

SESSION ONE



Session 1A

Time: 1 hour

Registration

Supplies:

- Registration forms
- Text/Email Registration forms
- Consent forms
- Physical Activity Assessments
- Name tags

Welcome Supplies:

- Participant workbook for each participant to bring each class
- Pens or pencils for each participant

Leader's Guide Key

Spoken Text = Black text

Instructions = *Green and italicized* ← !

Questions = Blue text ← ?



What:

- The benefits of walking
- How the WalkWays program works
- The value of stretching
- Maintaining energy balance

What for (Learner Objectives)

By the end of this session you (the learner) will have:

- Examined the benefits of walking most important to you
- Practiced the WalkWays program process
- Stretched your muscles
- Applied energy balance information to your own daily life

Registration, Consent Form and the Physical Activity Assessment (pretest) are in the leader's guide. Have participants complete the registration, consent form, pretest and text/email registration form at the beginning (or prior) to the first session. ← !

Have participants choose a nametag and write their name on it. The leader should also be wearing a nametag.

Place materials on the tables prior to the session.



Session 1A

Time: 1 hour

Supplies:

- Blank sticky notes
- Flip chart with the 10 benefits of walking listed as columns on the top of the page ("Reduced Risk of Heart Disease," "Reduced Risk of High Blood Pressure," "Decreased Risk of Diabetes," "Healthy and Strong Bones," "Weight Management," "Increased Energy," "Better Sleep," "Better Mood," "Improved Self-image," and "Role Modeling.")

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The Nine Wonders of Walking

Welcome! I am _____ and I am pleased to be with you today. We are going to focus today on the first steps to becoming part of WalkWays, a program sponsored by the Food Supplement Nutrition Education Program.

WalkWays is a walking program that uses a pedometer and part of today's session is going to be learning and practicing with the pedometer. We will learn more about the pedometer later.

By the end of this session you will have:

- Examined the benefits of walking most important to you
- Practiced the WalkWays program process
- Stretched your muscles
- Applied energy balance information to your own daily life

Let's Get Started! Take out the workbook and turn to the first page.

1) Find a partner! Tell each other something about yourselves. Then share what each of you hopes to get from this walking program. We will check with you in a couple of minutes and find out what's on your mind. Write down your hopes on the "My hopes for this program" worksheet in your participant materials.



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Who wants to share what you hope to get out of participating in this walking program? Who else has that same reason (raise your hands)? Does anyone else want to share any different reasons? Who shares that reason?



Continue until all individuals who want to share their hopes have done so.



As you can see, we all have a lot of different and important reasons to begin this journey. The first thing we are going to do is talk about why walking is good for you.

2) Follow along in your participant materials as I describe what research tells us about the "Benefits of Walking." You have already identified several benefits when identifying your hopes for this program.

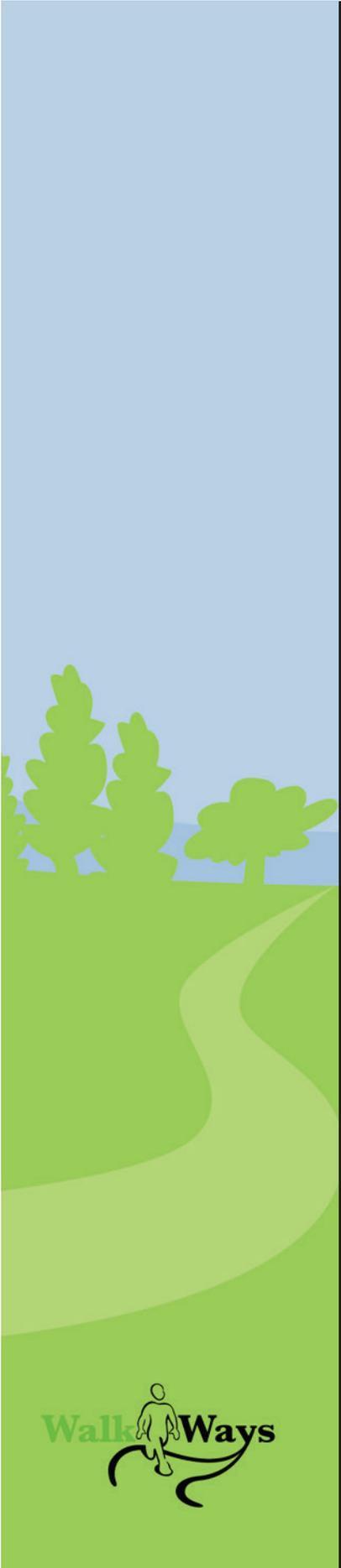
Many recent studies have shown positive health benefits from "accumulated" moderate-intensity physical activity. This is physical activity that is done in short bouts throughout the day (three 10-minute bouts versus one 30-minute bout). Examples of moderate-intensity activities include brisk walking, gardening, bicycling and playing actively with children.

