

Session 3A

Time: 1 hour

Registration

Supplies:

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

Welcome Supplies:

- Participant packet for each participant
- Pens or pencils for each participant



Leader's Guide Key

Spoken Text = Black text

Instructions = *Green and italicized*

Questions = Blue text



What:

- Reflecting on progress
- Managing your time
- Safety and walking
- Investigating common beverages

What for (Learner Objectives)

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

- Named your successes and concerns
- Averaged your total steps for the previous weeks
- Analyzed how to use your time
- Tasted a variety of healthy drinks

Have new participants complete Registration, Text/Email Registration form, Consent Form and the Physical Activity Assessment (pretest). We want to avoid new participants at this point due to the nature of the program, but sometimes it is unavoidable.

Have participants wear nametags. The leader should also be wearing a nametag.

Check to see that participants have their participant materials and log book.

Place materials on the tables prior to the session.

Successes and Challenges!

Supplies:

- Sticky notes (2 colors)
- Flip Chart
- T-Chart Flip Chart page from previous session (one column labeled "Success!" and other "Challenges")

Welcome! I am so happy that you were able to join us again.

Would anyone like to share how walking has been since our last class?



By the end of this session you will have:

- Named your successes and concerns
- Averaged your total steps for the previous weeks
- Analyzed how to use your time
- Tasted a variety of healthy drinks

Remember that at the beginning of each session we will review the step logs and chart our progress as a group. You also will reflect on your successes and discuss any difficulties you had in the weeks since our last session.

Divide into groups of 2-4.



Take a few moments to jot down these two things:

On the _____ (color) sticky note, write down successes you've had in the WalkWays program so far. For example, you packed your lunch one day using the information from class! Then, on the _____ (other colored) sticky note, jot down a WalkWays challenge you've faced since we last met - for instance, forgetting to wear your pedometer. Think about the goals you set for yourself at our last session. You had written a Contract with Myself, you identified an active alternative on your "One thing I will do next week" sticky note, and you set a goal about packing your lunch. Keep in mind these goals and the WalkWays goal to walk when completing the activity.

- **What are your questions?**



Allow for a few moments to write successes and challenges.



continue >

Now, share your successes and challenges with your group!
Talk about possible solutions to your challenges. In a couple of minutes, we'll hear some of your successes and suggestions!

Allow for participants to discuss.



- Who wants to share some of the successes from your group?



Who wants to share some of the challenges and solutions discussed in your group? Who would like to add any other possible solutions?

Provide feedback and facilitate problem solving. Allow enough time to discuss the issues, but this section should be about problem solving versus focusing on the negatives.



Bring your sticky notes to our T-chart so we can capture your successes and challenges today and refer back to them in future sessions.

continue to “How to Average Your Weekly Steps!” >



How to Average Your Weekly Steps!

Supplies:

- Calculator
- Evaluation sheet (for instructor records)
- iPod/CD/phone player
- Relaxing music

1) You have recorded the average steps per day at the bottom of each week's log sheet. You need these numbers so you can set the goal for the following week. The WalkWays goal is 500 more steps per day than the week before. Do you want to review how to calculate your average?

If a review is necessary:



Every week, average your total steps for the week by adding the steps for each day and dividing by the total number of days. If you wore your pedometer every day, divide by 7. If you didn't wear your pedometer one day, divide by the number of days you wore it.

Use this number to create your goal for the following week. The WalkWays goal is 500 more steps per day than the week before.

Complete the calculation at the bottom of each log page.

Calculate your average steps at the end of each week. Take a few moments to calculate your average steps for weeks 3 and 4. If you have already calculated your average steps per week, help one of your group members. Please let me know if you have any questions or need to use the calculator.

Bring your logs to me when you have calculated your average steps for each week on our class average sheet. I will calculate the average steps for the whole group for each week.

continue >



*Graph the average steps for week 3 and 4.
Draw a line between the data points.*



- What are your thoughts?



*Discuss the graph. Discuss the successes.
Provide positive feedback if the group went
up in steps. If the group did not go up in
steps take some extra time to discuss and
review the ways to increase steps.*



**Find a partner. Ask each other these two
questions!**

1. Looking back since you started this
program, what makes you the most
proud of yourself?



2. Thinking ahead, what's one thing
you want to improve?

Allow time for the partners to discuss.



- Does anyone want to share your
responses?



continue to “Take the Time” >



Take the Time!

Supplies

- Flip chart
- Marker
- Glass jar
- Bag of small rocks
- Bag of pebbles
- Container with water
- Bucket

1) Take out your participant materials and turn to the page titled "Take the Time!" in your participant books.

The "Take the Time!" page has two clocks on it, representing the 24 hours in a day. As I read a list of items, shade in the number of hours you spend on an average school/work day doing those items. When shading in an area, write down the activity on or near the clock.

- What are your questions?  

Write these items on a flip chart.  

