

Session 4 Leader Guide: Move Those Muscles

Objectives

In this session, the participants will:

- Receive the Group Lifestyle Balance™ physical activity goal.
- Discuss the differences between planned and spontaneous/unstructured activity.
- Understand the need to obtain the approval of their health care provider before beginning this program (if required by your program).
- Recognize safety issues related to physical activity and when to stop exercising.
- Identify the many benefits of an active lifestyle.
- Consider time spent sitting and ways to sit less.
- Discuss the recommended gradual progression of this physical activity program.
- Identify other types of moderately intense aerobic activities equivalent to brisk walking that the participants may enjoy.
- Understand the importance of planning ahead for an active week.
- Learn different ways to find the time to be active.
- Understand techniques for safe exercising and stretching to prevent injury including warm up and cool down, staying in control and balance, and avoiding bouncing and holding one's breath.
- Review information on safe stretches to do at home, proper footwear, what to do for a musculoskeletal injury and how to prepare for exercising in hot/cold weather.
- Develop an activity plan for the next session.

To Do Before the Session:

- If providing Food and Activity books; one per participant.
- Review Food and Activity records from last session; add comments.
- Prepare Session 4 handout for participant notebook.
- (Optional) Collect information about local walking trails (with maps/addresses), parks, fitness centers, pools, and dance classes, etc. to distribute to your participants.
- (Optional) Make a plan for supervised activity sessions for your group if your organization is able to do so. This would require a modification to the letter to the health care provider.

If required by your program, make sure all participants have their physician's approval prior to beginning the activity portion of the program

Available in the GLB Providers Portal:

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

- **Guidelines for Reviewing Food and Activity Records**

Group Sharing Time (allow at least 5 minutes)

In the last session, we talked about healthy eating and the importance of planning ahead for healthy meals and snacks. We discussed MyPlate and how it can be used as a guide to building a healthy eating style. We also talked about how making shifts to healthier food and beverage choices can promote health and prevent disease now and in the future.

Let's take a few minutes to talk about your experiences this past week. *[Choose only a few of the following prompts to guide discussion.]*

- Overall, how did it go last week? What went well: What problems did you have? What could you do differently?
- What did you learn by self-monitoring? What did you learn about your overall eating pattern? What did you learn about your food choices?
- Were you surprised by the amount of calories and fat in some foods?
- Did you try to eat at regular meal times? How did it work for you?
- Did you experiment with a new eating pattern? Some people do best with 3 meals; other with 3 meals plus snacks. Have you found the pattern that works best for you?
- Were you aware of how long it takes you to eat a meal? Did you try any strategies to help you eat slowly so meals last about 20 minutes?
- Did you make any changes to better match the recommendations of the MyPlate model? How did it work for you?
- Did you make any changes to eat a healthier eating pattern?
- What changes did you make to “replace”, “limit”, or “include” certain foods in order to meet your calorie, fat, and health goals?
- Did you complete any of the “change I can make” you identified to help you shift to healthier food and beverage choices? How did it go?
- Did you rinse cooked ground beef? If so, please give us your feedback.
- Did anyone try the roasted vegetable recipe? If so, please give us your feedback.
- What problems did you have? How did you solve them?
- What change did you make in your eating pattern this past week that you are most proud of?
- How close did you come to your calorie and fat gram goal?
- Were you able to do something active this past week? What did you do? How did that go?

[Address and discuss barriers. Problem-solve barriers with the group.]

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

Note: The Leader's Guide for this session is written as if the participants have been relatively sedentary before this time. Use your judgment to adapt your presentation of the session for those participants who are already significantly active.

Session 4: Move Those Muscles (pages 1-2)

So far, you've focused on losing weight through healthy eating. Starting with this session, we will also begin to focus on the other key part of Group Lifestyle Balance™: achieving and maintaining an active lifestyle.

[Review the information on the top of page 1. Include the following information:]

What tasks do you do now that require less physical movement than years ago?

[Sample answers: There weren't elevators in every building. Cars were harder to come by as many people could not afford them. Many more people would walk to wherever they needed to go. They had no phone or only one phone and so they ran up or down the stairs to answer it.]

In general, our grandparents performed more movement and physical activity in their typical day than we do now. Activity was a big part of life in past generations. By contrast, most of us now have so many conveniences that our lives are almost guaranteed to be inactive unless we **consciously add movement and activity to our day.**

The overall goal of the activity portion of GLB is to help you find ways to add movement to your daily routine in ways that can be counted (planned) and as well as in ways that would be difficult to count (spontaneous/unstructured). At the end of the day it is the sum of the planned and spontaneous (or unstructured) physical activity that is important.

