

## Movement as Power I

### Session Objectives

1. Participants will engage in 45 minutes of physical activity.
2. Participants will distinguish between active and sedentary activities.
3. Participants will verbalize the importance of physical activity.

### Supply List

Get moving/stay still activity cards

Get moving/stay still signs

Beach ball with physical activity benefits

Bin/Container for Relay Race

### Physical Activity *45 minutes*

Facilitate physical activity. Older teens (15+) can use the fitness facility.

### Power House Activity

#### Part 1: Group Check-in *5 minutes*

Participants will use the ball toss activity to check-in about their week. Participants will set goal(s) for next week.

1. Toss the ball to each other.
2. Participant will catch the ball and share one thing about the last week.
3. Participants will turn in tracking sheets and receive a new tracking sheet.
4. Ask group to set a physical activity goal and write it on tracking sheet. Participants have the option of setting additional personal goals.
5. Draw one tracking sheet for a prize.
6. Encourage continued food and activity tracking.

*Write positive feedback on tracking sheets and return to participants during shared meal or the following week.*

#### Part 2: Warm up Simon Says *5 minutes*

1. Group leader will be "Simon".
2. Group leader will call out exercises (i.e. jumping jacks, running in place, crunches/sit-ups, squats, march around the room, reach to the sky, hop one on foot, skip, etc.).
3. Participants must complete exercise only if the leader says "Simon says".

#### Part 3: Physical Activity Relay *15 minutes*

1. Divide participants into two teams.
2. Give each team a set of Get Moving/Stay Still Cards

3. Go through the cards together and see if there any activities that they do during the day that aren't included in the deck of cards. Add those activities.
4. Players on each team will turn a card over one at a time. As a team, they must decide whether an activity is a "Get Moving" activity or a "Stay Still" activity.
5. Once the activity has been categorized, one teammate must run/fast walk to the other side of the room and place in the correct labeled bin.
6. Once both teams are done, review the answers to each card.

*Add variety by changing the movement across the room; skip, jog, bunny hop, side shuffle, back pedal.*

Source: <https://www.hsph.harvard.edu/prc/projects/food-fun/>

**Facilitator Reference:**

<b>Get Moving Activities</b>	<b>Stay Still Activities</b>
Take a Walk	Watch TV
Jog or Run	Surf the Internet
Roller Blade	Sing
Shoot Hoops	Read a Book
Play on a Jungle Gym	Color, Draw or Paint
Swim	Do a Puzzle
Play Tag	Play Video Games
Dance	Do Homework
Play Kick Ball	Talk on the Phone
Clean Room	Write a Story

**Part 4: Physical Activity Benefits Ball Toss 5 minutes**

1. Participants will toss the ball to each other.
2. Participant will catch the ball and read one fact about physical activity before passing it to another group member.

**Facilitator Reference:**

Physical Activity Facts:

- Good for overall health
- Stress reliever
- Way to make friends
- Family bonding time
- Good for building strong bones
- Helps you feel more energetic
- Better sleep
- Healthy heart
- Healthy lungs
- Less than 2 hours of screen times
- Strong muscles
- It can be an activity that you enjoy
- 60 minutes per day
- Limit screen time to less than 2 hours per day

Part 5: Cool Down Deep Breathing *2 minutes*

1. Slowly (count to 5) breathe in while bringing your hands together and rising over the head.
2. Slowly breathe out with a loud “whoosh” while bringing your arms down to the side.
3. Repeat 3 times.

**Shared Meal** *30 minutes*

Focus on building relationships with and between families during shared meal.

## Movement as Power I

### Session Objectives

1. Participants will engage in 30 minutes of physical activity.
2. Participants will discuss guidelines for screen time and physical activity for adults and youth.
3. Participants will use the talk-test or rating of perceived exertion to identify moderate-intensity aerobic activity.
4. Participants will brainstorm ways to limit screen time and increase physical activity as a family.

### Supply List

Tracking sheets

Physical activity handout adults

[http://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm\\_469557.pdf](http://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm_469557.pdf)

Physical activity handout kids

[http://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm\\_469558.pdf](http://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm_469558.pdf)

Physical activity intensity handout

Large sticky paper

Markers, pens

### Physical Activity 30 minutes

Lead walking group. Participants may choose to walk or use equipment in the fitness facility.

### Power House Activity

#### Part 1: Group Check-in 5 minutes

Participants will review goal progress and set goal(s) for the next week.

1. Have participants turn in tracking sheets.
2. Handout participant journals. Participants will reflect on goal progress and set goals for the upcoming week.
3. Ask participants to share about goal progress.
4. Return tracking sheets with feedback.
5. Encourage continued food and activity tracking.

*Write positive feedback on tracking sheets while participants are setting goals for the next week.*

#### Part 2: Physical Activity Guidelines 20 minutes

Participants will discuss physical activity and screen time guidelines.

1. Lead discussion on physical activity and screen time guidelines for adults and kids.
2. Discuss how to gauge intensity of physical activity.

