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## NE LESSON GD-000-06

### *Fit Families: Effortless Exercise*

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#### LESSON DESCRIPTION

In this video and activity lesson, class participants will learn strategies for incorporating physical activity into their daily routines, and identify activities that their family members can do together.

#### OBJECTIVES

After attending this class, participants will be able to:

- plan a specific way to fit at least 30 minutes of physical activity into their daily routines.
- list two physical activities they plan to do with their family in the coming month.

#### MATERIALS NEEDED

- Television
- DVD Player
- DVD: *Fit Families*, stock no. DV0007 produced by DSHS
- Pens or Pencils for everyone in the class
- Handout (included in this lesson), titled: "Add 30 minutes of Effortless Exercise to Your Day"
- Optional: CD or tape player to play music (for the activity on page 5)

#### NOTE TO THE INSTRUCTOR

Please read through this lesson at least once before presenting it for the first time. This lesson includes 2 different physical activity ideas. Incorporate at least 1 of the 2 ideas into your class.

#### Note About New Lesson Survey Forms:

The first few times a new lesson is presented, staff and participants need to complete the survey forms attached at the end of this lesson. Please note that the staff survey form is different from the participant survey form. Please send in 30 participant surveys need to be completed. Please mail completed new lesson surveys to:

Delores Preece  
Texas Department of State Health Services  
Nutrition Services Section  
1100 W. 49<sup>th</sup> St  
Austin, TX 78756

## ICEBREAKER

Introduce yourself and say something like:

- **What are some daily activities that your grandparents or great grandparents used to do to be physically active?** (Give an example like walking to the store or farming and wait for participants to respond/raise hands.)
- **When our grandparents grew up physical activity was included as part of their daily life. Today we have machines like cars, TV, computers and video games that make it easy not to get as much physical activity. This means we need to make a conscious effort to incorporate physical activity into our daily lives.**

## VIDEO INTRODUCTION

Then say something like:

- **Today we're going to watch a video called, *Effortless Exercise* that focuses on easy ways to incorporate physical activity into your daily routine. While you watch the video, think about your own daily routine and how you can include some of the activities that the video mentions. Or maybe you'll come up with your own ideas. Be ready to share your ideas after we watch the video.**

### Activity Idea 1:

Note to the instructor: You must include this activity or Activity 2 at the end of the lesson.

- Have the participants march in place or twist from side to side or another similar activity while they watch the video. Inform the participants that if they feel lightheaded, dizzy, or weak, to stop. At the beginning of the group discussion you can tell them that they've already completed 5 minutes of physical activity.

Show the video.

## VIDEO DISCUSSION/ACTIVITIES

### Discussion:

- Say something like: **I think the video offered some really great tips, don't you? And the 10-10-10 idea is a key concept. Can someone tell the group what "10-10-10" idea is all about?** (Encourage participants to offer input.)
- **That's right. The video explained that short bursts of movement have many of the same benefits as longer ones. So you don't have to work out for 30 minutes all at once. Instead you can fit in 10 minutes here, 10 minutes there and 10 more minutes somewhere else.**

We all have different challenges when it comes to incorporating physical activity. For example, some of us may spend most of the day sitting at the office and we need to find a way to incorporate some activity while we're there; others of us may stay at home with the kids and need to find a way to incorporate more activity at home.

Pass out handout and pencils and say something like: This is a handout that you can use as we go through the rest of the class.

Point out the 10-10-10 box on the left side of the handout and say something like: The handout highlights some of the ideas that were covered in the video. But don't limit yourself to what's on this list. There are lots of things you can do to add physical activity to your daily routine. Does anyone have any different ideas that weren't mentioned in the video? If needed, prompt the participants to add other ideas, such as:

- Walk around inside the house or in the back yard while you're talking on a cordless phone or cell phone.
- When you visit with a friend, don't just sit in the kitchen and talk (and eat). Instead, go outside and walk and talk together!

When you have to be somewhere at a certain time (like a doctor's appointment, or to pick up the kids at school, etc.), plan to arrive 15 minutes early and use the extra time to walk, provided it's a safe area.

While your kids play on the jungle gym at the park, walk or jog in circles around the play area (or stretch, jump rope, etc.)

Walk around inside a mall (if it's easy for you to get to a mall and if you can resist stopping at the food court). Some malls open early just for walkers.

Try the "Walk Before You Shop" approach in your favorite grocery store or discount store. How it works: before you start your shopping, walk through the entire store once, going up and down every aisle at a good pace. Just don't start shopping until you're done with your walking!

Check out different exercise videos from the library or find an exercise show on public television.

Explore activities you've never tried before, like Yoga or Tai Chi.

Play video games with a dance pad.

Form a walking group with other moms.

Walk with the baby in a stroller.

Walk around your house. When you put the laundry away, start out as far as possible from the bedrooms. Then put on some good music, and put the clothes away one item at a time, walking or dancing back and forth each time!

Worksheet Activity:

Say something like: **Remember that everyone in the family needs exercise everyday- your kids, your spouse, and even the dog. So one of the best strategies is to do activities together. Not only is it good for you, it's a great excuse to play and have fun just like when you were a kid. The handout lists some of the family fitness ideas that the video mentioned.**

**Please take a minute to write down at least two activities you could do with your family (show spaces on worksheet). By writing down your plans, you'll be more likely to follow through with them.** Allow participants a minute to fill in the blanks.

