



Module 21: Find Time for Physical Activity

Lifestyle Coach Guide



Module Overview

It can be challenging to fit in at least 150 minutes of physical activity each week. This module will teach participants how to find ways to make time to be active.

Participant Learning Objectives

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

- Identify some benefits of being active
- Describe the challenges of fitting in physical activity
- Explain how to find time for physical activity

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 to prepare and motivate them for this upcoming session on finding time for physical activity. Here are some sample messages you can send out to participants for this module:
 - 1 Week Prior: “Finding time in your busy schedule to be active can be a challenge. In our next session, we will find ways to make time for physical activity in your weekly schedule. See you soon!”
 - 1 to 2 Days Prior: “In our next session, we will discuss the challenges you face to make time for physical activity. Be prepared to share some of your challenges in our session!”
- Arrange for a previous PreventT2 participant to speak with your group, either in person, online, or in a recorded message/video for the “The Challenge of Fitting in Physical Activity” discussion.
- To save time, consider printing the routine activity cards in advance for the “Fitting in Physical Activity” brainstorming game. For a virtual session, create a Word document or digital whiteboard containing two routine activities assigned to each participant.

After this session:

- Communicate with your participants via email, text message, app, or social media to continue the conversation on finding time for physical activity. Here are some examples of messages to post:
 - “Remember! Post your favorite workout that you make time for every week.”
 - “Share a photo of your workout to help keep yourself and the group accountable this week.”
 - “Share a new workout that you tried and how it made you feel. Let’s work together to continue making time in your daily routine for physical activity!”

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 3	5 Min
Session Focus	Page 4	1 Min
Benefits of Being Active: A Review	Page 5	5 Min
The Challenge of Fitting In Physical Activity	Page 6	25 Min
How To Find Time for Physical Activity	Page 10	14 Min
Plan for Success	Page 13	5 Min
Summary and Closing	Page 14	5 Min



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 finding time for physical activity. 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:

It can be challenging to fit in at least 150 minutes of physical activity each week. Today, we will talk about:

- Some benefits of being active
- Challenges of fitting in physical activity
- How to find time for physical activity

Finally, you will make a new action plan.



Time Estimate: 5 minute
Method: Facilitated Discussion

This part of the session allows participants to review the benefits of being active.

SAY:

Let's start by reviewing the benefits of being active. Being active can lower your risk of type 2 diabetes in two ways.

ASK:

What are the two ways that being active can lower your risk of type 2 diabetes?

ANSWER:

Being active can help you:

- Lose weight
- Lower your blood sugar

DISCUSS:

In addition to lowering your type 2 diabetes risk, what are some other benefits of being active?



For a virtual session, encourage participants to use a digital whiteboard or the group chat feature to type their responses for additional benefits of being active.

DO:

Share the following benefits of being active (if not mentioned by participants):

- Better sleep and mood
- Improved balance and flexibility
- Lower blood pressure and cholesterol
- Lower risk of heart attack and stroke
- Lower stress level
- More energy
- Improved sexual health
- Stronger muscles



Time Estimate: 25 minutes
Methods: Facilitated Discussion, Group Activity, Guest Speaker

This part of the session covers the challenges of fitting in physical activity when you have a busy lifestyle.

Mark's Story—Part 1 (5 minutes)

SAY:

As you know, this program's goal is for you to get at least 150 minutes of physical activity a week. For example, that could be 30 minutes 5 days a week at a moderate pace or more.

ASK:

How can you tell whether you are being active at a moderate pace?

ANSWER:

Do the Talk Test. That means you can talk while you do the activity, but you can't sing while you do it.

SAY:

It can be challenging to find time during the week to reach your activity goal. Let's review an example. Please look at "Mark's Story—Part 1" on page 2 in the Participant Guide.



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

DO:

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

DISCUSS:

What challenges did Mark face when trying to find time to be physically active?

ANSWER:

Participants' answers may include:

- Mark takes care of his grandkids during the week.
- Mark works at the library on weekends.
- After a long day, Mark likes to take time for himself by watching tv and relaxing.

Fitting in Physical Activity (10 minutes)

SAY:

Please look at “Fitting in Physical Activity” on page 3 in the Participant Guide.

Mark’s days are busy, but there are ways for him to fit in some physical activity and keep his other commitments.

We are now going to do a short group activity. In your groups, which I have preassigned, please talk about Mark’s situation. Then brainstorm some ways you think Mark can fit physical activity into his daily schedule.

DO:

Participants will complete this activity in groups of two to three. If using virtual group breakout rooms, share the group assignment and begin small group meetings. Give participants an exact time to meet back as a whole group.

