

Session 1B

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

Supplies:

- Relaxing music
- iPod, phone, CD

Leader's Guide Key

Spoken Text = Black text

Instructions = *Green and italicized*

Questions = Blue text



It's a Stretch!

1) Everyone stand up.

Play relaxing music. Do a few stretches from the stretching worksheet. Focus on the beginning stretches of the neck and shoulders. The goal is to do some stretches that help the participants relax. After a few stretches have everyone sit down.

Stop the music.

- How does everyone feel?
- What did the stretching do for you?
- How often do you stretch?
- What does stretching mean to you?

Allow for people to share with the group how they feel and their thoughts on stretching.

2) Stretching is an important part of a healthy body. Stretching helps reduce the risk of injury, especially to joints and muscles. It releases muscle tension and soreness while allowing muscles to relax. It improves posture, which helps decrease backaches.

Stretching correctly prevents injury. It is a good idea to stretch if you are going on brisk walks.



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Following a few guidelines will help you get a great stretch while protecting yourself from injury.

1. Walk for a few minutes to warm up before stretching. It is easier to stretch a muscle that is warmed up and there is less risk of injury. Don't stretch right after getting out of bed in the morning.
2. Start each stretch **SLOWLY**. Do not rush into a stretch. The faster you begin a stretch, the greater chance of pulling a muscle or injuring yourself.
3. Don't forget to breathe. Exhale as you gently stretch the muscle. Breathing helps you relax, and helps you maximize the stretch.
4. Gently hold the stretch. Do not bounce. Bouncing puts strain on your joints.
5. Stretch only as far as is comfortable. Stretching should not be painful. Stretching helps relax your muscles, but stretching until it hurts can cause muscles to become sore (and it can cause injury).
6. Hold each stretch for 20-30 seconds. This allows enough time for your muscles to fully stretch.
7. Take your time. Enjoy the quiet time for yourself.
8. Use proper form when stretching (see participant book).

What are your questions?



3) Stand up. Get close to a wall and make sure you have enough room around you.

Does everyone have enough room?



We are now going to learn a few of the most important stretches. These are stretches that are good to do a few times a week to help relax your muscles or to do when you have gone on a long, brisk walk. Remember that we don't want to have any pain or to push the stretch too far. Each of these stretches is in your participant materials.



continue to “Calories In–Calories Out” >

Supplies:

- Fast Food Menu Handout
- Calculator
- Sticky notes

Play relaxing music.



Do each of the stretches from the stretching worksheet. Describe each stretch as you demonstrate. Go through each stretch at least one time.

Stop the music. Have participants return to their seats.

4) How does everyone feel? What are your questions? What are your thoughts on stretching in the next week?



Calories In - Calories Out

1) Take out your participant workbook and open to the Fast Food Menu Handout. Select what you might order on a typical day. Mark your selections on your workbook. We'll talk about your choices in a minute.

2) Maintaining a healthy weight is based on the principle that Calories In = Calories Out. This means that your body has to use the calories you consume. If you use all the calories you eat, your weight will stay the same. You will gain weight if you eat more calories than you use.

You will lose weight if you don't eat as many calories as your body needs.

Your body has two ways to use calories.

The major way is to support metabolism. These are the calories needed to make your heart beat, keep your body warm, digest your food, fight infection and allow you to breathe. All of these things need energy and you get that energy from food. These calories are used 24 hours a day and the amount used is similar from day to day.

The second way your body uses calories is to support physical activity. This is all of the movement you do throughout the day, from standing in the shower, to walking to the bus or chasing the children, to sitting at your desk. The more activity in your day, the more calories you burn. You have control over these calories. If you walk more and sit less you will burn more calories.

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Many fad diets promise weight loss based on adding or subtracting various foods from your diet. The key to weight management is NOT what types of foods you eat, but the number of calories you eat compared to the number of calories you use.

Most Americans are eating more and more calories and moving less each day.

A few examples of reasons we are eating more are:

- Super-sized portions
- Availability of food (vending machines, gas stations, convenience stores)
- Fewer family meal times
- Eating on the run
- High fat, high calorie, packaged, convenience foods
- Soda and other sugary beverages

What are some other reasons we are eating more food?



Now that you have heard some of the reasons why Americans are eating more, think about why Americans are moving less. When I say go, make a list of reasons why people are getting so little physical activity these days. All ideas are fine! Ready?...GO! We'll hear your ideas in two minutes.

Play music for 2 minutes.

- Who wants to give some of their reasons for why Americans are moving less?
- Does anyone want to share those reasons? Any other reasons?