Let's talk about these two ways to Move Those Muscles: *[Review information in the box on page 1 and include the following:]*

1. Planned Activity.

This physical activity goal is in line with the recommendations of the major health organizations including the Surgeon General, The American College of Sports Medicine, and the Centers for Disease Control.

2. Spontaneous or Unstructured Activity consists of activity choices that we make during the day that are too brief to keep track of, but can make a difference in your total activity level.

[Ask participants to think back and answer the questions listed at the top of page 2. Ask participants to share their answers, if they are comfortable doing so.]

Now please think about your thoughts and feelings about what it is like to be active or inactive.

[Review and discuss the 4 questions in the box on page 2. Ask participants to share their answers, if they are comfortable doing so. Encourage discussions about what they might have to give up to be more active. These are all important points to consider.]

What a Bargain: The Many Benefits of an Active Lifestyle (page 3)

I want to be sure you understand why keeping up with your planned physical activity program is so very important.

Physical activity is one of the biggest “bargains” you can get. It has many rewards, some of which are listed on page 3.

[Review page 3. Include the following information:]

Many people report that they simply **feel good** when they're more active, and they really miss it if they've been active for a while and then stop or miss a few days.

Help you lose weight and keep it off. Research has shown that both diet and physical activity are important to lose weight and keep it off. Diet is the more important of the two for weight loss, whereas physical activity is a relatively more important predictor of successful weight maintenance. A good balance of the two is needed for a healthy lifestyle.

To summarize, physical activity may help you lose weight, be more fit, and feel better in general.

These are some of the many benefits of an active lifestyle. It's the gift that keeps giving.

Which of the benefits of physical activity listed on page 3 are the most important to you? *[Note: Ask participants to share their responses with the group, if they are comfortable doing so). Encourage a group discussion about the many important health benefits of physical activity.]*

Can you see why physical activity is one of the biggest “bargains” you can get?

What You Can Expect from the GLB Physical Activity Program (page 4)

What can you expect from the physical activity program in GLB?

Please be assured that you can succeed with this program. There are several keys to success: *[Refer to graphic on bottom of page 4 as you review the 6 key reasons this program can and will work. Include the following information:]*

- **Realistic starting point:** It does not matter about your current activity level. We will start at the beginning with you, wherever that may be, no matter how inactive, and help you to increase your activity level slowly, steadily, and safely.

- **Keep track:** Just like we asked that you keep track of your food intake, we will now ask you to track your physical activity. This is very important in helping you understand and improve upon your physical activity behavior.
- **Plan ahead:** Making plans to include activity in your week is also very important in reaching your activity goal.
- **Progression:** We'll talk more about progression in a few minutes.
- **SAFETY:** One of the most important keys to success is making sure that you are safe while being physically active. It is important to keep your health care provider informed about your progress in the program and changes you have made in activity, eating, and weight as he or she is very interested in your health and well-being. *[If required by your program, explain the physician's approval from and discuss the policy/procedures for your program.]*

There are some important issues to consider regarding your safety:

- As your GLB coach, I am not able to provide medical advice. I am NOT your health care provider and GLB does NOT replace your regular appointments with your health care provider.
- In all cases of illness, pain, or medication adjustment, you need to go to your health care provider.
- If you get sick, put your activity on hold until you are well again and your health care provider has given you the OK to start exercising again.
- If you feel pain (not muscle aches but pain), especially new pain, stop doing what you are doing and have it checked out by your health care provider.

Your Physical Activity Goal: Planned Activity (page 5)

Let's talk about the first way to Move Those Muscles and add movement back into your daily routine by developing a planned physical activity program that will work for you.

[Review the information on page 5. Include the following information:]

As discussed in Session 1, the Group Lifestyle Balance™ activity goal is to **reach and maintain a minimum of 2-1/2 hours (that's 150 minutes) of physical activity each week.**

[Review the 5 bullet points that describe the GLB physical activity goal. Include the following:]

- Choose forms of physical activity that are of moderate intensity, like brisk walking. You will not be asked to do anything extreme.
- This may sound like a lot right now, but you will work up to this goal slowly. For example, you might start by walking 10 minutes a day on 6 days a week and slowly build up to 25 minutes on 6 days a week. Starting slowly and spreading it out over the week is important so you don't get hurt and so you enjoy yourself.

