

PN-000-08, CCNE: Get Your Groove On Mama!

A client-centered approach to nutrition education uses methods like group discussions and hands-on activities to engage participants in learning. This outline starts with a **Snapshot of the Session**, and then includes two steps:

Step 1: Planning the Nutrition Education Session - The first section prompts the nutrition educator to think about the learning objectives, materials, and preparation necessary to carry out the session.

Step 2: Session Outline - The second section outlines the key parts of the session. The nutrition educator will use this outline to lead the session.

Snapshot of Group Session:

Lesson title: CCNE – Get Your Groove On Mama!

Developed by: Texas WIC State Office

Date Developed: 2/2010

Approved by: State WIC NE Staff

NE Code: PN-000-08

Class Description: This class is designed to motivate postpartum women to be more physically active, help them overcome barriers to activity, and acquaint participants with the take-home video, *“Get Your Groove On Mama!”*

Participants: Postpartum Women

Type of Learning Activities: Physical activity, video, discussion

Step 1: Planning the Session – Get Your Groove On Mama!

Item	Notes for Planning the Session
<p>Learning Objective(s) – <i>What will the clients gain from the class?</i></p>	<p>By the end of the session, participants will:</p> <ul style="list-style-type: none"> • name two ways they plan to include physical activity in their routine during the next week. • participate in at least 2 minutes of the 10-minute workout from the take-home DVD, “Get Your Groove On Mama!”
<p>Key Content Points – <i>What key information do the learners need to know to achieve the learning objective(s)? Aim for three main points.</i></p>	<ol style="list-style-type: none"> 1. By taking care of yourself, you’ll be more prepared to care for your baby, plus you’ll feel better about yourself. Physical activity is a key part of taking care of yourself. 2. Physical activity doesn’t have to mean jogging, swimming, or going to the gym. There are lots of ways to move your body and be active, and they all count as part of an active lifestyle. 3. There are many challenges or barriers to being more physically active, but it’s possible to work around these concerns. The take-home video, “Get your Groove On, Mama!” is a great option for many women.
<p>Materials – <i>List what you will need for the session (i.e. visual aids, handouts, activity supplies). Attach supplemental materials.</i></p>	<ul style="list-style-type: none"> • This lesson guide. • “Barrier Busters Chart” (included with this lesson). • Take-home DVD, “Get Your Groove On Mama!” Stock number DV0421
<p>Resources – <i>Review current information. Sources may include WIC resources or reliable internet sites like WIC Works.</i></p>	<p>Read and become familiar with the “Barrier Busters Chart.” The group discussion should include some barriers and tips listed in this chart.</p> <p>Watch and become familiar with the “Get Your Groove on Mama” DVD and the 10-minute workout session on the DVD. The WIC instructor should perform the workout along with class participants.</p> <p>Suggested reading: Section 3 of the “Texas WIC Postpartum Nutrition Module” titled “Encouraging Positive Health Behaviors.” Available at http://www.dshs.state.tx.us/wichd/WICCatalog/StaffTrainGFX/13-42PostpartumNutMod0703lores.pdf</p>

<p>Class Flow & Set Up – <i>Consider the flow of the session & room set-up. Make note of any additional preparation that may be needed.</i></p>	<p>Arrange the room to encourage as much interaction as possible. Suggestions include placing chairs in a circle or half circle.</p> <p>When it's time to watch the DVD, make sure there is plenty of open space and enough room for participants to perform the 10-minute workout. Some people may be reluctant to participate, so it's important to participate yourself. Have fun with it and get your groove on!</p> <p>If you are short on space, modify the moves so they can be done standing in place or sitting down.</p> <p>If participants are not wearing appropriate shoes, they can perform the workout in socks or bare feet, so make sure the floor is clean and safe.</p>
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Step 2: Session Outline

Item	Notes for Conducting the Session
<p>Introduction: <i>Create a respectful and accepting learning environment by doing several of the following: Welcome participants, introduce yourself, review agenda, explore ground rules, make announcements, hand out name tags.</i></p>	<p>Welcome participants and explain that after a group discussion, they will watch a video that will get them moving and dancing. If needed, show participants the area of the room that you would like to keep clear.</p>
<p>Icebreaker: <i>Anchor the topic to the participants' lives. Use a question or activity likely to bring out positive but brief comments; can be done as a group or partners.</i></p>	<p>Say something like: I know you all spend a lot of time taking care of your baby, so today let's talk about taking care of YOU. What do you do on a regular basis to take care of yourself? Possible answers include:</p> <ul style="list-style-type: none"> • I take a nap whenever the baby takes a nap. • I take a bubble bath once a week. • I like to read mystery novels. • I get my hair or nails done. • Take vitamins with folic acid. • Eat fruits and vegetables. • Take a walk. <p>By taking care of yourself, both mentally and physically, you'll have more energy, patience and attention to give to your baby, plus you'll feel good about yourself. Today we are going to talk about physical activity and at the end of the class I'm going to new fitness DVD from WIC called "Get Your</p>

