ACKNOWLEDGEMENTS

Purpose: The purpose of this manual is to serve as an interactive workbook for Community Health Advisors (CHAs) who plan to promote community-based physical activity to healthy adults. This is a condensed version of the original Physical Activity manual and has been adapted for Flying Sparks.

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This program, called “Flying Sparks,” is part of a project of the Center for Health Promotion designed to train Community Health Advisors. Just as a spark can start a huge fire, we are hoping the sparks of health research we have done for the last 10 years will spread the benefits of Community Health Advisors across the state and nation. To get the most out of CHA training, we suggest you do the General Training before the three special trainings: Physical Activity, Smoking Cessation, and Nutrition. If you would like more information on the programs offered in Flying Sparks, call the Center for Health Promotion at the number on the back cover of this manual.

This manual will train you on physical activity. As a Physical Activity Community Health Advisor (CHA), you will learn about promoting physical activity to individuals and groups in your community. Being physically inactive is a major risk factor for many chronic diseases. Most people in the nation are not as active as they could be. You can make a great contribution to your community’s health when you encourage others to be more physically active.

You can be a “coach” in your community by setting an example through your own physical activity program. These Physical Activity Training sessions will help you learn to include regular, moderate-intensity physical activity in your life and how to help others in your community increase their physical activity levels. You will learn how to know if a person needs to see a doctor before starting or increasing physical activity, different types of activities, and some tips on starting a safe and successful physical activity plan.

At a glance: Each session will state the **Goals** for the session, outline **Information** that will be discussed, and give a **Tie It Together** summary. We are glad you are interested in the CHA Physical Activity Training and hope you enjoy this program!
Session 1:
Why Be Active?
Goals:
During this session you will:
1. Introduce each other
2. Review training location, day, and time
3. Learn the Roles of a CHA
4. Complete a brief survey
5. Learn why you should encourage physical activity
6. Learn the benefits of physical activity
7. Learn if you are ready for physical activity
1. **Introduce Each Other.**

List the names of other members on your team:

__________________________  ____________________________
__________________________  ____________________________
__________________________  ____________________________
__________________________  ____________________________
__________________________  ____________________________

2. **Training Location, Day, and Time**

Location:____________________

Day: _______________________

Time:_________ to _________
Community Health Advisors (CHAs) are natural helpers in their community—people who others can turn to for advice, assistance, or referrals to appropriate resources. Being a CHA includes 3 roles:

1. Providing **Advice**
2. Offering **Assistance**
3. Making **Action Plans**

**Advice** (to educate, counsel, and inform) is helping people with new health information or community information either by answering a question, telling them something, or helping them figure something out themselves. For example: telling someone about the benefits of physical activity and different types of activities they can try to do.

**Assistance** (to help by doing something) is providing a needed service or referring someone to a person or organization who can provide the service. For example: offering to go for a walk with your neighbor.

**Action Planning** (planning to do something as a group) is working with others to build a lasting solution to a community problem or need. For example: Starting a walking or aerobics club in your neighborhood or at your church.

For more information on the roles of a CHA, please see the General CHA Training Manual. At the end of this session an exercise is available to help you practice the 3 roles of a CHA.
**Physical Activity Survey**

Before training starts, we would like for you to fill out this survey so that you can come back at the end of training to see how much you have learned. Please answer each item “True” or “False”. Do not worry if you do not know the correct answer. We will cover all this information during the training.

<table>
<thead>
<tr>
<th>True</th>
<th>False</th>
<th>1. Regular physical activity can reduce your chances of getting heart disease.</th>
</tr>
</thead>
<tbody>
<tr>
<td>True</td>
<td>False</td>
<td>2. Most people get enough physical activity from their normal daily routine.</td>
</tr>
<tr>
<td>True</td>
<td>False</td>
<td>3. You do not have to train like a marathon runner to become more physically fit.</td>
</tr>
<tr>
<td>True</td>
<td>False</td>
<td>4. Exercise programs do not require a lot of time to be very effective.</td>
</tr>
<tr>
<td>True</td>
<td>False</td>
<td>5. People who do not need to lose some weight will not benefit much from regular physical activity.</td>
</tr>
<tr>
<td>True</td>
<td>False</td>
<td>6. All exercise gives you the same benefits.</td>
</tr>
<tr>
<td>True</td>
<td>False</td>
<td>7. As you get older, you do not need to be as active.</td>
</tr>
<tr>
<td>True</td>
<td>False</td>
<td>8. It does not take a lot of money or expensive equipment to become physically fit.</td>
</tr>
<tr>
<td>True</td>
<td>False</td>
<td>9. There are many risks and injuries that can occur with exercise.</td>
</tr>
<tr>
<td>True</td>
<td>False</td>
<td>10. It is important to consult a health care provider before starting a physical activity program.</td>
</tr>
<tr>
<td>True</td>
<td>False</td>
<td>11. People who have had a heart attack should not start any physical activity program.</td>
</tr>
<tr>
<td>True</td>
<td>False</td>
<td>12. It is best to keep with one type of physical activity.</td>
</tr>
</tbody>
</table>
Why Should I Encourage Physical Activity?
Many people in the United States are inactive. Not being physically active is a major risk factor for heart disease and other diseases such as diabetes and cancer. People who are inactive can improve their health and well-being by becoming moderately active on a regular basis. **Physical activity** means walking quickly, vacuuming, jogging, digging in the garden, climbing stairs, or any other activities like these.

**Regular physical activity** means doing 30 minutes or more of the above activities most days of the week. For example:
- One 30-minute walk, jog, bike, or swim
  
  OR
- Three 10-minute walks
  
  OR
- 5 minutes vacuuming, 10 minutes walking, 10 minutes digging in the garden, and 5 minutes climbing stairs.

What are the benefits of being more active?

<table>
<thead>
<tr>
<th>Lowers your Risk for:</th>
<th>Improves life by:</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Heart Disease</td>
<td>• Feel better about yourself</td>
</tr>
<tr>
<td>• High Blood Pressure</td>
<td>• Builds self-esteem</td>
</tr>
<tr>
<td>• Diabetes</td>
<td>• Makes you sleep better at night</td>
</tr>
<tr>
<td>• Being obese</td>
<td></td>
</tr>
<tr>
<td>• Being stressed or anxious</td>
<td></td>
</tr>
</tbody>
</table>

It also helps to build and maintain healthy bones, muscles, and joints. For older adults, it can help them become strong and better able to move without falling.
Are You Ready for Physical Activity?
Before starting physical activity, you may need a doctor’s advice. The Physical Activity Readiness Questionnaire (PAR-Q) on the page 15 helps you decide if you need to see a doctor before beginning physical activity.

If the PAR-Q shows that you need a doctor’s permission, a doctor’s clearance form is available on page 17 for your doctor to sign BEFORE beginning a physical activity program. If this applies to you, please bring this form to the next session. It is required before you can participate in the physical activity sessions.
The Physical Activity Readiness Questionnaire (PAR-Q) helps you decide if you need a doctor’s advice before starting physical activity. Many health benefits come with regular physical activity and the PAR-Q is a good first step if you want to be more physically active.

For most people physical activity should not be a problem or danger. The PAR-Q has been designed to find the small number of adults for whom physical activity may not be right or those who need medical advice about the best type of activity for them.