A few examples of why we are moving less are:

- Labor saving devices
- Lack of sidewalks
- Television
- Cars
- Busy schedules
- Computers/iPads/Tablets

The WalkWays program can help you balance the “Energy In = Energy Out” equation since it is designed to help you move more. This movement can be made throughout the day such as walking the stairs or walking the dog, or it can be more organized such as a morning or evening walk.



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The best way to achieve your 10,000 steps per day goal is to add extra steps throughout the day and to set aside a specific time for physical activity.

Remember the reasons you identified that Americans are not as active and try to incorporate the opposite into your daily life.

The key point to remember is **BALANCE**. Create a balance between calories in (food) and calories out (metabolism and physical activity). Physical activity is only a part of our calories burned, but it is the part we can control.

3) Open to the Fast Food Menu.

Write down the calories on the blank next to each food item you selected on your Fast Food Menu in your workbook. The calories are on the Fast Food Menu handout.

With your partner, add the calories for each food you had selected. After you have calculated the total calories, multiply that number by 20. I have a calculator and will walk around the room to help.

Using the calculator, assist people with the addition and multiplication.



The number you just calculated is the number of steps you will have to take to use the calories in the meal you selected. For every calorie in a food it takes approximately 20 steps to use that energy. This formula is an average since everyone walks at a different pace and burns a different number of calories per step. But in general, you can multiply the calories in a food by 20 to get an estimate of the number of steps needed to burn those calories.

Take a few moments with your partner and respond to the questions on the back of your fast food menu. We will hear some of your responses in the whole group in three minutes.

After a few minutes bring the group back together.



What are your comments and answers to the fast food questions?



Can you still eat out at your favorite restaurants?



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Of course! You don't have to stop eating at the places you enjoy, but think about the "calories in must equal calories out" principle the next time you are about to order. By choosing wisely when dining out, you often can eliminate a significant number of calories.

During the next week, pick one or two foods and calculate the number of steps needed to burn those calories.

Did you walk that number of steps each day?



Ask yourself if the calories in certain foods surprise you. Think throughout the day about the principle of "calories in must equal calories out."

Remind participants that you don't have to burn off all the calories you eat using physical activity since a large number of calories is burned daily via metabolism.



This activity just gives an idea of the amount of physical activity needed to use the calories from a typical fast food meal.

Knowing what you know now, tell your partner one thing you are going to do differently in the next week. Write your goal on a sticky note that you can post on your refrigerator at home. We'll hear a few of your goals in the whole group before you leave!

Who would like to share their goals with the group?



continue to "Summary" >



Summary:

1. Focus on the benefits of walking that you identified as the most important to you. Write sticky notes with the benefits most important to you and post these so that you can see them throughout the day.
2. Remember the goal you set in "Calories In - Calories Out". Use your sticky note to help remind you of the goal you set.
3. Don't forget to take the time to stretch. It helps with relaxation and the prevention of injury.
4. And most important, wear your pedometer and keep a daily log of your steps, successes and barriers. Remember that at the beginning of WalkWays we are getting used to wearing the pedometer. Make notes nightly of any issues or tricks you learn on wearing or using your pedometer so that we can all learn and troubleshoot together at our next session.

What are your questions before we end this session?



Provide a reminder of the next meeting date, time and location.



**Send an email to the State Office with the date, time and location of the next class.*



Fast Food Menus

McDonald's

Hamburger	
280	
Cheeseburger	330
Quarter Pounder with cheese	530
Big Mac	590
Filet-O-Fish sandwich	470
Chicken McNuggets (9 pieces)	460
French fries, small	210
French fries, super size	610

Grilled chicken Caesar salad with dressing 250

Kentucky Fried Chicken

Original recipe — breast	400
Original recipe — drumstick	140
Extra crispy — breast	470
Extra crispy — drumstick	195
Hot and spicy — breast	505
Hot and spicy — drumstick	175
Biscuit	180
Cole slaw or potato salad	230
Mashed potatoes and gravy	120
Potato wedges	280

Subway

Cold cut trio (6 inch)	415	(830 if 12 inch)
Meatball sub (6 inch)	501	(1012 if 12 inch)
Ham sub		
(without cheese and mayonnaise)	261	(522 if 12 inch)
Turkey breast sub		
(without cheese and mayonnaise)	254	(508 if 12 inch)
Roast beef sub	267	(534 if 12 inch)
Steak and cheese sub	362	(724 if 12 inch)
Tuna sub (6 inch)	430	(860 if 12 inch)
Asiago Caesar chicken wrap		413
Extra cheese (2 triangles)		41
Bacon (2 slices)		42
Mayonnaise (1 teaspoon)		37
Mustard (2 teaspoons)		7

Beverages

Coke (16 oz)	200
Coke (32 oz)	400
Diet Coke (16 oz)	0
Diet Coke (32 oz)	0