- *Sleeping*
- *Commuting in the morning and evening (school, work, childcare)*
- *Grooming (showering, getting dressed)*
- *Preparing meals*
- *Eating*
- *Tending to others (children, parents, etc)*
- *Working or attending school*

- What are other things that you **MUST** do each day?  

- How many hours are left on your clocks?
- Write down the type of activities you usually do during these hours.

We will come back to this sheet later.

2) People identify lack of time as one of the main reasons for people not being physically active. Managing your time wisely is a wonderful way to find more time.



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Some things that time management skills can help you do are:

- Determine what is important and what can be dropped
- Use your time more effectively
- Decrease stress
- Increase walking time

You can use a number of time management strategies. Follow along on the "Find the Time" page. Identifying which method works for you is the first step in time management.

Keep an activity log.

Track how you spend your time throughout the day. The activity log is created not from memory, but as you go about your day. It is also a great way to identify where you can add more walking in your day. There is an activity log in your participant book to get you started!

The clock activity participants completed was from memory. Most of us remember being very busy. Reflecting back on our day, such as in the clock activity, is a valuable activity since it gives us a picture of our day, but the activity log provides greater detail of the exact things we did all day long.

- **"Twofer" means doubling up activities.**

After you write down your activities in your activity log, you may notice you spend a lot of time taking the children to the park. This is an activity you value and want to continue, but you notice that you spend a total of 3 hours per week sitting at the park. You decide to instead walk around the park while the children play. This means that you now have done something called a "Twofer".

Another example is to read the newspaper on the bus in the morning instead of at lunch. This frees up 15 minutes at lunch time to go for a walk. You have not eliminated anything from your day, but have instead used the "twofer" method to help create more time.

continue >





- **Make a "To Do" list.** Lists help you prioritize tasks for the day ahead. Start by writing the most important thing you have to do that day. Group the items by the things that **MUST** be accomplished that day and things you would **LIKE** to accomplish that day. Prioritizing activities each day helps you plan more effective use of your time.

Make sure you include on your "To Do" list things that are important for you such as walking! If you don't make it a priority, it will be hard to find the time in your busy day.

- **Delegate!**
Someone else can pick up the few items at the grocery store, do a few loads of laundry, drive the children to baseball practice or make dinner. Allowing other people to take some responsibility helps them learn new skills while providing you with some valuable extra time.
- **Get up early and create extra hours in your day.**
This is a simple way of gaining more time for you. The hardest part is crawling out of bed. Try getting up just 15 minutes early to allow for a morning walk. Remember that walking boosts energy!

Which of these can you incorporate into your life? What are some other time management ideas? ← ?

3) *Use the mason jar, rocks, pebbles and water as you describe this theory. Keep all props out of sight until it is time to use them.* ← !

Here is a mason jar. I need a volunteer to place some rocks in the mason jar. Stop when it is full.

Can you fit anything else in this mason jar? ← ?

It does appear full.

But is it? ← ?

Now can I have a volunteer to put some pebbles in the jar?

continue >

Put as many in as you can possibly fit. Wow! We were able to fit more in the jar. Let us know when you think your jar is full. Can you fit anything else in this mason jar?

I need another volunteer. Pour water in the jar until it is full.

Each of us has many large priorities in our life, represented by the rocks. We also have things that we enjoy and many things that we have to do which are represented by the pebbles. Lastly, we have things that create clutter in our lives and fill up all the remaining space...the water.

Empty the jar into the bucket.



Here is the beauty of the mason jar theory. If you fill the jar up with water until it is completely full, can the rocks or pebbles be added?

The jar represents your day. The rock, pebbles and water represent the things that fill your day. Isn't it amazing how much can be crammed into one day?

By first making sure your large priorities (your rocks) are scheduled and completed each day, you can allow time for smaller but less important items in your day. But if you first fill your day with the less important items, it is hard to find the time later for the important matters.

Your health should be a rock. Making time for walking should be a priority each day.

- **What are your questions?**

Take a few moments to write the "rocks" in your life on the "Find the Time" page in your participant book. The "rocks" are the things that are most important to you.

Allow a few minutes for participants to generate their list.



continue >

Star the items on your Take the Time! clock that are on your “rock” list.

- Are any “rocks” not on your clock?



Circle the items on your clock that are your “pebbles.” These are the things that you LIKE to do or HAVE to do each day.

Allow a few moments.



Water. The remaining items are water, the items that are not necessary and do not provide enjoyment. These are things that you could eliminate from your day. There will always be a certain amount of water in our days, but keeping the amount to a minimum is key. The more time spent attending to these items, the less time you have for the rocks and pebbles in your life.

Take a moment to think about your “rocks” and “pebbles.” Think about the “water” that fills up your day.

- Can you make changes in how you prioritize the items in your day?
- What are your questions?



Flip to the “To Do list.” Knowing what you know about time management, write a “to do” list for tomorrow. Think about the different concepts of time management when writing your list.

Allow a few moments to complete the “to do” list.



Cut out the “to do” list and make sure you post it or take it with you tomorrow.

- What are your questions?



Let's take a 5-minute stretch break.