<p>| | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Has a doctor ever said you have heart trouble?</td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td>2. Do you suffer frequently from chest pains?</td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td>3. Do you often feel faint or have spells of severe dizziness?</td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td>4. Has a doctor ever said your blood pressure was too high?</td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td>5. Has a doctor ever told you that you have a bone or joint problem such as arthritis, that has been or could be aggravated by exercise?</td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td>6. Are you over age 65 and not accustomed to any exercise?</td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td>7. Are you taking any prescription medications, such as those for heart problems or high blood pressure?</td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td>8. Is there a good physical reason not mentioned here that you should not follow an activity program?</td>
<td>Yes</td>
<td>No</td>
</tr>
</tbody>
</table>

If you answer “YES” to any question, we advise you to talk with your doctor before starting an exercise program. See the Doctor’s Clearance for Physical Activity form on the next page.

**POSTPONE EXERCISE if you have a temporary minor illness or fever.**

DOCTOR’S CLEARANCE FOR PHYSICAL ACTIVITY

Patient’s name: ______________________________________________________

Doctor’s name: ______________________________________________________

Doctor’s Telephone number: ___________________________________________

Your patient is interested in being part of a community physical activity program. The types of physical activities to be done are “moderate” levels of activity like brisk walking, gardening, or slow cycling. The physical activities start out slowly and are gradually increased.

The goal of the program is for your patient to obtain the health benefits of physical activity by doing at least 30 minutes of regular physical activity on most days of the week.

Please check the statement that reflects your recommendations.

☐ My patient is able to be part of the physical activity program.

☐ My patient should postpone starting the physical activity program until I do a further medical evaluation.

☐ My patient should not be in the physical activity program.

Comments:

__________________________________________
(Doctor’s signature)

__________________________________________
(Date)
SITUATION:
Your friend wants to become more physically active, but she is not sure if she should see her doctor first. What would you tell your friend?

Advice You Could Give

1. Advise your friend to consult her doctor if she thinks she may have any health problems that would be dangerous to physical activity. It is always better to be safe.

Assistance You Could Give

1. Offer to screen your friend with the PAR-Q.
2. Give your friend pamphlets on physical activity and health.
3. Offer to go to the doctor with her.

Action Plans that Could Be Developed

1. Plan an informational day at a church or community center to teach people about physical activity and health. Screen people with the PAR-Q.
CHA ROLES SESSION 1

ADVISE: Educate, Counsel, and Inform

ASSIST: Help by doing something
(ex. Make a phone call, sit with someone, give a ride)

ACTION PLAN: As a group, plan to do something
(ex. Plan an event, agree in a group that everyone will do something)

SITUATION:
Your neighbor wants to become more physically active.
How can you help her?

Advice You Could Give

Assistance You Could Give

Action Plans that Could Be Developed
In Session 1:
1. You have been introduced to the team. You will be working closely with one another. Your talents are needed!!

2. You have been given the location, day, and time for the meetings. Please, let your team leader know if you will not be able to attend one of the training sessions.

3. You have learned the 3 roles of a CHA: providing advise, offering assistance, and making action plans. You will use these roles over the course of the CHA Physical Activity training.

4. You have talked about how important it is for people to be physically active and about different types of physical activity like walking and gardening.

5. You have learned the health benefits of physical activity like reducing blood pressure and controlling weight.

6. You have learned that physical activity is safe for most people but a few need their doctor’s permission. By using the PAR-Q, you can figure out who needs to see a doctor before starting to be physically active.
Session 2:
What Are the Risks?
Goals:
During this session you will learn:
1. The importance of knowing your risk in physical activity
2. Some risk factors for heart disease and symptoms that may suggest heart disease
3. How to measure your waist size and your Body Mass Index (BMI)
4. The meaning of some of the health numbers your doctor may tell you like your blood pressure and cholesterol levels
Before starting this session, please fill out the following waiver and turn it in to your instructor.

Name:____________________________________________________________

Mailing Address:__________________________________________________________________________

Date of Birth: ________________________________ (Month/Day/Year)

Phone Numbers: ___________________________ ___________________________

(Home) (Work)

Person to contact in case of emergency: ______________________________

Phone number of contact person: ______________________________________

In agreement with the Flying Sparks physical activity program, I agree to the following:

1. I ________________________ agree this form waives any claim I might have against Flying Sparks, its agents, employees or volunteers for any loss or damage in connection with participation in the physical activity program that I may attend.

2. I am aware that any damage or injury I sustain as a result of my participation in the physical activity programs is covered by this waiver. I accept responsibility for any and all risk of injury as a result of my medical condition, whether known or unknown to Flying Sparks, its agents, employees or volunteers.

3. I am aware that I am responsible for the risk of injury or damage resulting from my performing or attempting to perform any physical activity within the physical activity program.

_____________________________  ______________________________
PARTICIPANT’S SIGNATURE       FACILITATOR’S SIGNATURE

__________________________  __________________________
DATE                      DATE
Knowing Your Risks in Physical Activity

A risk is something that raises your chance of having a harmful situation. The most serious risk with physical activity is sudden death due to underlying heart disease, but this is rare with moderate physical activity. The most common risk with physical activity is injury to the muscles or joints, usually from doing too much, too soon. Moderate physical activity is safe for most people.

The PAR-Q can help you decide if physical activity is safe for you, but if you have heart disease, symptoms of heart disease, or two or more risk factors, you need to see a doctor before being physically active. See the lists below to find out if you have symptoms or risk factors for heart disease.

Major Symptoms Suggesting Heart Disease
- Pressure, fullness, discomfort, or squeezing in your chest, shoulder, neck, or arms
- Shortness of breath with mild physical activity
- Sweating with chest discomfort
- Feeling lightheaded
- Feeling faint
- Feeling sick to your stomach

Major Risk Factors for Heart Disease
- Smoking
- High Blood Pressure
- High Blood Cholesterol Levels
- Diabetes
- Being physically inactive
- Obesity

There are other ways to find out if you are at risk for disease. These are measuring your waist size and body mass index.
A large waist size can raise your risk for many health conditions, like diabetes, high blood pressure, and heart disease. Growing in waist size over time can mean you have more abdominal fat. Having more abdominal fat can raise your risk of heart disease.

Use a measuring tape to measure at the smallest part of your natural waist, usually just above the navel (belly button). Measure at the end of a normal breath-out without pulling the tape tight.

A measurement of more than 40 inches in men and 35 inches in women means your heart disease risk is higher than normal.
A high body mass index means you are at a higher risk for disease. To check your Body Mass Index or BMI, measure your weight and height without shoes. See the BMI Chart below and find your height on the left side of the chart. Follow across this line until you find the closest number to your weight in pounds. Your BMI range is found on the top of column.

*Adapted from the National Institutes of Health New BMI Guidelines*
Here is a list of levels for cholesterol, blood pressure, and fasting blood sugar you may hear your doctor say.

