

# Session 4A

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
- Monitoring heart rate
- Investigating portions versus servings
- Walking in your community

## 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
- Monitored your resting and exercise heart rates
- Applied portion control information to your own life
- Identified places in your community to walk

*Have new participants complete Registration, Text/Email Registration, 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 complete the post-test (Physical Activity Assessment) at the end of this session.* ← !

*Have participants choose a nametag and write their name on it. The leader should wear 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:

- Blank 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 each able to join us again. How were the last few weeks of walking? Today we are going to continue talking about walking and healthy eating.**

### **By the end of this session you will have:**

- Named your successes and concerns
- Averaged your total steps for the previous weeks
- Monitored your resting and exercise heart rates
- Applied portion control information to your own life
- Identified places in your community to walk

Remember that at the beginning of each session we will review the step logs and chart our progress as a group. You will also take some time to reflect on your successes and discuss any difficulties you had in the weeks since our last session. I want to ensure that all of your questions are answered so that you can continue walking your way to a healthier you.

*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 chose a smaller soda or water rather than your regular super size soft drink! Then, on the \_\_\_\_\_ (other colored) sticky note, jot down a WalkWays challenge you've faced since we last met. For instance, finding the time to walk. What are your questions?

Remember the information and goals you set for yourself at our last session. You wrote a To Do list, identified a beverage goal on your "One thing I will do next week" sticky note and listed ways to make walking safer.

**continue >**



Keep these goals and the WalkWays goal to walk more in mind when completing the activity.

*Allow for a few moments to write successes and challenges.*



Now, share your successes and challenges with your group! Ask others in your group for 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 adequately 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. Congratulations for so many successes over the course of the program.

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



# Average Your Weekly Steps!

## Supplies

- Calculator
- Evaluation sheet (for instructor records)

- 1) Each week you have averaged your steps per day.** Bring your logs to me so I can calculate the average steps for the whole group for each week.

*Record data on the Evaluation Results sheet.* ← !

*Graph the average steps for the previous weeks. Draw a line between the data points.*

Look at what you have accomplished over the course of this program.

- What surprises you? ← ?

- What are your comments?

*Talk about the graph and the successes.* ← !

*Provide positive feedback if the group increased in steps.*

*If the group did not increase in steps, discuss why and review the ways to increase steps.*

**continue to “Take Your Pulse” >**



# Take Your Pulse

## Supplies

- Stop watch
- Calculator
- CD/iPOD/phone
- Music

**1) At the last session, we talked about safety issues related to walking.** One safety consideration was exertion level or the intensity of your walk. We used the quick test that you should be able to “talk, but not sing” when you are on your walk.

**Another great way to monitor your exertion is your pulse rate.** It is good for people to monitor their “resting pulse rate” regularly. This is your pulse rate when you are relaxed and sitting in a chair. Your resting heart rate tells you the strength of your heart as it pumps blood through your body. The stronger your heart, the fewer times it has to beat. Checking your resting heart rate is a good way to measure changes in your physical condition. The more active you are, the lower your resting heart rate.

**While you are walking, stop for a few seconds and monitor your pulse.** This lets you know if you are walking too fast or too slow. Your heart rate during exercise should fall within your “target heart rate”. The target heart rates are 60-90% of your maximum heart rate. Maximum heart rates are determined by age.

**Here are some target heart rates based on age.** Follow along in your Take Your Pulse handout. These are just guidelines and could differ if you have a medical condition.

Age	Target heart rate
30 years old:	114 - 171 BPM
40 years old:	108 - 162 BPM
50 years old:	102 - 153 BPM
60 years old:	96 - 144 BPM
70 years old:	75 - 128 BPM

These numbers are provided in a range. Walk at a pace within your target heart range. Walking in this range will provide many health benefits, but will not be strenuous and unsafe.

- What are your questions?
- Are you ready to find your heart rate?



**continue >**



**2) Everyone relax.** Stay seated. Put your right index finger on the inside of your left wrist, below the thumb. (Hands can be reversed if someone is left-handed.) Can you feel your pulse? If you cannot feel your pulse, move your fingers around until you feel it. Do not use your thumb since your thumb has its own pulse. Does everyone feel his or her pulse?

*Help participants who are having trouble.*



**When I say “go”, start counting your heartbeats. After 15 seconds, I will say “stop”.**

*Use the stopwatch or second hand on a clock to count for 15 seconds.*



*Repeat 1 or 2 times so that everyone has an accurate number.*

**Write your number down in the “My resting heart rate is:” section of your Take Your Pulse worksheet.** Multiply that number by 4 to get your total beats per minute (versus 15 seconds). I have a calculator if you need it.

*Play music.*



**3) Everyone stand up. Find a partner.** Go on a 5-minute brisk walk. Don't go far since we want you be back here in 5 minutes. If you get back before everyone else, continue to march in place or walk around the room.

*Have everyone return.*



Find your pulse using your index and middle finger. When I say “go”, start counting your heartbeats. After 15 seconds, stop.

*Use the stopwatch or second hand on a clock to count for 15 seconds.*



**continue >**



*Repeat 1 or 2 times so that everyone has an accurate number.*



Sit down and write your number in the “My rate while exercising is:” section of your Take Your Pulse worksheet. Multiply that number by 4. I have a calculator if you need it. Compare your numbers to the target heart rate chart. Since you walked for only 5 minutes you may be at the lower end of that scale.

- **What are your questions?**



**Take your resting pulse rate and your pulse rate while walking at least once per week. Write these on your log page. Over the next few months of walking you should see these numbers decline. This shows your heart is getting stronger!**

**If teaching in a 4-session series, take a 5-minute break before moving on to the next session.**