- **Pick activities you LIKE.** The goal is for you to develop a lifelong habit of being active, so choose activities that you enjoy and ones that are also appropriate and feasible for you and your lifestyle.

A good example of this is when you encourage “active” family time. *[Ask participants to give name some examples of what they have done or could do with the family that is active such as a walking/hiking, biking, bowling, going to the pool, or playing miniature golf.]*

The bottom line is that in GLB you will be designing your own personal physical activity plan that will work for you.

For participants who want more information: Over time we will increase your Group Lifestyle Balance™ activity goal to 2-1/2 hours (150 minutes) of brisk activity per week. This goal is very similar to the national physical activity recommendations for adults. The Surgeon General’s Report on Physical Activity and Health recommends that American adults participate in moderately intense physical activity, such as brisk walking, for 30 minutes on most or all days of the week which is quite similar to the Group Lifestyle Balance™ physical activity goal.

Some participants may have their own personal goals. Some may already be very active. Some may wish to do less than 150 minutes of activity each week. Briefly address their concerns. Here are some examples of ways to address individual concerns:

- If the participant *wants to be less active* than the GLB goal: “We’ll work toward this goal slowly, one step at a time. It’s a safe and reasonable goal for you, and I’m very confident that you can do it.”
- If the participant *wants to be more active* than the program goal: “Let’s work toward this goal first. When you reach this goal, we’ll talk about going further.”

[Discuss the final question. Encourage group discussion.]

(Optional) In the Diabetes Prevention Program, supervised activity sessions were provided several times a week. These sessions were found to be helpful to many participants in reaching their activity goal. Offer them, if possible, at your location. If you are able to offer group activity sessions at your location, make certain that the activity sessions are appropriate for all. Announce this to your group and be sure to encourage all to participant. Describe the sessions and distribute a schedule and map as needed.

(Optional) Another helpful tip is to provide your participants with maps and addresses of walking trails, parks, fitness centers, pools, dance classes, etc., in your area. Distribute this information to your group.

Physical Activity Progression: Where should I start? (page 6)

As you know, the activity goal in this program is a minimum of 150 minutes per week. You will work up to this goal *slowly* to prevent injury and to establish a routine.

Let's talk about where you should start. *[Review information at the top of page 6. Make sure participants understand their activity goal for this coming week.]*

The box on page 6 shows an example of how to gradually and safely increase your minutes of physical activity. *[Review "How to progress" information outlined in the box. Make it clear to participants that the goal of the program is to build "time over intensity". This means that, until participants are regularly performing 150 minutes of moderate intensity activity, they should work on building up the **time**, before increasing the **intensity** of the sessions. For safety reasons, we do not recommend doing high intensity bouts of activity when beginning an activity program.]*

Types of Aerobic Activities *[Review the information and include the following:]*

Aerobic activities are the types of activity recommended in this program.

Most people choose to do **brisk walking**. It's easy to do and good for you. All you need is a good pair of shoes, and it can be done almost anywhere. (By "brisk" walking, we mean more than a stroll. **Walk fast enough to breathe heavier than usual and to note that you are working hard, but not so fast that you can't carry on a conversation or that you have trouble breathing.**)

Page 6 lists many other kinds of activity that are good, too. **What other activities might you like to do?** Circle the activities that you are interested in trying.

Discuss activities participants enjoy and **check whether these activities are similar to brisk walking**. Make the point that **how hard an activity is performed will have a big impact on whether it is similar to brisk walking** (e.g., the difference between swimming laps and simply moving slowly in the water).

It is very important to plan activities you **LIKE**. After all, the point is to make physical activity a regular part of your lifestyle, and that will never happen unless you enjoy the activities you do.

Please note that resistance training is not considered an aerobic activity but is highly recommended. This will be discussed in an upcoming session.

Plan for an Active Week (page 7)

Last week you were asked to be more aware of your physical activity. You were also asked to write down any physical activities you did during the week.

What is new this week is for you to start recording your minutes of physical activity. To help you reach your goal for physical activity each week, it is important to make a plan for a more active week. That will help you find time to be active.

Here are two different ways to plan your activity.

1. **Set aside one block of time for planned activity on most days.** Make being active a predictable part of your daily routine, like taking a shower may be a predictable part of your morning. Think of **when** you'll be active; not **if** you'll be active today.