### Cholesterol

<table>
<thead>
<tr>
<th></th>
<th>Best</th>
<th>Normal</th>
<th>Borderline-High</th>
<th>High</th>
<th>Very High</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Cholesterol</td>
<td></td>
<td>Below 200</td>
<td>200-239</td>
<td>240 or above</td>
<td></td>
</tr>
<tr>
<td>LDL-C (“bad”)</td>
<td>Below 100</td>
<td>100-129</td>
<td>130-159</td>
<td>160-189</td>
<td>190 or above</td>
</tr>
<tr>
<td>HDL-C (“good”)</td>
<td>60 or above</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Triglycerides</td>
<td>Below 150</td>
<td>150-199</td>
<td>200-499</td>
<td>500 and above</td>
<td></td>
</tr>
</tbody>
</table>

### Blood Pressure

<table>
<thead>
<tr>
<th></th>
<th>Normal</th>
<th>Prehypertension</th>
<th>Stage 1 Hypertension</th>
<th>Stage 2 Hypertension</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Normal</strong></td>
<td>Less than 120/80</td>
<td>120/80 - 139/89</td>
<td>140/90 - 159/99</td>
<td>160 or above/100 and above</td>
</tr>
</tbody>
</table>

### Fasting Blood Sugar

<table>
<thead>
<tr>
<th></th>
<th>Best</th>
<th>Normal</th>
<th>Elevated</th>
<th>High</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Best</strong></td>
<td>Less than 90</td>
<td>Less than 110</td>
<td>110-125</td>
<td>126 or higher</td>
</tr>
</tbody>
</table>
CHA ROLES SESSION 2

ADVISE: Educate, Counsel, and Inform

ASSIST: Help by doing something
(ex. Make a phone call, sit with someone, give a ride)

ACTION PLAN: As a group, plan to do something
(ex. Plan an event, agree in a group that everyone will do something)

SITUATION:
You have a friend who wants to become more active but is concerned about whether or not she should start because of her heart condition. What advice could you offer your friend?

Advice You Could Give

Assistance You Could Give

Action Plans that Could Be Developed
In Session 2:
1. You have learned what a risk is and some of the different risks that can happen from physical activity such as an injury to a muscle or joint.

2. You have learned some of the major symptoms that suggest heart disease such as pressure in your chest or shoulder.

3. You have learned some of the major risk factors for heart disease such as smoking and high blood pressure.

4. You have learned other ways to find out your risk for disease, such as measuring your waist size and checking your BMI.

5. You have learned different numbers your doctor may tell you such as blood pressure and cholesterol levels.
Goals:
During this session you will learn:
1. The “Stages of Change” for physical activity
2. How to use the “Stages of Change” to figure out how ready someone is to be physically active.
3. What approach is most helpful to people in each stage

Suggested Handouts
1. Think about Being More Physically Active
2. Get Moving!
3. Keep Moving!
Ready or Not?
We often go through several “Stages of Change” before starting a physical activity program. That is to say, thoughts and behaviors change as we get more ready to be physically active. The “Stages of Change” will tell you how ready a person is to be active and the best way to encourage them.

It is important to understand the “Stages of Change”. Please ask questions if the process is not clear to you. Be sure to notice the time periods and color coded handouts that go with each Stage.

Stages of Change
To find a person’s “Stage of Change”, the following questions may be asked. The boxes explain how each question applies to each stage:

“Are you thinking about beginning physical activity in the next 6 months?”

If Yes  If No, stop here. This person is:  Not Ready to Begin Physical Activity
The person answers “No” when asked if he or she is thinking about beginning physical activity in the next 6 months. A person in this stage does not want to be physically active right now and needs to start thinking about how the benefits of physical activity personally apply. Tell them to read “Think about Being More Physically Active!” on page 39.

See Next Page
“Are you thinking about beginning physical activity in the next month?”

If Yes

If No, stop here. This person is:

Thinking about Beginning Physical Activity
The person answers “Yes” when asked if he or she is thinking about beginning physical activity in the next 6 months but “No” to being active in the next month. People at this stage are interested in being more active but have not started to be as active as they could be. At this stage, people may need help to learn more about the benefits of physical activity, to figure out what is keeping them from being active, and to think of a plan to deal with these challenges. Learning to set realistic activity goals at this stage is important (such as short walks, taking the stairs, etc.) Have them read “Get Moving!” on page 41.

“Are you physically active now?”

If Yes

If No, stop here. This person is:

Ready for Physical Activity
The person answers “Yes” when asked if he or she is thinking about beginning physical activity in the next month but “No” when asked if they are active now. People at this stage are ready to take action and may have plans or be starting to be more active. Help and support from family, friends, co-workers, and teachers are useful as well as rewards for successes. Have him or her read “Get Moving!” on page 41.

See Next Page
“Have you been physically active for 6 months or more?”

If Yes

If No, stop here. This person is:

**Physically Active**
The person answers “Yes” when asked if he or she is physically active now. A person in this stage has been physically active for six months or less and may need help in setting long and short-term goals. The goal now is making a lifelong habit to help prepare for future challenges. Have them read “Keep Moving” on page 43.

**Maintaining Regular Physical Activity**
The person answers “Yes” when asked if he or she has been physically active for 6 months or more. It is important to congratulate the person in this stage and review what helped them stay active. These same tools will help the person continue to stay physically active in the future. Have him or her read “Keep Moving” on page 43.

Remember, people move through stages as they get more ready to be active. You may need to check a person’s “Stage of Change” at a later date to see if he or she has moved to a new stage.
STAGES OF CHANGE WORKSHEET

Now it’s time to practice the “Stages of Change”. Darlene is a 40 year old single mother of three. She works one job from 8-4 each day, and another on the weekends. She is currently not physically active. What are some reasons she may not be active?

1. ______________________________________________________________
2. ______________________________________________________________
3. ______________________________________________________________

When asked if she has any plans to become physically active in the next six months, she says yes. When asked if she is planning to become active in the next month, however, she says no. In what “Stage of Change” is Darlene? (See pages 35-37)

   Stage: __________________________

Things to think about:

What is Darlene thinking about in this Stage?

What does she need help with to move to the next stage?

Which handout would you give Darlene?
Think about being more physically active

Motivating yourself to be more physically active is hard. Write a couple of reasons why more physical activity in your life would be good for you:

<table>
<thead>
<tr>
<th>Type of Physical Activity</th>
<th>Why this would be good</th>
</tr>
</thead>
<tbody>
<tr>
<td>1._______________________</td>
<td>_______________________</td>
</tr>
<tr>
<td>2._______________________</td>
<td>_______________________</td>
</tr>
<tr>
<td>3._______________________</td>
<td>_______________________</td>
</tr>
<tr>
<td>4._______________________</td>
<td>_______________________</td>
</tr>
</tbody>
</table>

Think about reasons why it is hard for you to be physically active. What would be your top 5 reasons for not being regularly physically active? Put a 1, 2, 3, 4, and 5 next to your TOP FIVE.

___ It is hard work
___ I am too tired
___ I do not have anyone to go with me
___ The weather is bad
___ There is no convenient place
___ I am too heavy
___ I do not enjoy physical activity
___ I hate to fail, so I will not start
___ I do not feel safe
___ It is boring
___ I do not have the time
___ I am too old
___ Other __________________
___ Other __________________
There is hope for solving these barriers. Talking and writing about barriers is the first step. It is also helpful to talk with others about their struggles with regular physical activity. Many times, a friend or relative may have a suggestion to help you.

You can make plans like, “I will take the stairs instead of the elevator” or “I will walk to the corner store or to a friend’s house instead of driving.” Think of simple ways to increase your level of physical activity.

*List your top three barriers* that keep you from being more active and some possible solutions to these barriers.

<table>
<thead>
<tr>
<th>Barrier</th>
<th>Solution Idea</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>1.</td>
</tr>
<tr>
<td>2.</td>
<td>2.</td>
</tr>
<tr>
<td>3.</td>
<td>3.</td>
</tr>
</tbody>
</table>
GET MOVING!

