

**Title:** Healthy Habits for Life-Physical Activity Facilitated Discussion

**Target Audience:** Adult clients

**Objectives:**

1. Describe the health benefits of being physically active.
2. Identify the amount of time that an adult should be physically active.
3. Formulate a personal goal related to being more physically active.

**Teaching Materials Needed, Including Handouts:**

1. Copies for each attendee of the following handouts:
  - a. *My Activity Pyramid*
  - b. *Building a Healthy Habit – Physical Activity* goal sheet – Spanish version available on the WIC website at [www.kansaswic.org/resources.htm](http://www.kansaswic.org/resources.htm).
  - c. *Walk Circles Around Your Scale* Personal Tracking Record
  - d. Use any of the other handouts from the packet as desired, or handouts of your own choosing
2. Flip chart or large notepad
3. Some pens/pencils; marker for flip chart
4. If attendees bring children, provide some children's books/coloring pages, blank paper and crayons.

**Advance Preparation Needed:**

1. Make copies of all handouts needed.
2. Obtain children's books/coloring pages, blank paper, crayons, pens, pencils.
3. Obtain a roster of those scheduled to attend.
4. Set up area with number of needed chairs in a circle.
5. Set up flip chart, if required.

**Class Outline and Methods:**

1. This is designed to be a facilitated discussion – prompt attendees to share and discuss. This is designed to last about 20 - 30 minutes.
2. Put chairs in a circle. The leader, will sit in one of the chairs in the circle. If children are brought to the class, have some books and coloring pages and crayons available.
3. Explain to the group that this is a class about physical activity, and that you will be leading the class, but you want everyone to contribute their ideas. Explain that you will be starting out with a sharing activity, and then you will be going to group discussion.
4. Begin with an icebreaker activity, such as the one below, or use your own.
  - a. Have everyone pair up with a partner – preferably someone they don't know. Ask each pair to find out their partner's name and favorite activity

from childhood. Then have everyone introduce their partner and share their favorite childhood activity.

5. Ask everyone in the group to give one reason why physical activity is important for health. The reasons can be listed on a flip chart, if desired. These are some of the responses that would be good to include: decreases stress, gives you more energy, helps with weight loss/control, lowers the risk of many diseases, helps build muscle/lean body mass. If the group doesn't list these responses, add these in after everyone has volunteered their response.
6. Have everyone give reasons as to why they don't get enough physical activity. The reasons can be listed on a flip chart, if desired. Discuss the reasons. Ask if anyone has ideas about how to overcome these potential barriers.
7. Distribute the handout, *My Activity Pyramid* and discuss the amount of physical activity that an adult should have.
8. Have everyone recall the childhood activities that were mentioned at the beginning. Point out some of the activities that they may still enjoy: bike riding, skating, running, jumping rope, etc. Stress that even adults should try to incorporate activities that they enjoy doing, so that they will make it a healthy habit.
9. Distribute the *Building a Healthy Habit – Physical Activity* goal sheet. Ask everyone to take a minute to think of a physical activity goal that is realistic and achievable.
10. Distribute the *Walk Circles Around Your Scale* Personal Tracking Record. Encourage anyone that has made a goal of walking to use it. Encourage everyone to track their progress in some way, so that they can see how well they are doing with their physical activity goal.
11. The delegated WIC staff person should ask the client if they have any questions. If yes, refer them to the staff person that can answer their questions.
12. The delegated WIC staff person should ask the client, "What is the one thing you will try to do, based upon what you learned today?"
13. Upon completion of the lesson, a designated WIC staff person should record completion in the client's KWIC record. If possible, the client's goal can also be entered into KWIC.

**Interactive Component:**

The client or caregiver will interact with the WIC staff as specified in the class outline. One or more interactive activities will be used.

**Behavior Change Goal:**

The designated staff person will assist the client/caregiver to set a goal based upon the class activities as outlined in the methods section above.

**Procedure for Clients to Ask Questions of Trained WIC Staff:**

The designated WIC staff person will either answer the questions or guide the client to the staff person qualified to answer a question posed by the client/caregiver.

**Evaluation:**

The evaluation will consist of interacting with the WIC staff as outlined in the class outline and methods section above.

**Comments/Other:**

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**Lesson Plan Revised By:** Pat Dunavan, MS, RD, LD, 2012, 2014

**Lesson Plan Approved By:**

**Date:**