Item	Notes for Conducting the Session
	Groove On Mama!" to help you be more active.
<p><i>Activities: For each learning activity, list instructions and include three to five open-ended discussion questions. Keep in mind that activities should enable participants to meet the learning objectives.</i></p>	<p>ACTIVITY #1 - DISCUSS IMPORTANCE OF PHYSICAL ACTIVITY AND TYPES OF ACTIVITY. Possible questions include:</p> <p>“What are some of the benefits of physical activity?” Possible answers:</p> <ul style="list-style-type: none"> • It burns calories and helps you lose weight; • It’s good for your heart and blood pressure • It helps you to be more flexible • It helps tone and strengthen your muscles • It helps you feel better about yourself. • It helps give you energy. <p>“What have you heard about guidelines for the amount of physical activity you should do?” Your goal should be to try to get in 30 minutes of physical activity on all or most days.</p> <p>“How many of you are doing some sort of regular physical activity? Tell me about your physical activity.”</p> <p>“Do you have your baby with you when you’re active?”</p> <p>“How many times a week do you do this?”</p> <p>“Do you walk/bike/dance, etc. with friends or other family members?”</p> <p>ACTIVITY #2 - DISCUSS BARRIERS TO BEING PHYSICALLY ACTIVE</p> <p>“How many of you want to be more active, but have a hard time making it happen?”</p> <p>“What are some of the things that keep you from being more active?”</p> <p>As participants describe various challenges, ask how other people in the group have dealt with similar barriers. Use the “Barrier Busters” chart (included with this lesson) to add to and guide the discussion. Discuss at least two barriers.</p> <p>ACTIVITY #3 – INTRODUCE AND PARTICIPATE IN THE 10-MIN. WORKOUT SESSION FROM “Get Your Groove On Mama!” Depending on the class and your agency needs, you can do the entire 10-minute workout or just a few minutes, or just show participants the options available on the DVD.</p> <p>Introduce DVD by saying something like: “Texas WIC has a brand new DVD</p>

Item	Notes for Conducting the Session
	<p>just for you, called ‘Get Your Groove On Mama!’ It has 4 different segments: a 10-minute workout, a 20-minute workout, a 30-minute workout and a yoga segment. Like you, all the women in the video have babies and their babies actually join them during the longer segment of the video. Each of you will get a copy of the DVD to take home and keep (Pass out DVD).”</p> <p>“Now let’s do the 10-minute workout from the DVD! I know it may feel a little awkward at first, but after a few minutes, you’ll be focused on following the workout. Also, I’ll be doing it with you. This is a simple, low-impact workout, but it’s still enough to get your heart rate up. If anyone has any medical reason for not joining in, please sit and watch so you’ll know what the DVD is like once you are able to be more active. If you aren’t wearing comfortable shoes, you can take your shoes off and follow along!”</p> <p>During the video, make positive comments like: Way to go! Keep it up!</p> <p>After the cool-down portion of the video, remind participants to drink some water before they leave the clinic.</p> <p>VIDEO WRAP-UP - Ask something like:</p> <p>How many of you think you’ll use this DVD at home this week? Raise your hand. Which segment(s) will you use? (the 10, 20, 30 minute or yoga segments)?</p>
<p>Review and Evaluations: <i>Invite participants to summarize the key points and share how they will use what they learned in the future. List a question/activity to prompt this. Consider listing community resources for clients who want to learn more.</i></p>	<p>Today we talked about physical activity and a lot of challenges to being physically active. What are some of the ways you plan to add more activity to your daily routine? Or what are two types of physical activity you plan to do during the next week?</p> <p>Community Resource (optional): Find out about city recreational programs, YMCA programs and other programs available in your area. Ask about programs especially geared toward women with babies. Provide contact information to participants.</p>
<p>Personal Review of Session (afterward): <i>Take a few moments to evaluate the class. What will you change?</i></p>	<p><i>What went well?</i></p> <p><i>What did not go as well?</i></p> <p><i>What will you do the same way the next time you give this class?</i></p>
<p>Supplemental Information</p>	<p>See Barrier Busters Chart (included with this lesson)</p>

“Barrier Busters” (Supplement for Group Class)

This chart lists reasons why some moms aren’t as active as they would like to be.
Discuss at least two barriers and tips for overcoming them.