Great! So you are ready to make regular physical activity a part of your life. You will feel better, look better, and reduce your risk of health problems such as heart disease, diabetes, and cancer.

Think about two main benefits you hope to get from being active. Write your reasons down here and use them to motivate and remind yourself why you decided to be physically active! Keep these somewhere and look at them from time to time (i.e. the refrigerator, bathroom, mirror, or car).

**Benefits to being physically active:**

1. ______________________________________________________________
2. ______________________________________________________________

**What activities are you going to do?**

*REMEMBER:* Physical activity MUST be REGULAR. Plan to do an activity 5 times per week for 30 minutes or more. Think of at least 2 activities you enjoy, like walking. Fill in the information in the spaces below.

**Activity 1:**

1. **What** is it?___________________________________________________
2. **Where** can you do it?________________________________________
3. **When** can you do it?_________________________________________

**Activity 2:**

1. **What** is it?___________________________________________________
2. **Where** can you do it?________________________________________
3. **When** can you do it?_________________________________________
“Help! I made a plan but I still have a few challenges to regular physical activity.”

Here is a list of common barriers and some suggestions to solve them! If your problem is not listed, or the solution does not work for you, talk to others who are physically active to see what has worked for them.

<table>
<thead>
<tr>
<th>Barrier</th>
<th>Solution Idea</th>
</tr>
</thead>
<tbody>
<tr>
<td>“No time!”</td>
<td>Can you do without five TV shows each week?</td>
</tr>
<tr>
<td>“I do not enjoy it.”</td>
<td>Start a new hobby or an enjoyable activity that gets you moving.</td>
</tr>
<tr>
<td>“I am usually too tired.”</td>
<td>Regular activity will improve your energy level.</td>
</tr>
<tr>
<td>“The weather is too bad.”</td>
<td>There are many activities you can do at home, in any weather.</td>
</tr>
<tr>
<td>“It is boring.”</td>
<td>Listening to music during your activity keeps your mind occupied. You can see a lot of interesting scenery by walking, biking, or running.</td>
</tr>
<tr>
<td>“I get sore.”</td>
<td>Slight muscle soreness after physical activity is common in the beginning. It should go away in 2-3 days. You can avoid this by building up gradually and stretching before and after activity.</td>
</tr>
</tbody>
</table>

In the table below write your 2 main barriers and your solutions to overcome them. Check the list later to see if they worked. If the solutions do not work, find other ways to make physical activity a regular part of your life.

<table>
<thead>
<tr>
<th>Barrier</th>
<th>Solution Idea</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>1.</td>
</tr>
<tr>
<td>2.</td>
<td>2.</td>
</tr>
</tbody>
</table>
KEEP MOVING!

Great! You are physically active! You have a right to feel proud of yourself. What helps you be physically active? Write these below and put it in a place you can see it. Use these as a reminder to stay physically active.

**What helps me to be physically active?**

1. ____________________________________________
2. ____________________________________________
3. ____________________________________________

**What are you doing now?**

By thinking about the activities that you are doing now, you can see if any changes need to be made in order to stay physically active. Write your physical activity plan here:

<table>
<thead>
<tr>
<th>Type of Activity</th>
<th>Days per week</th>
<th>Minutes per day</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Who is your biggest supporter? ____________________________________________

How does your supporter help you? __________________________________________
Are there other things that help you stay active?

What changes can you make in your activity plan to make it more enjoyable, convenient, or safe?

Are there times when you are not as active as you want to be?
Most people stop being active at one time or another. Sometimes they stop for a few weeks. Sometimes it is years before they start being active again. Plan ahead to prevent this happening to you.

If you have stopped regular activity in the past, what caused you to stop?

What could you have done that would have helped you stay active or what helped you to get back on track quickly?

Keep it up!
How confident are you that you can continue to do regular physical activity for the next 3 months? (please circle)

Confidence:  None  Low  Medium  High

If you answered none or low confidence, what is making your confidence low? What can you do to increase your confidence?
CHA ROLES SESSION 3

ADVISE: Educate, Counsel, and Inform

ASSIST: Help by doing something
(ex. Make a phone call, sit with someone, give a ride)

ACTION PLAN: As a group, plan to do something
(ex. Plan an event, agree in a group that everyone will do something)

SITUATION:
You have a friend who wants to begin physical activity but says she does not have 30 minutes a day to spare. What could you tell her?

Advice You Could Give

Assistance You Could Give

Action Plans that Could Be Developed
In Session 3:

1. You have learned how people differ in their readiness to become more physically active. By asking a set of questions, you can figure out how ready a person is to be physically active based on his or her “Stage of Change.”

2. You have learned people who are not ready should not be pushed into being physically active. They can be encouraged to think about the ways physical activity can benefit them (See- Think about Being More Physically Active Pg. 39).

3. You have learned those who are already thinking about physical activity should be encouraged to make a solid and realistic plan to start activities (See- Get Moving! Pg. 41).

4. You have learned people who are already physically active should be congratulated and encouraged to think about ways to stay active over time. (See- Keep Moving! Pg. 43).

If you need more worksheets to share with community members, ask your facilitator for copies.
Session 4: What is Your Goal?
Goals:
During this session you will learn:

1. The four parts of physical fitness
2. How much activity is needed to improve your health
3. How many calories you should burn a week in physical activity
4. Why it is important to keep a physical activity log (or record)
5. How you can start a walking program and use a pedometer
Four Parts of Physical Fitness

Physical Fitness means having the energy to do all the things you want to do and have a little extra energy left over. There are four main parts to physical fitness and different types of activity you can do for each part.

1. **Aerobic Fitness**- makes the heart better able to pump blood and deliver oxygen through the body. Ex: walking, bicycling, and swimming.

2. **Muscular Fitness**- increases muscle strength and endurance. Ex: leg lifts and chair push ups.

3. **Flexibility**- helps you move joints freely and without pain. Ex: shoulder rolls and stretching exercises.

4. **Body Composition**- the right weight and amount of body fat lowers the risk of heart disease. Ex: aerobic and muscular fitness exercises lower body fat.

Amount of Physical Activity Needed to Improve Health

Physical activity performed at moderate intensity (such as walking, gardening, and similar types of activities) for 30 minutes a day on most days of the week (5 or more) is best. More health benefits could come for some people with higher levels of physical activity.

How Many Calories Will I Burn?

One mile walked in 20 minutes burns about 100 calories. Walking 2 miles, 5 times a week will burn about 1000 calories. To lose one pound of body weight you need to burn 3,500 calories.
The Importance of a Physical Activity Log
Writing down the minutes you are physically active in a log helps you keep track of your progress. Most people who are successful in staying active keep a physical activity log.

Keeping a Physical Activity Log
Think about what you want to get from physical activity. The first step is to set a realistic goal. A realistic goal is one that lets you take small steps toward change and not a huge change overnight. Think about what you do and how you can increase this over a short time period. Walking is a common way to increase your activity level. If you are interested in walking, a sample walking plan is available on page 53 that sets weekly goals and provides helpful tips!

Write in your physical activity goal on page 51. Over the next week, complete the chart below your goal. When the week is finished, total up the amount of miles, minutes, or steps.

- If you met your goal, Congratulations! This is the first step towards being more physically active. Continue the good work!