If possible, use an example that is particularly relevant to the participants' lifestyles. For example, people who work in office jobs may want to experiment with holding group meetings where everyone stands for a period of time. Or, they may try conducting a meeting with just a few people while "walking and talking".

Some people can't find one big block of time in a day to be active. Either their schedules vary a lot from day to day, or they're so busy that there isn't a 20-30 minute period that's free on most days. For some people, this might be the case during certain seasons of the year, for example, during the fall when after-school schedules begin to get hectic for their kids. In these situations, it's usually easier to use a different approach.

So, another way to plan your activity is to split up the time into bouts of exercise that last at least 10 minutes.

2. **Set aside 2-3 smaller, blocks of time during the day to be active. These should last 10 minutes or longer.** For example, you might be able to take a 10-15 minute break every day at lunchtime and go for a brisk walk. Then later, take another 10-15 minute walk right after dinner. If you can figure out a third 10-15 bout somewhere in your day, you will have accumulated 30-45 minutes of activity throughout your day. Remember to write this activity and the minutes you were active in your Food and Activity Record.

Your **goal for between now and the next session** will be to get a total of at least **60 minutes of activity** per week. Think about your typical day. **When can you set aside 15 to 20 minutes to do an activity you like?** Are you a morning person? Or would you enjoy getting out for a walk during lunch? How about after dinner? *[Those who did more than 60 minutes of activity last week are asked to do the same amount of activity this week.]*

[Give participants time to complete the chart on page 7.]

Whether you are able to perform activity in one longer block of time or split it up into several times throughout the day, remember to record the activity in your Food and Activity record. Please record both the type of activity and the minutes you were active.

To stay healthy, you'll want to make being active a part of your regular routine so that you can establish it as a habit for a lifetime. Granted, being active takes time out of your day, but it is time well spent. Commit to finding the **time to be active**.

In contrast to planned activity, "**spontaneous or unstructured activity**" involves **making last minute, spontaneous, short-duration activity choices throughout the day**. It's hard to record this kind of activity, so **we aren't asking you to record it in your Food and Activity record**. But it's an important way to add movement in your day and it does make a difference.

An example of an **inactive choice** is when you shop, park your car as close as you can to the entrance to the store. An example of an **active choice** is to walk up the stairs rather than taking the elevator. This may only take a few minutes to do and would be annoying to keep track of, but every minute of activity has an impact on your overall health and adds up to a "more active you."

The Smart Way to be Active: Keep It Safe (pages 8-9)

Being active is usually quite safe. Injury due to a moderate activity program like the one recommended in GLB is not common. The best approach is prevention. Practice safe activity techniques that will help keep you safe and prevent injuries when being active.

5 key ways to keep it safe when being active: *[Review pages 8-9. Include the following information:]*

1. WARM-UP and COOL-DOWN before each activity session.
2. Be sure to KEEP IN CONTROL. Maintain stability.
3. Be sure to KEEP BALANCED. Work both sides of the body equally.
4. Remember to BREATHE. Do not hold your breath.
5. STRETCH. We'll talk more about stretching exercises as we review the handout.

[Review "Important Message from Your Coach" in the box on page 9. Include the following information:]

No Pain IS Gain: Always listen to your body. If you have sharp or intense pain during a particular movement, stop doing it.

Refer participants to the information in the “Resources” section: **Stretches and warm-up activities (pages 14-17), footwear information (page 18), handling an injury (page 19) and exercising in the heat and cold (pages 20-21).** On pages 22-23 is a chart that can be used to track minutes of activity each week for a year. That is optional, but many participants enjoy doing it.

Demonstrate a few of the stretches if possible. Refer to page 15, exercise 2 (Waist Bends) as an example in which the individual has introduced control to their movement. Again, **it’s very important not to intimidate the participants or make them worry that being active is unsafe. These are precautionary measures to reduce injuries.**

And please remember, GLB is not taking over any medical care of the participant. If a participant complains about any medical problem whatsoever, including injuries, the participant should be directed to his/her health care provider.

When to stop exercising (page 10)

Although being *physically active is usually* very safe, there are some times when you should stop exercising. Let’s review some of these times:

[Review the information on page 10. Include the following information:]

All of these signs and symptoms are important because they could be signs of something serious like a heart attack and should never be ignored.

Remember that all cases of chest pain and/or discomfort should be brought to the attention of your health care provider as soon as possible, especially if they come on with new activity or increased exertion.

