



Module 18: Take a Moment to Move

Lifestyle Coach Guide



Module Overview

Taking 2 minutes to move every 30 minutes can help people meet their physical activity goals and prevent or delay type 2 diabetes. This module introduces ways participants can overcome barriers to taking movement breaks. If including an activity break during this session, be sure to review and follow your program's safety policy.

Participant Learning Objectives

By the end of the session, participants will be able to:

- Describe the link between sitting still and type 2 diabetes
- Identify some challenges of taking time to move and ways to overcome them

Things to Do

In addition to the Session Checklist, you will also want to do the following:

Before this session:

- Communicate with your participants via email, text message, app, or social media group to prepare and motivate them for this upcoming session on taking a moment to move. Here are some sample messages you can send to participants for this module:
 - 1 Week Prior: "Moving for 2 minutes every 30 minutes can help you meet your physical activity goals and prevent or delay type 2 diabetes. Our next session will focus on the importance of taking a moment to move and some challenges we might face. I am looking forward to lots of discussion on this topic!"
 - 1 to 2 Days Prior: "Our next session is on taking small moments to move! We'll be discussing a lot of ways that you can fit this important movement into your daily routine. Don't miss this important topic!"

During this session:

- Ensure you have access to the CDC resource guide “Physical activity breaks for the workplace : resource guide” for the “Take a Moment to Move” part of this session. [<https://stacks.cdc.gov/view/cdc/81144>]

After this session:

- Communicate with your participants via email, text message, app, or social media to continue the conversation on taking a moment to move. Here are some examples of messages to post:
 - “Remember! Don’t forget to participate in our “Moment to Move” challenge with your partner! How many times have you taken a moment to move this week with your partner? Remember to record all of your movement moments to share when we meet next time.”
 - “Have you encountered any new challenges with taking moments to move? Remember to refer to the “How To Overcome Challenges” chart for ideas to overcome these challenges. Or reach out to our group for new ideas.”

Session Content

The following content is designed to last for 60 minutes. Please allow about 10 extra minutes to receive weigh in information and to consult with participants privately, if needed, at the start of each session.

Welcome and Review	Page 4	5 Min
Session Focus	Page 5	1 Min
Sitting Still and Type 2 Diabetes	Page 6	24 Min
How To Overcome Challenges	Page 10	20 Min
Plan for Success	Page 12	5 Min
Summary and Closing	Page 13	5 Min

Welcome and Review



Time Estimate: 5 minutes
Method: Facilitated Discussion

SAY:

Welcome back, everyone! This is the [current session number] meeting of [name of program].

Today, we are going to talk about taking time to move throughout the day.

Before we start, let's spend a few minutes going over what we discussed last time. I will try to answer any questions you may have.

DO:

Briefly summarize the previous session.

DISCUSS:

What questions do you have for me about what we talked about last time?

SAY:

Let's talk about how things went with the action plan you made last time.

DISCUSS:

What went well? What didn't go well?

SAY:

Now let's talk about how it went with the other things you tried at home.

DISCUSS:

What went well? What didn't go well?



Time Estimate: 1 minute
Method: Presentation

SAY:

Please look at “Session Focus” on page 1 in the Participant Guide.



For a virtual session, use the screen share feature to display “Session Focus” from the Participant Guide for all participants to view.

SAY:

Taking 2 minutes to move every 30 minutes can help you prevent or delay type 2 diabetes. Today, we will talk about:

- The link between inactivity and type 2 diabetes
- Some challenges of taking time to move and ways to overcome them

We'll also get a chance to take a movement break.

Finally, you will make a new action plan.



Time Estimate: 24 minutes

Methods: Presentation, Facilitated Discussion,
Group Activity

Participants will learn the importance of taking a moment to move and how they can incorporate this movement into their daily routine.

Sherri's Story (14 minutes)

SAY:

Let's start by talking about the link between sitting still and type 2 diabetes. Many of us spend most of our day sitting still.

Please look at "Sherri's Story" on page 2 in the Participant Guide.



For a virtual session, use the screen share feature to display "Sherri's Story" from the Participant Guide for all participants to view.

DO:

Read (or ask a volunteer to read) the first four paragraphs of the story. (Read all but the last paragraph.)

DISCUSS:

How about you? How much of your day do you spend sitting still?

DO:

Discuss answers based on what participants do for a living. For instance, some may have desk jobs. Some may be on their feet all day. Others may be retired.

SAY:

Studies show that the more time you spend sitting still, the greater your risk of health problems. These include type 2 diabetes, obesity, heart problems, and some types of cancer.

That's why experts say it's important to get out of your seat. They suggest spending 2 minutes of every 30 minutes moving. The movements don't need to last long or be vigorous. The key is just to move.

Let's go back to the story.

DO:

Read (or ask a volunteer to read) the last paragraph of the story.

SAY:

It may seem overwhelming to move for 2 minutes every 30-minute period, as it did for Sherri. Remember that taking small steps is a good place to start! Start small like Sherri did. If you can take a moment to move every few hours at first, that's a great start. When that gets to become more routine, then decrease the amount of time between your movement minutes.