- If you did not meet your goal, write in the reasons that may have kept you from meeting it. These reasons will help you get back on track next week to being more physically active!

Once you have set your physical activity goal, you can work on a physical activity plan. Physical Activity Plans will be covered in Session 5.
Name: _______________________________________
Goal:  □ To walk _____ mile (s)
       □ To do moderate physical activity for _____ minutes
       □ To walk_____ steps
       □ Other ________________________________

<table>
<thead>
<tr>
<th>Date:</th>
<th>Type of Activity</th>
<th>Total Miles, Minutes, or Steps</th>
</tr>
</thead>
<tbody>
<tr>
<td><em><strong><strong>/</strong></strong></em>/_____</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sunday</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Monday</td>
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<tr>
<td>Tuesday</td>
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<tr>
<td>Wednesday</td>
<td></td>
<td></td>
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<tr>
<td>Thursday</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Friday</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Saturday</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Week Total**

Did you meet your goal?  YES  *NO
*If you did not meet your goal, why not?______________________________
______________________________________________________________
One of the easiest ways to be physically active is to walk. You can do it almost anywhere and at any time. If you would like to start your own walking program, the information below may be helpful.

**Why walk?**
It is easy, it is cheap, and it is safe. It can improve your health. But, if you do not like to walk, choose any activity that helps you move.

**How often and how long should I walk?**
It depends on how active you are now and your health. Just increase your daily activities. It does not take much more activity to improve your fitness level. Below are two examples of how to start a walking program and how to increase the amount of activity.

### Level I

<table>
<thead>
<tr>
<th>Week</th>
<th>Comfortable Walking</th>
<th>Times a Day</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>5 minutes</td>
<td>3</td>
</tr>
<tr>
<td>2</td>
<td>7 minutes</td>
<td>3</td>
</tr>
<tr>
<td>3</td>
<td>10 minutes</td>
<td>2</td>
</tr>
<tr>
<td>4</td>
<td>12 minutes</td>
<td>2</td>
</tr>
<tr>
<td>5</td>
<td>13 minutes</td>
<td>2</td>
</tr>
<tr>
<td>6</td>
<td>15 minutes</td>
<td>2</td>
</tr>
</tbody>
</table>

When you are comfortable walking 15 minutes twice a day, you may want to increase your activity to Level II.
Once you complete this schedule, try to maintain your activity level by walking at least 15 to 50 minutes, 3 to 5 times a week.

Can you talk while you walk?
You should be able to walk and talk at the same time. If you can not talk because you are gasping for air, you are going too fast. If you can talk as easily while walking as you can while standing still, you may want to go a little faster. However, it should feel comfortable to you.

Where can I walk?
Anywhere that is easy, close, and safe for you. Plan where you will walk before you go and think about flat places near your home like shopping malls, school tracks, or your street. Think about your safety! Find a walking partner. If you do walk alone, make sure someone knows where and when you are walking.
What do I wear?
Wear loose fitting clothes and comfortable, well-cushioned athletic or walking shoes. Wear socks to give a little more cushion and help prevent blisters.

When should I not walk?
Do not walk if you are sick or have a fever. Wait 24 hours after your temperature is normal before increasing your activity.

Do not walk outdoors if the weather is too hot or too cold. Walk indoors if the temperature is over 80 degrees and the humidity is over 80%. When it is cold, consider the temperature and wind chill. Walk indoors when it is below 40 degrees.

Do not walk right after you eat a big meal. Your heart is busy giving the blood supply needed to digest your meal. Wait at least one hour after eating a big meal before walking.

If you miss more than 3 days of walking, decrease your time and begin again slowly. Walking is a plan for life, so do not worry about “catching up.”

If you have signs such as an uncomfortable feeling of persistent pressure, pain, fullness or squeezing in the chest, shortness of breath, nausea, undue fatigue, light-headedness, abnormal heart beat, or other signs of trouble, get medical help immediately! Call 911, the emergency rescue service, or have someone drive you to the nearest hospital with cardiac emergency care.
ADVISE: Educate, Counsel, and Inform

ASSIST: Help by doing something
(ex. Make a phone call, sit with someone, give a ride)

ACTION PLAN: As a group, plan to do something
(ex. Plan an event, agree in a group that everyone will do something)

SITUATION:
You have a neighbor who is interested in starting a physical activity program but does not think she has the time or is in the physical shape to begin one. What would you tell her?

Advice You Could Give

Assistance You Could Give

Action Plans that Could Be Developed
In Session 4:
1. You have learned the four types of physical fitness: aerobic, muscular, flexibility, and body composition and the different benefits each can provide.

2. You have learned the amount of physical activity needed to improve health and how many calories you can burn by walking.

3. You have learned the importance of a physical activity log and have created a goal for your own physical activity log.

4. You have learned how to start a sample walking program and different tips for walking like where to walk and what to wear.
Session 5:
Staying Active
Goals:
During this session you will learn:

1. What you can do to stay physically active over time
2. Some common barriers people have being physically active and possible solutions to these barriers
3. How you can motivate yourself to start being physically active again if you “backslide” in your physical activity goals
4. Some ideas to help you become more active
5. How to make a physical activity plan
Staying Active Over Time
You have to work at staying active over time. If you have found current and past activities that you enjoy, you are more likely to keep doing them. It may also help to review current and past “roadblocks” to being physically active and decide how you can reduce the “roadblocks.”

Active Tips
_Injury_ may be the most common cause of stopping activity. The best way to prevent an injury is to start out slowly. Do not do an activity that is too hard. If you are overdoing it, slow down. If you feel pain during physical activity, stop and rest. If you feel pain or discomfort _in your chest_, stop and tell your doctor as soon as possible.

Warming up and cooling down before exercise can lower your changes of injury. Warming up and cooling down can be slow versions of your activity, like slowly walking. Stretching is a good way to warm up. Hold each stretch 5-10 seconds and do not bounce. This will gently stretch your muscles and get you ready for physical activity.

At times you may stop your regular activity due to more demands on your time such as travel, house guests, or illness. Interruptions are normal and expected. **The key is starting your regular activity again as soon as possible!**

Barriers and Solutions to Being More Physically Active
Many things may interfere with physical activity such as lack of time, energy, motivation, or not enjoying physical activity. Some common barriers and solutions are listed on the next page.
## Ideas to Help You Become More Active

