

Session 5: Move Those Muscles.

The script for this session is written as if the participant has been relatively sedentary before this time. Use your judgment to change your presentation of the session for those participants who have already been fairly active.

Objectives:

In this session, the participant will:

- Receive the Lifestyle Balance activity goal.
- Discuss why the activity goal is important.
- Discuss current level of physical activity.
- Be encouraged to participate in community activity sessions.
- Identify other activities equivalent to brisk walking that the participant enjoys.
- Discuss the importance of wearing good shoes.
- Develop an activity plan for the coming week (for most participants, this will be a total for the week of 60 minutes of activity) that includes the Lifestyle Balance activity sessions and other moderate activities that the participant enjoys.

To Do Before the Session

Get materials ready:

- New Keeping Track book and last sessions book in which you've made comments.
- Pages for Session 5 participant notebook.
- Make handout of available community activity sessions including type activity, time, location, cost, etc.
- To record participant weight, Lifestyle Balance Update for each participant and or Group Session Update log begun at Session 1.
- Weigh the participant and graph weight.
- Optional participant handouts 'Beat the Heat' and 'Stay Warm in the Cold' as appropriate for your area, found at end participant handout Session 5: Move Those Muscles, p. 6-7.

Receive and review Keeping Track records. Discuss successes and difficulties in meeting the study goals. Review the last session, including home activities.

How did Keeping Track go last week? Did you "Rate Your Plate?" Did you make any changes during the week to better match the Food Pyramid? If yes, what were they?

What problems did you have? How did you solve them?

Review and comment on the participant's self-monitoring records. If the participant did not complete the "Rate Your Plate" form, complete the form for one or two days with the participant. Praise all improvements, no matter how small. Problem solve with the participant to address any barriers. Return last weeks KT book with comments at some time during Session 5.

Weigh the participant and graph.

Introduce the Lifestyle Balance activity goal.

So far you've focused on losing weight through healthy eating. This week and next week we'll focus on the other goal of the Lifestyle Balance program: being more active.

The Lifestyle Balance activity goal is to **do a total of 2-1/2 hours of physical activity each week.** This will burn about **700 calories per week.**

This may sound like a lot right now, but you will:

- **Pick activities you LIKE.** We want you to develop a lifelong habit of being active, so you'll want to choose activities that you enjoy and ones that are also convenient for you, that you can work into your life. We'll talk more about that in a minute.
- **Choose moderate kinds of activity,** like brisk walking. Nothing extreme.
- **Work up to this goal *slowly.***
It will take about 4 weeks to work up to a weekly total of 2-1/2 hours.
- **Spread the weekly total over 3 to 4 days (or more) per week.**
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.

For participants who want more information:

Over time we will increase your Lifestyle Balance activity goal to 2-1/2 hours of brisk activity per week. This goal is very similar to the most recent, national recommendations for physical activity. The Centers for Disease Control and the American College of Sports Medicine both recommend that Americans do moderate physical activity, such as brisk walking, for 30 minutes on most or all days of the week. That is just about identical to the Lifestyle Balance goal.

Assess participant's current level of activity.

Now, before we can make an activity plan for you, I need to know **how active you are now.**

The purpose of the following discussion is to get a general idea of how active the participant is and to get the participant talking about his or her personal preferences and experiences with physical activity. Record the participants answers on the work sheet, and make notations of pertinent details in the participant's progress notes so that you will be able to understand the situations (cues) that promote or derail a participant's physical activity. For example, if a participant has been able to walk regularly in the past, primarily by doing it at lunch with a co-worker, then this valuable piece of information can be highlighted from the start and the participant can be helped to arrange his/her environment accordingly.

- **Do you do any kind of regular physical activity that lasts at least 10-15 minutes?** (Examples: walk, ride a bike, play tennis, work out at a health club, etc.) Where do you do these activities? With whom?
- How many **times each week** do you do these activities? And when you do, **for how long are you usually active?**
- Have you done any **activities in the past** that you no longer do? Why did you stop? Have you thought about starting to do them again?

If the participant names one or more activities, use them as a starting point when planning for next week.

- **What do you like or dislike about being active or being inactive?** (Record.)

Provide the rationale for the activity goal.