Even if your symptoms go away, it is important to let your health care provider know about the incident as soon as possible.

Your Physical Activity Goal: Spontaneous/Unstructured Activity (page 11)

Now let’s talk about the second way to Move Those Muscles and add movement back into your daily routine by adding more spontaneous/unstructured activity.

Ask participants to name some examples of ways to add spontaneous/unstructured activity to their day. Encourage group discussion.

Examples include:

- Park your car further away from work or from the entrance to a shopping mall and grocery store.
- Get off the bus one stop early and walk the rest of the way.
- Walk down the hall to talk with a coworker instead of calling or emailing.
- Walk to a nearby store rather than driving.
- Do yard work rather than hiring someone else to do it.
- Take the stairs rather than an elevator.
- Go for a 2-minute walk during TV commercials (especially food commercials!).
- Do stretching exercises while watching TV.

[Review page 11. Include the following information:]

Decrease the time you spend sitting. There is increasing evidence that it's important not only to be active, but to shorten and break up periods of sitting.

The first important step is to be aware of how much time you spend sitting each day. Then you can start to find ways to sit less during the day and to break up long bouts of sitting. This will help to add more movement to your day and may benefit your health.

Many people say that they have no time to take a walk but yet, they make time to watch several hours of television in the evening. **Try cutting down some of your TV time and take a walk instead.**

At first, you may not see walking as a way to relax after a long day. But when you get used to it, you'll discover that walking is a great way to relax and unwind, and you may feel much more rested and refreshed than you would have had you spent that time sitting in front of the TV.

Look at the question at the bottom of the page. Can you think of some ways you could make an active choice or to decrease the time you spend sitting? *[Examples: Be active while you watch TV. Ride an exercise bike or walk on a treadmill. Encourage participants to share examples to list a few activities they are willing to try.]*

To Do (page 12)

Turn to page 12 and let's focus on **what you can do between now and the next session.**

[Review page 12 and include the following information. If required by your program, explain the physician's approval from and discuss the policy/procedures for your program.]

Ask participants to fill in the “Be active for ___ minutes” with “60 minutes” or the greater amount in the case they are already doing more than 60 minutes of activity.

For example, you could do 12 minutes of activity on 5 different days of the week. We'll gradually increase this over the coming months until you're up to 150 minutes per week.

- **Include a friend or family member if you would like.** Some people like to be active alone and enjoy this time to do something special for themselves. But many people find it helpful to be active with someone else. Is there anyone you would like to invite to walk with you?
- **Plan activities you LIKE to do. Follow your Activity Plan on page 7.** Warm up, cool down, and follow the guidelines for safe stretching. And **ALWAYS PRACTICE SAFE EXERCISE HABITS.**

If using the GLB Food and Activity book, show participants where they should record physical activity. Record the time of day they were active, the type of activity, and the number of minutes they were active.

You may also record the distance in miles that you are walking, if you want to do so.

Use one line for each time you're active, even if it's the same kind of activity. For example, if you take a walk at 8:00 in the morning and another one at 7:00 in the evening, write both down separately.

It's also important to **record only the amount of time you were actually *doing* the activity.** Don't include the time when you may have been taking a short break.

- For example: You walked for 10 minutes, then you ran into a friend and stopped to talk for 5 minutes, then walked 10 more minutes. How many minutes of activity should you record? *[Answer is 20 minutes of walking, not 25.]*
- Another example: If you were in the pool for 60 minutes but only swam laps for 10 of those minutes, how many minutes of activity should you record? *[Answer is 10 minutes of swimming.]*

Let's look at a few examples and discuss how you would record this activity:

- Strolling around the mall for an hour while shopping with a friend. *[Answer is 0 due to low intensity. However, it is a great choice for increasing overall movement rather than choosing a sitting activity.]*
- Doing light household chores (dust, vacuum, wash dishes) for 20 minutes. *[Answer is 0 since light intensity. Again, this is a great option for increasing overall movement rather than choosing a sitting activity.]*

[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.
- Review the self-monitoring records from the previous week. Write brief comments. Be positive and nonjudgmental.
 - Praise all efforts to self-monitor, change eating behaviors, and add activity.
 - Highlight any positive changes made that relate to the session topic of the week before the records were collected: using MyPlate recommendations, making shifts in food choices in order to use healthy fats and more fiber and less saturated fats, trans fat, sodium, and added sugars.
 - Refer to **Guidelines for Reviewing Food and Activity Records** available in the GLB Providers Portal.