Join one or more group sessions to facilitate the discussion.



If dividing participants into groups is not possible for a virtual session, have participants conduct the activity by themselves.

DO:

After breakout group discussions, have a volunteer from each group share one to two ideas from their group.

Some suggestions from participants may include:

- While Mark is taking care of his grandkids, he can incorporate family walks or dance parties with them.
- While Mark is working at the library, he can incorporate walking laps around the library or doing chair exercises.

Mark's Story—Part 2 (2 minutes)

SAY:

Please look at “Mark's Story—Part 2” on page 3 in the Participant Guide.

DO:

Read (or ask a volunteer to read) the conclusion of “Mark's Story—Part 2.”

DISCUSS:

Now let's talk about our own experiences. First, what is going well? What positive choices have you made recently to stay active?



For a virtual session, encourage participants to type their responses in the chat window or have them “raise their hand” in the web conferencing tool to share.

SAY:

Don't forget that you are making positive choices and making progress. Now let's talk about overcoming our challenges.

Time Crunches (3 minutes)

DISCUSS:

Even if you meet your physical activity goal often, challenges still come up. What challenges do you have when it comes to reaching 150 minutes of physical activity a week? Write them down under “Time Crunches” on page 4 in the Participant Guide.

SAY:

When you are trying to find time to be active, look at the activities you have planned and see where you can be creative with fitting in your physical activity.

Personal Experience (optional; 5 minutes)

DO:

Arrange for a former PreventT2 participant to join the session and share how the guest is able to overcome the challenges of fitting in time for physical activity. Or, consider recording an audio or video interview ahead of time to share with participants.



For a virtual session, invite your guest to join the online session. Encourage participants to come with questions related to fitting in time for physical activity.



Time Estimate: 14 minutes

Methods: Facilitated Discussion, Activity

This part of the session will show participants ways they can find time in their schedules for physical activity despite their challenges.

Tips for Fitting in Physical Activity (4 minutes)

SAY:

We've talked about some of the challenges you face when finding time to reach your activity goal. Now, let's brainstorm some ways to address them and fit physical activity into your daily life.

DISCUSS:

What are some ways you can fit in physical activity anytime during the day?

DO:

Share the following ideas (if not mentioned by participants):

- Schedule it.
- Change your schedule.
- Use a fitness app or tracker.
- Find ways to fit it into the activities you already have planned.

DO:

If you'd like, share some fitness apps and trackers. Allow participants to share apps and trackers that they find helpful.

Fitting in Physical Activity Brainstorming Game (10 minutes)

SAY:

Now let's come up with some ways to be more active during our regular routines. We are going to play a game. I will give each of you two index cards. Each card will have a common routine activity. On each card you will write one idea for being more active when you are doing this common routine. I'll give you 3 minutes to finish.



For a virtual session, assign two routine activities to each participant aloud or by displaying the assignments in a Word document or on a digital whiteboard.

DO:

Hand out two common routine activity cards to each participant. You can start with the following routines and add your own if needed:

- Shopping
- Getting around town
- Watching TV
- Doing tasks or chores
- Socializing
- Working

Allow participants 3 minutes to write down one idea for each index card.

Explain that you will call out a common routine activity. Volunteers with that common routine activity card will share the idea they wrote down on that index card. Allow other participants to add their ideas and discuss.

Note: Many ideas are listed in the Participant Guide. You may want to come up with two more routine activities that are not listed, such as being active while running errands.

DISCUSS:

How can you be physically active if going outside isn't possible or the area is unsafe?

DO:

Share the following (if not suggested by participants):

- Keep workouts simple and use items around your home to work out.
- Check with local community centers for physical activity offerings.
- Look for free workout classes in gyms, parks, and other community locations.
- Look online for free beginner workout videos.

SAY:

You have provided great ideas to add physical activity to your regular routines. There are more ideas on pages 6-8 in your Participant Guide. If you discovered something new today, add it to the list on page 8 of your Participant Guide.

Remember to also share new ideas for finding time for physical activity on our social media page.



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 finding time to fit in physical activity.

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 plans.



Time Estimate: 5 minutes

SAY:

Between now and the next session, re-read “Tips for Fitting In Physical Activity” on page 5 in the Participant Guide. Remember to check off each tip you try, and on the last page, write how you will find time to reach your activity goal. Be sure to include ideas from today’s discussion.

DO:

Answer questions as needed.

SAY:

We have come to the end of our meeting. Today, we discussed a common barrier to physical activity—time.

We talked about:

- Some benefits of being active
- Challenges of fitting in physical activity
- How to find time for physical activity

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.