I want to be sure you understand why being more active is so important. **Being more active will:**

- **Help you feel and look better.**
Being active can:
 - Improve your mood,
 - Counter depression and anxiety,
 - Give you more energy,
 - Help reduce stress,
 - Be a way to meet new friends,
 - Help you sleep better,

- Improve your self-esteem (help you to feel better about yourself in general),
 - Improve your muscle tone and body measurements.
- 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.
- Regular physical activity will **make you more physically fit**. It will:
 - Strengthen your heart, lungs, bones and muscles,
 - Make your joints more flexible,
 - Reduce back pain and injuries,
 - Make it easier for you to do your daily work, like climbing stairs and carrying groceries,
 - Make it easier for you to play with your children or grandchildren.
 - **Help you lose weight and keep it off.** Research has shown that the best way to lose weight is to eat a healthy diet **and** be more active. A combination of both is also the best way to keep weight off.
 - In addition to helping you lose weight, be more fit, and feel better in general,
 - Physical activity will **lower your risk for heart disease, some kinds of cancer, and may help prevent diabetes.**
Being more active:
 - Raises HDL cholesterol (the good cholesterol),
 - Lowers triglycerides, and
 - Lowers blood pressure. All of these help reduce the risk of heart disease.
 - Being more active also lowers blood sugar by making the body more sensitive to insulin. This reduces the risk of diabetes.

Review the handout you developed on available community activity sessions.

It's not easy to start being more active. We are here to help.

List other activities that the participant enjoys that can be counted toward the activity goal.

- It will also help if you **plan activities you LIKE to do.**

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.

We suggest **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 consider that you are working hard, but not so fast that you can't carry on a conversation or have trouble breathing.**)

Many other kinds of activity are good, too. **What other activities might you like to do?**

Write on the work sheet **only the activities the participant should count toward the activity goal**, that is, those that are equivalent to brisk walking, as indicated in the Lifestyle Intervention Manual of Operations. Don't review the list of activities in the Manual of Operations with participants, but use it as your own reference only.

From time to time, the activities you like may change. Just let me know, and we can make changes to this list.

Discuss the importance of wearing good shoes.

- Also, **wear a good pair of shoes**. This is important to protect you from injury and keep you comfortable. Be sure they fit well and give you good traction.

If the participant complains of frequent soreness at any time during the program, consult the exercise specialist or physician on staff.

Develop an activity plan for the coming week.

Now let's make a **plan for next week**.

- During the week I want you to **be active for** _____ .

Fill in the blank on the work sheet with the total number of minutes of activity per week (for most participants, this should be **60 minutes**). See chart at end of Coach's Script for a complete summary of the Physical Activity goals at each session through Lifestyle Balance.

For example, you could do xx minutes of activity on 3 different days of the week. We'll gradually increase this over the next three weeks until you're up to 2 ½ hours of new activity per week.

- **Include a friend or family member if you would like.** Some people like to be active alone, as a 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?
- **Include the Lifestyle Balance activity sessions.**
- And remember to **plan activities you LIKE to do.**

Okay. Let's write down the activities you will do on which days of the week. How many minutes will you do them? It should be for **at least 10 minutes.**

- Also, **keep track of your physical activity, weight and eating every day.** Use your Keeping Track books. Keeping track will help us both to know how you are doing from week to week.

Write down what the activity was and how long you did it. Also, if you're walking and know the distance in miles, write that down too if you want to. 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.** By that I mean don't include the time when you may have been taking a short break. For example, if you went for a walk and after 10 minutes you ran into a friend and stopped to talk for 5 minutes before walking for 10 more minutes, you should only write down 20 minutes of walking, not 25 minutes. The same is true for when you go swimming. If you are in the water for 60 minutes but only swim laps for 10 of those minutes, then you were only active for 10 minutes and that is what you should write in your Keeping Track.

“Bring in (or wear) the shoes you might wear when you’re active. We’ll look at them together at the next session and see how they fit and how much support they give you.”

Any questions?

Collect completed Keeping Track book from last session and review and make comments in the Keeping Track book before the next session.

Sequence of Session Topics and DPP Physical Activity Goals

Topic		
	Session	Activity Goal
Welcome to the Lifestyle Balance Program	1	NA
Be a Fat Detective	2	NA
Three Ways to Eat Less Fat	3	NA
Healthy Eating	4	NA
Move Those Muscles	5	60 minutes
Being Active: A Way of Life	6	90 minutes
Tip the Calorie Balance	7	120 minutes
Take Charge of What's Around You	8	150 minutes
Sessions 9-16	9-16	150 minutes