**Discussion Activity (with partners):**

**Now we're going to pair up and help each other figure out ways to fit physical activity into our daily routines. By the end of the class today, each of you should have a plan for fitting in at least 30 minutes of activity into tomorrow's routine.**

**Specifically, I want you to get with a partner and then describe to that person what your plan or schedule is for tomorrow. As you describe your major activities for the day, I want you to identify times you can fit in physical activity. It can be short blocks of time, like 10 minutes, or you may prefer to do one or two longer sessions. For example is there a time in-between when you wake up and when you go to work that you could fit in 10 minutes or more of physical activity? Try to find a total of 30 minutes during the day. Also, try to include a family activity if that works in with tomorrow's schedule.**

**If you're the person who is listening, be sure to offer suggestions to your partner on ways they can fit in some physical activity.**

**Everyone find a partner and introduce yourselves to one another. (Wait for participants to find partners and get situated.) I'll give you a few minutes to think and talk about tomorrow's activities and then we'll switch.**

Give both participants about five minutes or so to discuss their day; allow about ten minutes for the whole activity.

After both partners have had time to share, get everyone's attention and then ask several participants to share a few ideas with the whole group. They can share ideas for activities that their partners plan to do or activities they plan to do themselves.

Then say something like: **Planning the next day's activities is a great thing to do on your own. Each evening, consider what the following day has in store for you, and mentally plan ways to fit in some physical activities. Remember everyone needs at least some physical activity everyday.**

## WRAP-UP/EVALUATION

Summarize the class by saying something like: Today we talked about ways to add physical activity to your daily life. I'd like you to write down the activities that you plan to do tomorrow and estimate a length of time you'll spend on each activity. And then when tomorrow gets here, just do it!

Activity idea 2(5 Minutes of Physical Activity):

Note to the instructor: You must include this activity or Activity 2 at the end of the lesson.

Say something like: Lastly, we're going to take a few minutes and see how easy it is to get our hearts pumping with a little physical activity!" This is something you could do while you talk on the phone or watch TV. If you feel lightheaded, dizzy, or weak, please stop. Then turn on some music and have participants lift their feet up and down while sitting in chairs (chair marching) or have them stand up and march in place. Then guide them as you add some simple arm movements like arm circles, arms up, arms to the side, or jumping jack arm movements. Or get music for something like the "Hokey Pokey." About five minutes of this kind of activity would probably be plenty to get everyone's heart pumping and show them how they feel after just a few minutes of physical activity. Congratulations, you just completed 5 minutes of physical activity.

Thank participants for coming to the class.

# Add 30 minutes of “Effortless Exercise” to Your Day!

## Try “10-10-10”

Short bursts of movements offer the same benefits as longer ones. So when you can't work out for 30 minutes, try doing three 10-minute blocks of activity during the day. Here are some ideas:

- **Park farther away** than usual.
- **Use the stairs** instead of the elevator.
- **Grab a co-worker and go for a quick stroll** during your lunch break.
- **Instead of a coffee break**, take a brisk walk around the building or hallways.
- **Exercise while watching TV** - jog in place, stretch, do sit-ups, whatever!
- **Turn on some music and dance**, either alone or with your favorite dance partners - like your kids!
- **Do housework to get your heart pumping.** Mopping, scrubbing, raking leaves and sweeping are all great.

## Fun Family Fitness

Focus on the activities the whole family enjoys doing. That way, everyone increases their activity level and cuts back on TV time. Try some of these ideas, or come up with your own:

- Go skating or skateboarding
- Ride bikes and tricycles
- Fly a kite
- Toss a Frisbee
- Go for a swim
- Jump rope
- Play tag
- Race each other
- Walk the dog
- Hike a nature trail
- Turn off the TV, the video games, and the computer and get outside!

Write down at least two activities you plan to do with your kids and/or other family sometime during the next two weeks.

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_

## Write down your plan to fit 30 minutes of physical activity into your day tomorrow:

Activity: \_\_\_\_\_ # of minutes: \_\_\_\_\_

Activity: \_\_\_\_\_ # of minutes: \_\_\_\_\_

Activity: \_\_\_\_\_ # of minutes: \_\_\_\_\_

**NE LESSON CODE GD-000-06**  
***Fit Families: Effortless Exercise***  
**Staff Survey**

LA# \_\_\_\_\_

Date \_\_\_\_\_

1. **Was the lesson easy to read and follow?**

Yes  No

2. **Did you like the video included with this lesson?**

Yes  No

3. **Did you like the activity included with this lesson?**

Yes  No

4. **What did you like best about this class?** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

5. **What would make the class better?** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

6. **How well did participants respond to the class? Participation was (check one)**

Good  Negative  Indifferent

7. **Do you plan to use this lesson again?**

Yes  No

**Comments:** \_\_\_\_\_

\_\_\_\_\_

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Austin, TX 78756

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***Fit Families: Effortless Exercise / Ejercicio sin esfuerzo***  
**Participant Survey**

LA# \_\_\_\_\_

Date \_\_\_\_\_

**1. My ethnic group is:**

- |   |  |
|---|--|
| <input type="checkbox"/> White            | <input type="checkbox"/> Asian           |
| <input type="checkbox"/> Hispanic         | <input type="checkbox"/> Native American |
| <input type="checkbox"/> African American | <input type="checkbox"/> Other           |

**2. How much did you like this class?**

- A lot  
 A little  
 Not at all

**3. What changes do you plan to make to your family's activity habits and your activity habits?**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**4. What is the most useful thing you learned from the class today?**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**5. What would make this class better for you?**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**6. Comments:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

***Thank you for your answers!***