Some of the health benefits associated with increasing physical activity throughout the day include:

- ***Reduced Risk of Heart Disease***
Increase in activity level increases your HDL cholesterol levels. HDL is your good or "happy" cholesterol. It operates like a garbage truck in your body, removing cholesterol from your body tissues and taking it to the liver for disposal. Physical activity is one of the only ways to increase your HDL levels. The more you move, the more HDL your body makes.



continue to more "Benefits" >



- ***Reduced Risk of High Blood Pressure***

Being physically active is one of the most important things you can do to prevent or control hypertension. High blood pressure also known as hypertension is defined as 140/90 and prehypertension (a new category) is defined as 120/80. High blood pressure is called "the silent killer" since there are often no symptoms. It is always a good idea to have your blood pressure checked regularly.

- ***Decreased Risk of Diabetes***

Physical activity and a healthy weight are key steps in preventing diabetes. When you are active your body uses more glucose (blood sugar) as fuel. Activity also makes it easier for blood sugar to be used by cells. Both of these benefits help to control long-term high blood glucose levels that can lead to diabetes.

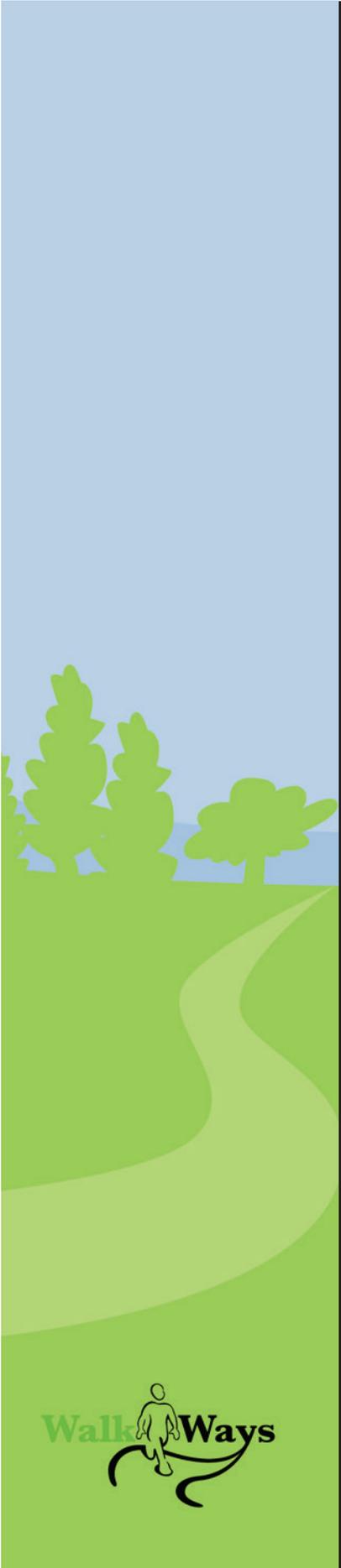
- ***Healthy and Strong Bones***

Weak bones can lead to osteoporosis which can greatly impact quality of life in later years. Weight-bearing exercise, which is any type of activity where your feet touch the ground, helps make bones strong. Examples of weight bearing exercise are walking, jogging, dancing, tennis and aerobics. Can you think of any activities that are nonweight bearing? (Examples are swimming, rowing, bicycling and chair aerobics.) These activities are still very good for you (all movement is), but they don't help build strong bones.

- ***Weight Management***

The more you move, the less weight you gain. Moderate intensity activity may not cause weight loss (usually you need a longer time duration per session), but it can help prevent future weight gain. Some people who are really inactive often will see initial weight loss when they get up and start moving. Weight loss decreases your risk for heart disease, high blood pressure, diabetes and some types of cancers. So physical activity has a double bonus...it helps decrease your risk of disease and it can help you maintain your weight, which decreases your risk further.

continue to more "Benefits" >



- **Increased Energy**

Can't we all use a bit more energy? Most people think that if they move more they will be really tired. This may happen the first few weeks your body is more physically active because your body needs time to adjust to your new routine. You will have increased energy once your body has adapted to your increased movement!

- **Better Sleep**

Studies show that people who are physically active sleep better and are more rested in the morning. This may help contribute to the increased energy seen in active individuals. Many adults have problems sleeping and physical activity is a great way to help get those much-needed zzzzz's.

- **Better Mood**

When you move, your body releases lots of “happy” hormones and chemicals. These “happy” hormones and chemicals help increase your mood. People who are physically active have less chance of being diagnosed with anxiety disorders and depression. So walking can help keep the blues away.

- **Improved Self Image**

When you are doing something for yourself you usually feel better about yourself. Take the time for you!

- **Role Modeling**

When you make healthy choices in front of others, especially children, you influence them to make healthy choices for themselves.

What are your questions on these many benefits of walking?



3) Decide which two of the benefits are the most important and motivating to you NOW.