<table>
<thead>
<tr>
<th>Problem</th>
<th>Solution Idea</th>
</tr>
</thead>
<tbody>
<tr>
<td>“Being active is hard work.”</td>
<td>Pick an activity that you enjoy and that is easy for you. “No pain, no gain” is a myth.</td>
</tr>
<tr>
<td>“I can not find the time”</td>
<td>Can you do without five TV shows each week?</td>
</tr>
<tr>
<td>“I do not enjoy being active.”</td>
<td>Begin with an active hobby or way of playing that gets you moving.</td>
</tr>
<tr>
<td>“There is no convenient place.”</td>
<td>Pick an activity you can do near your home, at your home, or at work. Walk around your neighborhood or do aerobics with a TV show at home. Use an exercise video.</td>
</tr>
<tr>
<td>“I am usually too tired.”</td>
<td>Tell yourself, “This activity will give me more energy.”</td>
</tr>
<tr>
<td>“I do not have a safe place.”</td>
<td>If your neighborhood is not safe, you can walk at work, walk in a group, or walk in the morning. You could also use an exercise video.</td>
</tr>
<tr>
<td>“I do not have anyone to keep my children.”</td>
<td>Take turns babysitting with a friend or family member if you join a class or just play outside.</td>
</tr>
<tr>
<td>“The weather is too bad.”</td>
<td>There are many activities you can do in your home, in any weather.</td>
</tr>
<tr>
<td>“It is boring.”</td>
<td>Listening to music during your activity keeps your mind occupied. Walking, biking, or running can take you past lots of interesting scenery.</td>
</tr>
<tr>
<td>“I am afraid of being injured.”</td>
<td>Walking is very safe, and it is an excellent activity to improve your health.</td>
</tr>
<tr>
<td>“I am too overweight.”</td>
<td>You can benefit from physical activity regardless of your weight. Pick an activity that you are comfortable with, like walking. It is never too late to start.</td>
</tr>
<tr>
<td>“I am too old.”</td>
<td>Age is not a problem! If you have medical problems, it is important to talk to your doctor about doing physical activity.</td>
</tr>
</tbody>
</table>
Motivating Yourself When You Slip
Everyone slips or stops physical activity at some time. The important thing is to identify what caused you to stop being physically active. It may help to remember how you felt about yourself when you were more physically active and decide what you can do differently this time to help you keep active.

How to Get Back on Track

- Remind yourself it is okay to have a pause in your activity once in a while. Do not be hard on yourself. Feeling guilty will make it more difficult to get back on track.

- You may need some extra help to get going again. Ask family and friends to help and encourage you.

- Ask someone to exercise with you.

- It may be helpful to tell your friends, family, and coworkers you are restarting your physical activity.

- Use a Physical Activity Log to keep track of your activity again.

- Give yourself small rewards each time you are physically active. Use stickers or gold stars to keep track of your activity on your Physical Activity Log. Put change in a jar as a reward. Praising yourself is an effective reward (“I did it and I am proud of myself!”).

- For variety, try new activities.

- Do whatever worked for you in the past to restart physical activity.
Making a Physical Activity Plan

One way to stay motivated and figure out what stops you from being physically active is to make a physical activity plan. A physical activity plan can help you understand what things keep you from being more physically active. On the next page, write in two ways you can meet your physical activity goal from your log. This can be things such as getting up 30 minutes early or skipping a television show each night. Next, write in your barriers to being more physically active. An example is “Finding enough time” or “Being too tired after work.” For each of your barriers, write in a solution to the problem under the next section “I will meet these challenges by...” You can meet these challenges by things such as planning time to be physically active and trying to walk with a neighbor to make it more fun.

At the end of the week, it is important to reward yourself if you accomplish your physical activity goal. Write in what reward you would like if you meet your goal and sign the worksheet.
A plan for physical activity is key for program success. Part of becoming more physically active is understanding what is keeping you from being physically active. Knowing your barriers (challenges) with being more physically active, and creating strategies to overcome them may help you make physical activity a part of your daily life.

**I plan to meet my goal next week by:**

1. ___________________________________________________________
2. ___________________________________________________________

**I know my barriers with being more physically active are:**

1. ___________________________________________________________
2. ___________________________________________________________

**I will meet these challenges by:**

1. ___________________________________________________________
2. ___________________________________________________________

At the end of the week, I will total my physical activity. If I have consistently achieved my goal, I will reward myself.

**My reward is:** ____________________________________________

Signed ___________________________ Today’s date _________________
Follow-up date _____________________
CHA ROLES SESSION 5

AD VISE: Educate, Counsel, and Inform

ASSIST: Help by doing something
(ex. Make a phone call, sit with someone, give a ride)

ACTION PLAN: As a group, plan to do something
(ex. Plan an event, agree in a group that everyone will do something)

SITUATION:
A friend at work told you how she once did aerobics four times a week for two years. But, since starting her new job, she just can not seem to find the time or energy. What can you tell her?

Advice You Could Give

Assistance You Could Give

Action Plans that Could Be Developed
**In Session 5:**

1. You have learned that staying physically active over time can be difficult. Because you have stopped your plan does not mean you have failed. Identify reasons why you stopped and find a solution in case this happens again in the future.

2. You have learned the most common cause of stopping activity is injury. You can lower your chances of injury by starting physical activity slowly and by stretching before you are physically active.

3. You have learned some common barriers and solutions to being physically active and ways to motivate yourself to get back on track if you stop being physically active.

4. You have learned how to use a physical activity plan to know what your barriers are to being physically active and find ways to overcome them.
Session 6: What Can Your Community Do?
Goals:
During this session you will learn:
1. Ways to help members of the community be more physically active
2. What resources are currently available in your community
3. How to make a community action plan that encourages an Active Community Environment
Helping Members of Your Community Be More Active

There are many ways you can encourage physical activity in your community. One way is to be a role model yourself. Other ways are:

- Talking about physical activity to individuals and groups.

- Providing resource materials (e.g. American Heart Association pamphlets or blank personal physical activity logs and plans) to individuals and groups about physical activity.

- Volunteering to lead and/or promote physical activity programs and events in the community.

- Developing a resource guide of physical activity programs and events in the community.

- Developing a physical activity talk and presenting it to church groups, businesses, PTA’s, and other groups.

- Identifying other groups in the community (clinic, schools, etc.) that are interested in promoting physical activity and form a partnership to develop long-term plans.
Encouraging and helping people be active is very important for the health of your community. It is also very important to create an environment that encourages active lifestyles for all community members. This is known as an “Active Community Environment.” An “Active Community Environment” will:

- Support and promote physical activity.
- Have sidewalks, on-street bicycle lanes, multi-use paths and trails, open space, and recreational facilities.
- Offer events, organizations, and education that promote and support physical activity.

CHA’s can play a key role in promoting and building an Active Community Environment by:

- Assessing the community’s strengths and weaknesses (this session)
- Identifying community needs and resources (this session)
- Developing an Action Plan (Session 7)

Physical Activity in the Community

To see if your community is an “Active Community Environment”, stop, look, and see things around you that may either encourage or discourage daily physical activity. The checklist on the next page will help determine the strengths and weaknesses of your community. Once you have completed the checklist as a group, you can decide which issues would be possible to change in your community.
**ACTIVE COMMUNITY ENVIRONMENT SURVEY**

Use this checklist to find ways to help your community encourage more physical activity. Please circle your answers.

1. **Are there sidewalks?**  Yes  No  
   *If yes, are they...*  
   Y  N  Wide enough to allow safe walking in two directions?  
   Y  N  In good condition?  
   Y  N  Free of obstacles so a person walking would not have to stop?  
   Y  N  Well lit with street lights or other forms of lighting?

2. **Is it easy to cross streets?** Yes  No  
   Y  N  Are there traffic and crosswalk signals?  
   Y  N  Does the traffic signal have enough time to allow safe walking?  
   Y  N  Do you have a clear view of traffic (for example, view is not blocked by parked cars, trees, etc.)?  
   Y  N  Are the curbs in good condition?

3. **Do drivers drive safely in your community?**  Yes  No  
   Y  N  Do they yield to pedestrians?  
   Y  N  Do they drive within the speed limit?  
   Y  N  Do they watch out for walkers (look before backing up, slow down when they see walkers, etc.)?

4. **Are there ways to slow down traffic in areas with a lot of people**  (For example, near houses, schools, parks, etc.)?  Yes  No  
   Y  N  Are there speed bumps?  
   Y  N  Are there signs that caution drivers to drive slow?

