

# Just Say Yes to... Fruits and Vegetables **Lesson 11: Physical Activity**

## Lesson Materials

- Giant flip pad
- JSY Physical Activity handout
- Ingredients and supplies to prepare and serve JSY recipe

## Duration of Lesson

(In minutes)

Welcome	2
Icebreaker	5
Introduction	10
Activity 1	15
Activity 2	15
Recipe	20-40
Physical Activity	5
Closing	5

## Take Home Items

- *JSY Activities That Burn 150 Calories* handout
- JSY recipe
- JSY incentive relevant to physical activity
- MyBenefits handout
- Additional options: Go4Life or Let's Move handouts

## To Find Out More

- <http://go4life.nia.nih.gov>
- [www.letsmove.gov](http://www.letsmove.gov)

## Objectives

At the completion of this workshop, participants will be able to:

- Understand how physical activity and a healthy diet contribute to a healthy lifestyle
- Determine how much physical activity is recommended for adults
- Identify ways to incorporate physical activity

## Welcome

- Greet participants as they enter workshop area.
- Introduce yourself and JSY program.
- Explain what the workshop will be about and how long it will take.
- Define workshop ground rules:
  - This is a safe learning environment.
  - No one will be called on. Participants will have a "voice by choice."
  - Please stay until the end, complete a survey and receive incentive.

## Icebreaker

- Invite participants to share with the group what they like to do for physical activity.

## Introduction

- Definition of Physical Activity:
  - Exercise and physical activity is any body movement that works your muscles and requires more energy than your usual daily activities. Walking briskly, running, dancing, swimming and yoga are all examples of physical activities; doing housework, such as vacuuming, mowing the lawn and gardening also count.
- Adults should get at least 30 minutes of physical activity 5 days a week.
- Ask group to call out reasons why it is important to exercise. Highlight:
  - Physical activity helps to prevent and manage heart disease, type 2 diabetes and high blood pressure.
  - Physical activity also helps you manage your weight, sleep better at night, and makes you stronger by improving bone health.
  - Physical activity gives you energy and helps you feel and look good!
  - For everyone, some activity is better than none!

- Ask participants if they typically get the recommended amount of physical activity? Does the goal of 30 minutes 5 times a week seem possible?
- Ask participants what prevents them from getting in physical activity. Then invite participants to share with the group how they overcome these obstacles. Some additional tips are:

Barrier	Solution
Time	Identify times when you could be physically active and plan them on your calendar; add physical activity to your daily routine (like walking the dog or taking the stairs)
Money	Identify places for physical activity that are free or low-cost (i.e. YMCA, community programs, walking/biking, parks, rent exercise DVDs at local library)
Don't like	Plan activities that you like and enjoy

### Low Cost Ways to Be Physically Active (Activity 1)

- Ask participants what types of activities they enjoy doing to be physically active. List these activities on a flip pad for the group to see.
- For each example provided, ask the group to brainstorm low or no cost ways that they could engage in the activities suggested by the group.

Here are some tips:

- Walking, running: mall walking, sidewalks, parks, participating in local races, parking further away
- Swimming: community pools, lakes, YMCA
- Biking: bike rentals, stationary bike at YMCA
- Dancing: at home, out with friends
- Sports: with friends, join a community or local league
- Weight lifting: lifting dumbbells, cans or bottles at home or join YMCA gym
- Fitness classes: attend classes offered at YMCA or faith-based organization, rent tapes/DVD's from library
- Hiking: local parks

#### Take Away Task

- Ask participants if they have used/currently use/ or plan to use any of the low cost examples to be more physically active.

### Creating a Physical Activity Plan (Activity 2)

- Ask the group to share what they like to do for physical activity. Write these examples on a flip pad for the group to see. (This will help participants think of examples of physical activity that can be included in the physical activity plan later).
- Ask participants what tips they have for making time for physical activity. Some additional tips are:
  - Identify times when you could be physically active.
  - Write it on your calendar; plan it out like you plan your meals.
  - Plan activities that you like and enjoy.
  - Add physical activity to your daily routine (like walking the dog or taking the stairs).
- Ask the group to help you make a plan for physical activity for one week. Remind them that the recommendation for physical activity for adults is 150 minutes, or 2.5 hours, each week.
- Write down the group's activity plan on the flip pad. Ensure that activities are varied and meet the recommendation.

#### Take Away Task

- Ask participants how they could change the activity plan to fit their lifestyle.
- Ask participants to share which activities they will do this week.

### **Nutrition Transition Statement**

- Nutrition and physical activity are key factors to living a long and healthy life. A healthy diet rich in fruits and vegetables also helps keep our bodies healthy and reduces our risk of chronic disease.

### **Demonstrate a JSY Recipe**

- Discuss all steps in preparation.
- Explain how to select and store the fruit or vegetable used in the recipe.
- Offer samples to participants.
- Announce JSY allergy disclaimer (i.e. participants should avoid the sample if they have an allergy to any of the ingredients).

### **Suggested Recipe Talking Points**

- This recipe could be used as a pre or post physical activity snack/side dish. What foods do you like to eat before or after exercising?
- Ask participants if or how they might change this recipe at home for their families.
- Why is important to drink plenty of water when exercising?

### **Applicable FNS Messages**

- Eat smart to play hard. Power up with fruit and yogurt.

### **Closing**

- Summarize key points in lesson.
- Ask participants, “What are your questions?”
- Distribute JSY Surveys. Assist participants with completion, if needed.
- Give a JSY Nutrition Education Incentive to each participant as they hand in their survey.
- Thank participants.

Clean and pack up workshop space.