Check the two items that were the most important to you in your participant guide. Bring two sticky notes (provided by



continue to more “Benefits” >

Supplies:

- Pedometers (1 per person) and sample pedometer
- Participant log books
- Easel

the leader) up to the flipchart at the front of the room. Place each sticky note in the benefits column you have identified as important to you. The sticky notes will make the bars in the bar graph, creating a visual of which benefits are the most important to the group.

Questions:

- What surprises you about the choices in this room?
- What doesn't?
- What are your thoughts?
- What surprises you about the group's answers compared with yours?



Walk the Talk!

1) Now that you have identified benefits important to you and that hopefully will motivate you, you'll need to know how this program works! This next section will involve going over how the program will work.

The WalkWays program involves 4 or 8 sessions that focus on walking and healthy eating. The sessions are designed to help you make decisions and take steps towards health. Each session is focused on group interaction, motivation and learning.

The program is centered on the use of a pedometer. This is a wonderful and fun way to track your steps towards success. The pedometer records every step you take so you can see the impact of all of the small changes you make each day.

Research shows that people who walk 10,000 steps per day achieve positive health benefits and are considered "physically active". Most Americans walk a lot less than 10,000 steps per day. Many reports indicate that many people only walk 2,000 steps per day. The WalkWays program is designed to help you slowly increase your daily steps per day.



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You may not go from 2,000 to 10,000 steps per day overnight, but over the course of this program you will guide yourself to increase your steps each day.

The WalkWays program is designed to help each of you find ways to move more. At each session there will be time to share successes and difficulties. Learning activities that relate to walking and healthy eating will give you new and exciting information that will help you make healthier choices.

2) Grab your pedometer. Stand up. Push the "reset" button. Does the screen read "000"? Place the pedometer on your belt or waistband. It is best to wear the pedometer a few inches towards your belly button from your hip. It can be worn under clothing with the digital face facing out.

Demonstrate where to wear the pedometer.



Take 10 steps. Does your pedometer read 10?



Reset your pedometer again by pushing the "reset" button. Try taking more steps and see if it works again. When you finish, return to your seat.

The pedometer should be cleared each morning. To clear the pedometer, push the "reset" button on the front. The pedometer should be worn all day except in the shower, tub or pool. Take care when going to the bathroom since many pedometers have met untimely ends in toilets. Try hooking the pedometer to your pants using a strap if you have problems with the pedometer falling off in the bathroom.

Occasionally pedometers are accidentally "reset" during the day. If this happens often, try wearing it in a different location or on a different side.

Make notes of any problems that you have during the week so that we can problem solve when we meet again.



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3) Take out your logbooks.

The first page is a sample page that you can follow along with today.

You will have a different log page for each week. Write down the number of steps you take each day. If you miss a day, don't get discouraged or stop, just start again on the next day.

The first week we are trying to get your "baseline". Your baseline is what you currently do on an average day. It is easier to set realistic goals when you clearly know where you are beginning.

Every evening when you take off your pedometer, log the number of steps you took. Your goal over the next 8 sessions will be to gradually increase the number of steps you took at the beginning. Your log will be a great way to set goals and chart your success. The logs also have a space for notes for each day. Write down anything significant during the day that could have affected your total steps. For example, your pedometer may have reset, you were in a car all day, you stayed home from work due to illness or you went to an amusement park and walked all day long.

There is a section for "successes" and "barriers." This is a place to write down the things that worked or didn't work in reaching your weekly steps goal. Focusing on successes allows you to pat yourself on the back and learn for future progress. Examining the barriers allows for time to reflect and identify what will and will not work for you.

Every week, average your total steps for the week. This is done by adding the steps for each day and dividing by the total number of days you walked. If you wore your pedometer every day, you would divide by 7. If you didn't wear your pedometer one day, you would only have step numbers for 6 days and would divide by 6.



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Use this number to set your goal for the following week. We recommend a goal of 500 more steps per day than the previous week. For example, if you walked an average of 2,500 steps each day in week 1, set your goal at 3,000 steps per day for the following week.

4) Find a different partner. Check each other's pedometers to ensure that they are in the correct location and that they are reading zero.

Go for a 5-minute Walk-and-Talk when both partners have their pedometers fastened correctly. Walk around the room, walk outside, walk the hallways or walk up and down the stairs. Talk about walking—what you think of it, how it makes you feel, why you don't do more of it, what this pedometer will do for you—just talk about walking. Return in 5 minutes!!!

Allow 5 minutes for participants to walk before encouraging them to return to their seats.



Compare the number of steps you took to those of your partner. These numbers should be similar since you walked together. Sometimes numbers might be slightly different due to the differences in stride length.

Were your numbers similar?



What are your questions about the pedometer?



If the numbers differ, work with each pair to figure out if they were wearing it correctly. Answer questions based on the standard guidelines for pedometer use.



Use your pedometer every day. Put it on in the morning and wear it all day. Every evening, record the steps you took that day. When we meet again, we will use our logbook to examine our progress.