5. **Is walking in your community pleasant?**  Yes  No  
   Y  N  Is there nice scenery – grass, trees, shrubs or flowers?  
   Y  N  Are walking areas clean?  
   Y  N  Does your community have good air quality?  
   Y  N  Do you feel safe (from people, animals, etc.)?
6. Are there indoor areas open for community walkers? Yes No
   Y N Is there a shopping mall?
   Y N Is there a recreation center?
   Y N Are there school buildings?
   Y N Is there a business area?
   Y N Are there other indoor areas for walkers?
      If yes, what? __________________________

7. Are there outdoor areas for recreation?
   Y N Are there parks?
   Y N Are there playgrounds?
   Y N Are there sport fields?
   Y N Are there walking trails?
   Y N Are there biking trails?
   Y N Are there other outdoor areas? ______________

8. Are there recreation centers, churches, or other agencies that offer physical activity programs on a regular basis? Yes No
   Y N Are there aerobics classes?
   Y N Is there a public swimming pool?
   Y N Is there a roller skating or in-line skating arena?
   Y N Is there a gymnasium with exercise equipment?
   Y N Are there others programs? ______________

   Is there a cost for any of the above activities? Yes No
   If yes, are there discounts for low income families? Yes No

9. Are there sports leagues available for adults? Yes No
   Is there a cost for adult sports leagues? Yes No
   If yes, are there discounts for low income families? Yes No

10. Do libraries have exercise videos or other physical activity resources the general public can use? Yes No
11. Are there any community-wide events or fund-raisers that include physical activity?  Yes  No
   Y  N   Are there “fun walks”?  
   Y  N   Are there runs or foot-races?  
   Y  N   Are there biking events  
   Y  N   Are there other activities? If so, what?_________________

12. Can children who live less than 1 mile from school safely WALK to school?  Yes  No

13. Can children who live less than 2 miles from school safely BIKE to school?  Yes  No

14. At school, do children have access to:  
   Y  N   Bike racks?  
   Y  N   Playing fields?  
   Y  N   A track?  
   Y  N   A gymnasium?

15. Is physical education a requirement:  
   In elementary school?  Yes  No  
   • How many days a week do children have physical education? _____  
   In middle school?  Yes  No  
   • How many days a week? _____  
   In high school?  Yes  No  
   • How many days a week? _____

16. Does the school offer physical activities for students in addition to physical education classes?  Yes  No  
   If yes, which ones:  
   Y  N   Intramural sports  
   Y  N   Walking clubs  
   Y  N   After-school aerobic class  
   Y  N   Supervised use of gym  
   Y  N   Other__________________________
Can children be part of the activities for free?  
Yes  No

17. Are school sports fields, swimming pools, and recreation areas open to the public outside regular school hours for adult and/or family community activities?  
Yes  No

18. Are companies in the area promoting physical activity during the day (on lunch breaks, before/after work, etc.)?  
Yes  No

Y  N  Do they provide a safe area to walk or exercise?
Y  N  Do they offer flexibility to allow physical activity before or after work or during break times?
Y  N  Do they offer exercise classes or walking clubs?
Y  N  Do they provide bike racks?
Y  N  Do they pay a portion of a gym membership fee?
Y  N  Do they provide incentives for employees who have healthy lifestyles, including physical activity?

Do doctors and/or nurses have physical activity counseling in all routine physical office visits?  
Yes  No

In the doctor’s office, are patients given written materials about the importance of physical activity to your health?  
Yes  No

Are there physical activity programs for people with special health needs or physical limitations (such as a program for seniors, or people recovering from a heart attack)?  
Yes  No
As a CHA group, think of ways to change your community to make it an “Active Community Environment.” Some ideas are:

**In the Community…**
- Safe sidewalks in residential and business areas
- Safe, attractive, accessible trails, parks, and play areas
- Use of highway funds to support non-motor vehicle transport

**At Work…**
- Incentives to individuals to encourage walking and bicycling to work
- Safe and attractive walking areas from distant parking lots
- Environmental features to facilitate regular exercise (well-manicured lawn area, pretty flowers)
- Walking and/or bicycling paths on the grounds
- Flex time or breaks specifically for physical activity

**At School…**
- Safe sidewalks and trails near schools
- Walking and jogging tracks/paths on grounds
- Extended hours when school recreational facilities are open to students
- School recreational facilities open to students in summer
- Running tracks, ball fields, and other facilities open to the public during summers, evenings, and weekends
CHA ROLES SESSION 6

ADVISE: Educate, Counsel, and Inform

ASSIST: Help by doing something
(ex. Make a phone call, sit with someone, give a ride)

ACTION PLAN: As a group, plan to do something
(ex. Plan an event, agree in a group that everyone will do something)

SITUATION:
Your community does not have a walking trail. What are some other options your group could come up with to promote walking?

Advice You Could Give

Assistance You Could Give

Action Plans that Could Be Developed
In Session 6:

1. You have learned ways to help members of your community be more active.

2. You have learned ways to make your community an “Active Community Environment.”

3. You have learned what resources your community has to help members be physically active.
Session 7:
What is the Next Step?
Goals:
During this session you will:
  1. Learn how to make a Community Action Plan to promote physical activity as a group
  3. Receive certificates for completing the Physical Activity Training
What Progress Have We Made?

In Session 6, you assessed the resources in your community that promote an “Active Community Environment.” Now it is time to decide what your CHA group can do to promote a more active community. Some examples of different programs CHAs have started are included below:

1. Beginning physical activity classes in the community like a weight lifting class and an aerobics class.
2. Having a community car wash to raise money for exercise equipment.
4. Having physical activity pamphlets available in different areas of the community.
5. Starting a walking club before and/or after work.

If possible, try to set a short term goal and a long term goal such as:

**Short Term Goal:** Start a nightly walking group
**Long Term Goal:** Build a walking trail

What’s Next?

Set a goal and make a plan for your own physical activity and promoting physical activity in the community. Then, make a plan for YOUR community.

Discuss the [Sample Action Plan](#) on the next page. Then, as a group write an Action Plan for your community on the [Let’s Make a Plan](#) worksheet on page 85.
Action Planning is working with others to build a lasting solution to a community problem or concern.

Discuss the different concerns of your community and, as a group, write an action plan below to address those concerns.

**Goal:**
Many women in the community do not get any exercise. We want to start a walking club that meets 3 times a week for a 30 minute walk.

**Who might help us?**
The church may be willing to help us advertise the walking club.

**What is the timeline for this project?**
Start asking friends and neighbors if they are interested in the next few days and try to start walking as a group next week.

**List specific tasks and who is responsible:**
1. Call friends and neighbors (Everyone)
2. Ask the churches to advertise (Ethel)
3. Check about ordering pedometers for the ladies (Rhonda)
4. Call and remind everyone of the time (Everyone)
Action Planning is working with others to build a lasting solution to a community problem or concern.

Action Plan Examples:
1. Start a walking group
2. Organize an aerobics group in your church or other group of which you are a part
3. Plan physical activities your family can take part in with you

Discuss the different concerns of your community and, as a group, write an action plan below to address those concerns.

**Goal:**

**Who might help us?**

**What is the timeline for this project?**

**List specific tasks and who is responsible:**
# Physical Activity Survey

The following survey is meant to help you see how much you have learned over the course of Physical Activity Training. Please answer each item “True” or “False”.

