

Session 3B

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



Safe Walking

1) Find a partner. For the next few minutes, talk with your partner about safety and walking. What are your safety concerns? How do safety concerns limit your walking?

Allow about 5 minutes for discussion.

- Who will share with us some of your concerns about safety and walking?



2) Walking is recommended because it has many health benefits with very few risks. Even though walking is recommended, there are some safety concerns that you should think of when starting a walking program.

Your Safe Walking worksheet identifies 5 concerns:

- Current health conditions
- Good shoes
- Safe environment
- Weather
- Exertion levels

Current health conditions – Doctors usually try to get their patients to move more, but if you have health problems, it is a good idea to check with your doctor before going out for frequent brisk walks.

Good shoes – Shoes are your most important equipment for walking. Your shoes should be flexible, provide good support and allow the foot to expand when walking. Shoes should not rub or cause blisters. Tie laces tightly so your foot does not slip. Wear socks. They should not be too loose. Socks that

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are loose can bunch in the shoe and cause blisters. You don't need expensive shoes, but you do need shoes that fit properly and provide support. It is a good idea to get your foot remeasured since your feet could have changed over time.

Safe environment – Walk in a well-lit area if you are walking in the early morning or evening. It is always a good idea to inform family members of your walking route. It is even better to walk with someone. If possible, walk in an area that has sidewalks or trails. If your neighborhood does not have sidewalks, walk on the side of the street facing traffic. When walking towards traffic you are more visible and you are aware of oncoming traffic. Always carry identification. Wear reflective clothing and/or light or white clothing or bring a flashlight in the early morning or at night so that motorists can also see you.

Weather – Do not walk in a thunderstorm. Lightning is very dangerous. Be careful in the winter months. Ice or snow can be very slippery. Wet leaves in the fall often catch people off guard and cause them to slip.

Exertion levels – Exertion is the level, intensity or pace at which you are walking. Walk at a comfortable, but challenging pace. It is usually recommended that you walk at a pace that is somewhere between “fairly easy” and “somewhat difficult”. For each person, this pace will be different. You should be able to talk to someone while walking, but not be able to sing! If you are too out of breath when you talk, you should slow down your pace. If you have enough breath to sing, you should increase your pace.

3) Choose a partner and talk about a safety tip that you feel applies to you. Explain that tip and how you will incorporate it into your walking program.

Allow 10 minutes to discuss.



Write down three things in the “Walking and my safety” section on your Safe Walking worksheet that you will do to increase your safety while walking.

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The Sugar We Drink

Supplies

- Sugar cubes (box or bowl for each group)
- One set of labeled clear plastic cups for each group (labeled with cola, orange soda, diet cola and fruit drink)
- Example bottles of a cola, orange soda, diet cola and fruit drink
- 8 ounce measuring cup
- Small tasting cups (3–4 for each person)
- Different low or reduced calorie beverages needed for tasting activity in Apply section

- 1) **Find a partner.** Discuss what you drink in a typical day. Discuss what types of beverages you like, the amounts you drink, and when and where you drink beverages.
- 2) **Have one person in your group come up and get a container of sugar cubes and a stack of cups.** I am going to show you 4 beverages, and I want each group to guess how much sugar is in each of these beverages. You will use sugar cubes to guess how much sugar. Two sugar cubes equals 1 teaspoon of sugar.

Allow participants to get sugar cubes box/bowl and one set of labeled cups.



Here are the 4 items

- 20 ounce cola
- 20 ounce orange soda
- 20 ounce diet cola
- 20 ounce fruit drink

Show containers of each item.

Take some time as a group to decide how many sugar cubes are in each. Count out the number of sugar cubes and place in the appropriate cup.

If you cannot find the beverages above, find similar products and similar sizes.



If the sizes are different, calculate the amount of sugar for each.

- Who would like to share your team's guesses?



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Let's find out how much sugar is in these products.

- 20 ounce cola = 34 sugar cubes (17 teaspoons)
- 20 ounce orange soda = 44 sugar cubes (22 teaspoons)
- 20 ounce diet cola = 0 sugar cubes (0 teaspoons)
- 20 ounce fruit drink = 36 sugar cubes (18 teaspoons)

The USDA recommends that the average person eat no more than 10 teaspoons of sugar per day.

- What surprises you?
- How will you look at these beverages differently now?



We need a certain amount of fluid every day. We get fluids from the food we eat and the beverages and water we drink. Besides containing life-sustaining water, some beverages contain nutrients, sugar, caffeine and a whole host of other items — some good for us, and some not so good.

Beverages can have a lot of calories. Americans get a large amount of “Energy In” from beverages. These calories are often called “hidden calories”. We often gulp down a large beverage without thinking of the calories that we just consumed.