**Facilitator’s Reference:**

Physical Activity Guidelines for Adults

- 30 minutes of moderate-intensity aerobic activity at least 5 days per week or a total 150 minutes per week.

OR

- 25 minutes of vigorous aerobic activity at least 3 days per week or a total of 75 minutes per week.

AND

- Muscle-strengthening activity twice a week for additional health benefits.

**10 minute bouts of physical activity count!**

Physical Activity Guidelines for Kids

- 60 minutes (or more) of physical activity per day.
- Physical activity can be divided into 10-15 minute bouts.
- 2 hours or less of screen time.

Moderate-Intensity

- Talk test: You can talk during exercise but not sing or whistle.
- Moderate Intensity activities may be:
  - Brisk walking
  - Water aerobics
  - Bicycling (<10 mph)
  - Gardening
- Rating of Perceived Exertion (RPE): Moderate Intensity 4-6

RPE Scale	Rate of Perceived Exertion
10	<b>Max Effort Activity</b> Feels almost impossible to keep going. Completely out of breath, unable to talk. Cannot maintain for more than a very short time.
9	<b>Very Hard Activity</b> Very difficult to maintain exercise intensity. Can barely breath and speak only a few words
7-8	<b>Vigorous Activity</b> Borderline uncomfortable. Short of breath, can speak a sentence.
4-6	<b>Moderate Activity</b> Breathing heavily, can hold short conversation. Still somewhat comfortable, but becoming noticeably more challenging.
2-3	<b>Light Activity</b> Feels like you can maintain for hours. Easy to breathe and carry a conversation
1	<b>Very Light Activity</b> Hardly any exertion, but more than sleeping, watching TV, etc

**Part 3: Beats per Minute Activity** *20 minutes*

Participants will walk in place (or participate in seated exercise) with music to experience moderate-intensity aerobic activity. Use the beats per minute (BPM) of different songs to gradually increase intensity.

1. Instruct participants to walk in place and move feet to the beat of the song.
2. Use songs with increasing BPM to gradually increase the exercise intensity. Play 5-10 minutes of music depending on fitness level of group.
3. Have participants use the talk test or RPE to gauge when they experience moderate-intensity physical activity.
4. Lead 5 minute cool down.
5. Ask participants how the activity felt for them. (i.e. Was it harder or easier than expected? If the activity was more challenging than expected, is it possible that they were doing vigorous activity? If they decide to try this at home, when would they do it?)

Participants can go to <https://songbpm.com> to create their own playlists.

**Facilitator's Reference:****Example Playlist**

- **What a Wonderful World** *Louis Armstrong: 77 BPM*
- **Hold On** *Alabama Shakes : 89 BPM*
- **Water Under the Bridge** *Adele: 95 BPM*
- **Adventure of a Lifetime** *Cold Play: 112 BPM*
- **Stop! In the Name of Love** *The Supremes: 115 BPM*
- **Don't Stop 'Till You Get Enough** *Michael Jackson: 119 BPM*
- **Joy to the World** *Three Dog Night: 127 BPM*
- **Bennie and the Jets** *Elton John: 132 BPM*
- **Beat It** *Michael Jackson: 139 BPM*
- **Dog Days are Over** *Florence + the Machine: 150 BPM*
- **Just Like Heaven** *The Cure: 151 BPM*
- **Shake it Off** *Taylor Swift: 160 BPM*

**Part 4: Screen Time and Physical Activity Brainstorm** *15 minutes*

Participants will brainstorm strategies to limit screen time and ways to increase physical activity as a family.


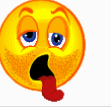








1. Divide participants into groups of 2-3 people.
2. Groups will have 60 seconds to come up with strategies to keep screen time to less than 2 hours per day.
3. Participants will share their ideas with the larger group.

4. Write ideas on large piece of paper at the front of the room.
5. Repeat activity with ideas for being physically active as a family.
6. Use participant ideas to make a handout.

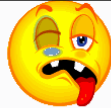


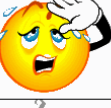






**Shared Meal** *30 minutes*

Focus on building relationships with families.

## Rating of Perceived Exertion Chart (Cardiovascular Endurance)

#10		<b>I am dead!!!</b>
#9		<b>I am probably going to die!</b>
#8		<b>I can grunt in response to your questions and can only keep this pace for a short time period.</b>
#7		<b>I can still talk but I don't really want to and I am sweating like a pig!</b>
#6		<b>I can still talk but I am slightly breathless and definitely sweating.</b>
#5		<b>I'm just above comfortable, I am sweating more and can talk easily.</b>
#4		<b>I'm sweating a little, but I feel good and I can carry on a conversation comfortably.</b>
#3		<b>I am still comfortable, but I'm breathing a bit harder.</b>
#2		<b>I'm comfortable and I can maintain this pace all day long.</b>
#1		<b>I'm watching TV and eating bon bons.</b>

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#2		<b>I'm comfortable and I can maintain this pace all day long.</b>
#1		<b>I'm watching TV and eating bon bons.</b>