Barrier	Tips for Busting Barriers
<p>“I don’t have enough energy.”</p>	<p>It <i>can be</i> hard to get started when you just feel like flopping down on the couch. But once you are more active, you’ll sleep better, feel better, and have a more positive attitude about yourself.</p> <ul style="list-style-type: none"> • So just do it! Stop saying “I’ll start next week.” • Be active early in the day, when you have more energy.
<p>“I don’t have enough time!”</p>	<p>Finding time is hard, since taking care of your baby is your main focus. But you need to make time for YOU! Find out how you use your time each day, and see how you can free up 20-30 minutes. Tips:</p> <ul style="list-style-type: none"> • Find ways your family can help with daily chores. Ask someone to watch the baby while your exercise. • Be active <u>early</u> in the day so your plans don’t get squeezed out by other things later on. • Do small activities - use the stairs; walk to the store. • Do sit-ups, jumping jacks or walk or run in place while you watch TV. Or skip the TV show and work out with a DVD like “<i>Get Your Groove on, Mama!</i>” • Instead of sitting down and talking on the phone, walk with your friend and talk to each other in person! • Make a weekly “exercise date” with a friend. You’ll be less likely to cancel if you’ve made plans with someone.
<p>“I don’t have someone to watch my kids”</p>	<ul style="list-style-type: none"> • So be active <u>with</u> your kids: Take your baby in a stroller when you walk or ride bikes with your kids • Walk laps around the playscape while watching your kids play. • Try your DVD “<i>Get Your Groove on, Mama!</i>” and be active with your baby!

Barrier	Tips for Busting Barriers
<p>"My neighborhood is not safe."</p>	<p>This is a real concern, so be sure to follow basic safety tips in any neighborhood, park or outdoor area.</p> <ul style="list-style-type: none"> • Always walk, run or bike with another person, and only in the daylight. Keep a cell phone with you if you have one. • Be active at home: Watch "<i>Get Your Groove on, Mama!</i>" and check out other videos from a public library. Or dance, jump rope, and move your body!
<p>"I don't have enough money to join a gym!"</p>	<p>Moving your body is FREE! Tips:</p> <ul style="list-style-type: none"> • Walk, walk, walk! Walking is free (but a good pair of shoes is important)! • Be active at home: Try your DVD "<i>Get Your Groove on, Mama!</i>" and check out other fitness videos from a library. Or turn on the radio and run in place, jump rope, or dance! • Find out about local programs and recreation centers. Some gyms offer lower-cost fees or have volunteer programs in exchange for memberships. Public pools have lap-swimming. • Garage sales and resale shops can be great for used fitness videos and equipment.
<p>"Exercise is boring."</p>	<ul style="list-style-type: none"> • Try something you've never done before. • Be active with someone - your kids, friends, family members or the family dog! Get together with other moms in your neighborhood and start a walking group! • Mix it up. Walk one day, use your DVD the next, and dance the next day! • Listen to the radio or an audio book while you walk.
<p>"I don't know if my body is ready."</p>	<ul style="list-style-type: none"> • If you are concerned, check with your doctor before getting started. Most women are ready to be more active about 6 weeks after the baby is born. • If you have an injury, talk with a doctor about activities that would be best for you. Walking or swimming are usually good choices for people who have past injuries or problems. • Start slowly and build up slowly. Even if you were active before you had your baby, don't try to jump right in at the same pace you were used to.

Barrier	Tips for Busting Barriers
	<ul style="list-style-type: none"> • If you breastfeed, wear an exercise bra with good support. Also, it helps to nurse or express your milk before an activity so your breasts aren't so full. • Always warm up with a light activity, such as slow walking. This gets muscles moving. Then cool down and stretch when you are done. Don't bounce when stretching. Hold stretches for 20-30 seconds. • Drink a lot of water, especially if breastfeeding.
<p>"I can't stick with it."</p>	<p>First, give yourself some credit for getting started! Then find out why you aren't sticking to your plan. Talk to a WIC Nutritionist to get some ideas.</p>

**PN-000-08, Get Your Groove On Mama! (CCNE)
Participant Survey**

LA# _____

Date _____

Please answer the following questions.

1. What is the most important thing you learned in class today?

2. List one reason that being physically active is important to you.

3. Name two activities you plan to do during the next month and how often you plan to do each activity.

4. Do you think WIC should provide more programs like this?

5. What would make this class better for you?

6. Other comments:

Thank you for your answers!

PN-000-08, Get Your Groove On Mama!
CCNE Session - Staff Survey Form

Local Agency # _____

Date: _____

- 1) Was the audiovisual easy to see and hear?
 - a) yes
 - b) no
- 2) Was the lesson easy to read and follow?
 - a) yes
 - b) no
- 3) Was participant feedback:
 - a) positive
 - b) negative
 - c) indifferent
- 4) Was the Spanish translation appropriate for your participants?
 - a) yes
 - b) no
- 5) Do you plan to use this lesson again?
 - a) yes
 - b) no
- 6) What changes would you suggest for improving the lesson?

- 7) Comments