Liquid calories, the kind you find in beverages, do not have the same satiety or filling effect, as food does. If you have a large soda in the middle of the afternoon, you might still want an afternoon snack or a large dinner. Studies have shown that if people eat a snack in the afternoon, they will eat less dinner, but if they drink a beverage with the same number of calories as the snack, they do not eat less at dinner. The beverage calories become extra calories.

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Beverages also have been hit by the “super size” phenomena. A regular soda used to be 12 ounces. Today it is not uncommon to find a soda that is 32, 40 or even 50 ounces, adding 300–500 extra calories.

Even the glasses we use at home have grown larger over the years. Six to eight ounce juice glasses used to be standard, but they have been replaced by 16 ounce glasses or large 32 ounce plastic cups. So beverages at home are often “super sized”. A serving of most beverages is 8 ounces. This measuring cup is 8 ounces. A serving of 100% fruit juice is 6 ounces.

Show the measuring cup.



Some beverages, such as milk, have calories, but they also provide valuable vitamins and minerals such as Vitamin D and calcium. You can save 60 calories per 8 ounces by choosing fat-free (skim) milk instead of whole milk.

Fruit juices taste wonderful, but it is often hard to determine which have real fruit juice and which are only fruit flavored. Look for 100% fruit juice on the label. Try to avoid juice drinks or flavored beverages, since they contain little or no real juice.

No matter what fruit beverage you drink, be aware of the calories it contains. If Sally drinks a 16-ounce glass of orange juice for breakfast every morning, and she also purchases a 20-ounce bottle in the afternoon, she gets a grand total of 495 calories per day from orange juice. That is a lot of liquid calories.

Soda is a huge source of calories in the American diet but doesn't provide valuable vitamins and minerals. The huge bottles, movie-size and super-size servings and free refills make it hard to avoid drinking large volumes of this sugary beverage.

- **Have you tried to find a 12-ounce can lately at a convenience store or vending machine?**



The 20-ounce bottle is quickly replacing them.

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Another big seller in today's drink market is sports beverages. Most Americans get plenty of electrolytes from the food they eat and do not need extras from a beverage. Athletes who train hours each day may need to replace lost electrolytes using sports beverages, but most Americans can just use water to replace the fluids lost during exercise. **A person who walks for half an hour may burn 140 calories. A 24-ounce sports beverage has approximately 150 calories. Remember calories in = calories out.**

- **What does this leave us to drink?**



First, you do not need to eliminate these beverages from your diet. Usually a major step in calorie reduction is just reducing the amount you consume.

There are numerous beverages that are reduced in calories or have no calories. Water is a good choice. It provides the fluids your body needs without any calories. Tap water is perfectly healthy; there is no need to spend money on bottled water. Lots of flavored waters are hitting the market. Some are flavored with small amounts of fruit juice or sugar substitutes and have little to no calories. But be aware that many “waters” that are new to the market have lots of calories. Check the Nutrition Facts Label.

If you want something besides water that is low in calories, try adding a little flavor to your water. Adding a little fruit or seltzer keeps your drink low in calories and makes it taste great!

Try:

- Lemons, oranges, or cucumbers
- Apples and cinnamon
- Seltzer water and lime
- Seltzer water and small amount of 100% fruit juice

These provide lots of taste with little or no calories.

What about trying unsweetened tea?



- **What are some of your “healthy” beverage suggestions?**
- **What are your questions?**

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Set out tasting cups and beverages for the participants to try. (Examples are fat-free milk, seltzer water, seltzer water and fruit juice mixed, or a powdered sugar-free beverage.)



Add any other beverages that you know and enjoy.

Now you'll have the chance to do some tasting of beverages that are good choices.

There are small tasting cups at each beverage. Stand up. Move around. Try the beverages.

Once they are done tasting the different beverages have them return to their seats.



- Who will tell us what you liked?
- What surprised you?
- What didn't you like?
- Which ones will you try at home?



Think about what you learned today about beverages. Think about what you might do differently knowing this information.

Will you drink a different beverage?



Will you limit soda?

Will you choose diet soda? What will you do differently?

Write your goal on the "Next week I will" sticky notes. Post the sticky note somewhere to remind you of your goal.

I invite you to share your goal with the group!



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Summary:

It was great to see each of you this week. Remember the different goals that you set for yourself for the upcoming weeks.

- 1. WALK!** Wear your pedometer and log your steps. Remember that each week the goal is 500 steps more per day than the week before. Remember to reward your successes.
- 2. Use your To Do list.** Think about the jar and remember that if you fill it up with water first, there is no room for your rocks. Knowing what things in life are your rocks, pebbles and sand will help you prioritize.
- 3. Safety.** Think safety and take steps towards making walking safe.
- 4. Post your “Next week I will” sticky note with your beverage goal on your refrigerator.** Try new beverages. Think before you drink!

Every extra step you take is a step towards health! Don't forget to make notes nightly of successes, issues or other things that you will want to remember, share or ask about at the next session.

- Are there any 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. ← !