If helpful, set reminders to move. For example, set your phone alarm or a timed message to display on your computer.

ASK:

Now, let's talk about what Sherri does during her movement moments. What does Sherri do?

ANSWER:

She stands up during her bus ride. At work, she walks around her office while she talks on the phone and sits on an exercise ball while at the computer.

ASK:

What could you do right now to move for 2 minutes?



For a virtual session, encourage participants to use a digital whiteboard or the group chat feature to type their answers. Or have them “raise their hand” in the web conferencing tool, if the option exists.

ANSWER:

Possible answers from participants include:

- Dance
- Step side-to-side
- Walk or jog in place
- Touch your toes
- Walk around
- Climb stairs
- Use common household items such as soup cans, water bottles, or laundry detergent jugs as hand weights.
- Use a chair with no wheels to do squats or practice leg raises.

Take a Moment to Move (10 minutes)

SAY:

Let's take 2 minutes to move right now. I am going to share with you some examples of movement that can be done throughout the day, and then we will practice doing a “moment of movement” together.

Please look at “Take a Moment to Move” on page 2 in the Participant Guide.



DO:

Share the CDC resource guide “ Physical activity breaks for the workplace : resource guide” [<https://stacks.cdc.gov/view/cdc/81144>]



For a virtual session, use the screen share feature to display the CDC resource guide “Physical Activity Breaks for the Workplace” for all participants to view.

SAY:

This resource provides a lot of information about incorporating physical activity in the workplace, but of course you can incorporate these movement ideas anywhere.

DO:

Share links to the movement videos and exercises. Select links to show participants samples of some of the videos, such as the Latin Chair Salsa Workout or 5-Minute Yoga at Your Office Desk.

Ask participants which exercise they would like to do together for a fun 2-minute “movement moment”.

Join in the 2-minute movement with participants and have fun!



Time Estimate: 20 minutes
Methods: Presentation, Facilitated Discussion

In this part of the session, participants discuss the challenges of taking time to move and ways to overcome them.

SAY:

Let's talk about some challenges of moving more. Please look at "How To Overcome Challenges" on page 3 in the Participant Guide.



For a virtual session, use the screen share feature to display "How to Overcome Challenges" from the Participant Guide for all participants to view.

SAY:

Let's focus our attention on the left-hand column "Challenge." Listed here are two common challenges: running out of time and forgetting to move. Take a moment to write down some other challenges that that you might face.

DISCUSS:

What do you think might be challenging about taking 2 minutes to move every 30 minutes?



For a virtual session, encourage participants to use a digital whiteboard or the group chat feature to type their answers. Or have them "raise their hand" in the web conferencing tool, if the option exists.

SAY:

The middle column focuses on ways to overcome these challenges. Many of these ideas can be used for lots of challenges we might face. Take a moment to review these ideas.

DISCUSS:

Let's brainstorm together. What are some other ways to overcome these challenges? Let's write these in the third column "Other Ways To Overcome."

DO:

Ask participants what other challenges they wrote down that they would like to discuss.

SAY:

Fitting regular movement into our days can be a challenge, given our busy lives. I encourage you to refer to this list to try these ideas when facing new challenges.



Time Estimate: 5 minutes

SAY:

Please look at your Action Plan Journal. Let's spend the next few minutes making a new action plan.

Keep in mind what worked and what didn't work well for you since our last session. Are there any changes that you want to make to your new routines? Are you ready for a new routine?

Also, keep in mind what we discussed today about taking time to move throughout your day.

As you try out and practice your new routine, make sure to add in the following to make it automatic:

- Make your new routine easy and the old one harder to follow.
- Build in a healthy reward.
- Create times to repeat and practice your new routines.

If you are ready to add another routine, complete these 3 steps:

1. Identify what current routine needs to change or stop.
2. Plan a new routine that helps you make a positive change that will stick.
3. List cues or hints for when to use your new routine.

DO:

Give participants a few minutes to make their action plan.



Time Estimate: 5 minutes

SAY:

Between now and the next session, we will have a “Moment of Movement” challenge! To participate in the challenge, you will work with a partner, exchange contact information, and set times to contact one another and share a “moment of movement”. What down what movement you did and how many times you moved. We will share in the next session. Joining this challenge is optional.

DO:

Have participants who want to participate in the challenge pair up and exchange their contact information.

Following the meeting, post a reminder on the group’s social media page to participate in this movement break challenge.

Answer questions as needed.

SAY:

We have come to the end of our meeting. Today, we discussed how spending 2 minutes moving every 30 minutes can help you prevent or delay type 2 diabetes. We talked about:

- The link between inactivity and type 2 diabetes
- Some challenges of taking time to move and ways to overcome them

We also got a chance to practice a moment of movement.

DISCUSS:

Do you have questions about anything we talked about today?

SAY:

Next time, we’ll talk about the things you tried at home, including your action plan. We’ll also talk about [include specific topics that will be presented in the next session].

Thank you for coming to this session. Remember to bring your Participant Guide and Action Plan Journal to the next session.

End of meeting.