describe how much time they currently spend sitting.
- Determine ways they will decrease and/or interrupt sitting in a typical day.
- Review and discuss ways to achieve the “sit less” goal by using TABS and Super TABS.
- Learn how to slowly and safely add TABS and Super TABS to their day.
- Make a plan to break up sitting time and complete TABS and Super TABS.

## To Do Before the Session:

- If providing Food and Activity records, have a supply available for participants.
- Prepare Session 17 handout for participant notebooks.
- Review Food and Activity records; add comments.
- If collecting Resistance Training Logs; add comments.
- Print copies of the handout, **When You Reach Your Weight Goal** to review with participants, if needed.
- If providing **Resistance Training Logs**; have a supply available for participants.

## Available in the GLB Providers Portal:

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

- **Guidelines for Reviewing Food and Activity Records**
- **GLB Resistance Training Log**
- **When You Reach Your Weight Goal Handout**

*[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.

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 for Your Health (pages 1-2)**

So far in GLB you have learned about

- planned activity and the importance of reaching and maintaining at least 150 minutes of moderately intense activity per week
- spontaneous activity and ways to add more movement to your day
- how to use a pedometer to be aware of your total movement during the day
- the importance of resistance training and the health benefits of adding 2-3 days per week of resistance exercises to your physical activity plan

Today we're going to talk about another way to increase your overall movement. This topic has more recently received a lot of attention from the world of public health, specifically, the amount of time we spend sitting.

*[Review pages 1 and 2 include the following:]*

Read the examples of Sam and Sadie. Notice that they have the same amount of moderate intensity activity but differ in the amount of light movement and sitting that they each do. Sam has more light movement and Sadie spends more time sitting.

Would you say that your typical day is more like Sam or Sadie's day?

### **Sitting is Becoming the New Normal (page 3)**

Do you agree with the comment that the amount of time each day that most people spend sitting has increased over time?

*[Review page 3 and include the following:]*

Review the graphic. Does it seem to you to be a pretty typical day? Notice how easily you can end up spending most of your day sitting.

Look at the graph again. When and how could this person add some movement so there is less sitting time in a day?

## **The Problem with Too Much Sitting (page 4)**

Current research evidence suggests that it is important to both reduce the amount of time you spend sitting as well as to break up longer periods of sitting.

*[Review page 4 and include the following:]*

**The Problems with Too Much Sitting:** Are you surprised by the relationship between TV watching and health? Total daily sitting and health?

### **How Much Sitting is Too Much?**

Although there is not currently a current solid public health recommendation for daily time spent sitting, it is very well known that you would benefit from sitting less. It is suggested that you limit your screen time to 2-3 hours per day and break up long bouts of sitting.

Can you see yourself limiting your screen time to less than 2-3 hours per day? How could you make this happen?

Let's talk a little more about breaking up long bouts of sitting. What are you typically doing when you have long bouts of sitting? What could you do to break it up?

## **Sitting Less (pages 5-6)**

Please take out your 7 Day Sitting Diary from the last session. Let's talk about the two questions listed at the top of page 5.

*[Review each question. Encourage group discussion.]*

Let's talk about the different areas of your life and which ones you tend to sit more in.

*[Review the grid in page 5. Encourage group discussion about ways to reduce total sitting during the day and ways to break up long periods of sitting within each of the four major areas. Discuss additional ideas on page 6.]*

## **Ways to Achieve the "Sit Less" Goal (pages 7)**

GLB has emphasized the importance of first being aware of your behavior, then making a plan for change, and then applying what you learned in the group meeting and following your plan. You have done this with your eating and activity behaviors. Now it's time to follow this same pattern with your sitting behaviors.

*[Review page 7.]*

Now let's talk about how you can "Sit Less" by doing TABS and Super TABS.

*[Discuss TABS and Super TABS clearly describing the difference between the two. Make sure that participants understand that these TABS and Super TABS are changes that would now be made to their normal day. Already existing breaks from sitting should not be counted as a TABS or Super TABS. Discuss how you can fit a double bonus into your day.]*

### **The GLB “Sit Less” Goal (page 8)**

*[Review page 8.]*

GLB has set the sit less goal to 5 TABS and 1 Super TABS each day.

*[Discuss the initial goal for getting started and the weekly goals increases.]*

*[Explain the **Sit Less Tracker** located on pages 10-11.]*

### **To Do (page 9)**

*[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.]*

*[Encourage participants to record their TABS and Super TABS in their **Sit Less Tracker**. They will turn it in at the next session for the coach to review.]*

*[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.
  - Refer to **Guidelines for Reviewing Food and Activity Records** available in the GLB Providers Portal.
- If collecting **Resistance Training Logs**, review them. Write brief comments. Be positive and encouraging.