<table>
<thead>
<tr>
<th></th>
<th></th>
<th>1. Regular physical activity can reduce your chances of getting heart disease.</th>
</tr>
</thead>
<tbody>
<tr>
<td>True</td>
<td>False</td>
<td></td>
</tr>
<tr>
<td>True</td>
<td>False</td>
<td>2. Most people get enough physical activity from their normal daily routine.</td>
</tr>
<tr>
<td>True</td>
<td>False</td>
<td></td>
</tr>
<tr>
<td>True</td>
<td>False</td>
<td>3. You do not have to train like a marathon runner to become more physically fit.</td>
</tr>
<tr>
<td>True</td>
<td>False</td>
<td></td>
</tr>
<tr>
<td>True</td>
<td>False</td>
<td>4. Exercise programs do not require a lot of time to be very effective.</td>
</tr>
<tr>
<td>True</td>
<td>False</td>
<td></td>
</tr>
<tr>
<td>True</td>
<td>False</td>
<td>5. People who do not need to lose some weight will not benefit much from regular physical activity.</td>
</tr>
<tr>
<td>True</td>
<td>False</td>
<td></td>
</tr>
<tr>
<td>True</td>
<td>False</td>
<td>6. All exercise gives you the same benefits.</td>
</tr>
<tr>
<td>True</td>
<td>False</td>
<td></td>
</tr>
<tr>
<td>True</td>
<td>False</td>
<td>7. As you get older, you do not need to be as active.</td>
</tr>
<tr>
<td>True</td>
<td>False</td>
<td></td>
</tr>
<tr>
<td>True</td>
<td>False</td>
<td>8. It does not take a lot of money or expensive equipment to become physically fit.</td>
</tr>
<tr>
<td>True</td>
<td>False</td>
<td></td>
</tr>
<tr>
<td>True</td>
<td>False</td>
<td>9. There are many risks and injuries that can occur with exercise.</td>
</tr>
<tr>
<td>True</td>
<td>False</td>
<td></td>
</tr>
<tr>
<td>True</td>
<td>False</td>
<td>10. It is important to consult a health care provider before starting a physical activity program.</td>
</tr>
<tr>
<td>True</td>
<td>False</td>
<td></td>
</tr>
<tr>
<td>True</td>
<td>False</td>
<td>11. People who have had a heart attack should not start any physical activity program.</td>
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<tr>
<td>True</td>
<td>False</td>
<td></td>
</tr>
<tr>
<td>True</td>
<td>False</td>
<td>12. It is best to keep with one type of physical activity.</td>
</tr>
</tbody>
</table>
**EVALUATION OF PHYSICAL ACTIVITY TRAINING**

How helpful were the following in helping you understand more about physical activity? (please circle your response)

1. **Presentations and discussions:**
   - 4: very helpful
   - 3: helpful
   - 2: not helpful

2. **Physical Activity Training manual:**
   - 4: very helpful
   - 3: helpful
   - 2: not helpful

3. **Participating in Physical Activity Training Classes:**
   - 4: very helpful
   - 3: helpful
   - 2: not helpful

4. **How confident do you feel in your ability to promote physical activity in your community?**
   - 4: very confident
   - 3: confident
   - 2: not confident

5. **What did you like best about the training?**
   - __________________________________________________________
   - __________________________________________________________

6. **What did you like least about the training?**
   - __________________________________________________________

7. **How would you rate the overall Physical Activity Training sessions?**
   - 4: excellent
   - 3: good
   - 2: poor

8. **What other training would be useful to you in promoting physical activity in your community?**
   - __________________________________________________________
   - __________________________________________________________

*If you have any additional comments, please use the back of this sheet.*
In Session 7:

1. You have learned how to make an Action Plan to address community needs and promote an “Active Community Environment.”

2. Follow-up meetings will be held for the next_______months. Each meeting will be held on the _______ of the months ________________ from ___________to _____________.

3. Congratulations! You have successfully completed the Physical Activity Training sessions. You are more physically active and ready to help promote an active community!

4. Do not forget to keep going with your own physical activity plan when training ends. Through CHA Physical Activity Training, you have learned ways to start again if you stop being active.

5. Also, do not forget to keep setting goals and working to make your community an “Active Community Environment.” Try to think about different areas of the community you can plan to make changes in, such as schools, worksites, health care facilities, and churches.

6. Receive your certificates.
Organizations for More General Information

American College of Sports Medicine
Tel: (317) 637-9200
www.acsm.org

American Heart Association
Tel: 1-800-242-8721
www.americanheart.org

Centers for Disease Control and Prevention (CDC)
Division of Nutrition and Physical Activity,
National Center for Chronic Disease Prevention and Health Promotion,
Tel: (770) 488-5820

The Cooper Institute for Aerobics Research
Toll-free: 1-800-635-7050 or Tel: (972) 341-3200
www.cooperinst.org

Partnership for a Walkable America (a division of the National Safety Council)
Tel: (630) 285-1121
www.walkableamerica.org

Are you interested in becoming a fitness facilitator? The next step is to contact a professional organization for information on training and certification.

American College of Sports Medicine
Tel: (317) 637-9200
www.acsm.org

American Council on Exercise (ACE)
Tel: (858) 279-8227 or (800) 825-3636
www.acefitness.org

Aerobics and Fitness Association of American (AFAA)
(800) 446-2322
www.afaa.com

National Dance and Exercise Facilitator Training Association (NDEITA)
Tel: 1-800-AEROBIC (237-6242) or (763)-545-2505
www.ndeita.com
SUGGESTED READINGS AND MATERIALS

ACSM Adult Fitness Book

Promoting Physical Activity: A Guide for Community Action

Physical Activity and Health: A Report of the Surgeon General At-a-Glance Version
Facilitator’s Manual
One of the key components of a CHA program is to identify people in your community who are “natural helpers” and invite them to go through CHA Training. A “natural helper” is a trusted neighbor, friend, or relative who others in your community go to for help and advice. It may take several months to recruit a group of people interested in becoming CHAs.

You can start by working with the Advisory Council to identify one or two people in your community who are well respected and trusted. Ask each person identified to name two other “natural helpers” in the community who have similar interests and characteristics. It is a good idea to keep a list of people who are identified as potential CHAs (see the next page for the Potential CHA List form). This list will be helpful when you need to make follow-up and reminder calls. Remember, your local Advisory Council should also help to identify people in the community who may want to participate in CHA Training.

When the group has identified 15 – 25 names (depending on the size of your community), you are ready to begin preparations for CHA Training!

For more information on the Advisory Council, see the General CHA Facilitator Training Manual.
**POTENTIAL CHA LIST**

Please fill in the names and phone numbers of members of your community who may be interested in being a CHA or serving on the Advisory Council.

<table>
<thead>
<tr>
<th>Name</th>
<th>Telephone Number</th>
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</table>
CONGRATULATIONS on volunteering to start a Community Health Advisor (CHA) Program for your community! The following hints may help you to prepare for CHA Training:

1. You have probably invited people who may not know each other. Be sure to greet each person as he or she arrives to make them feel welcome and comfortable. This will set a friendly tone for the meeting.

2. Be aware of the nonverbal and the verbal communication of participants in the group and guide the group accordingly.

3. Keep in mind that some people are reluctant to speak out in a group. Be sensitive when you ask people to speak out on an issue or to tell about themselves. One of the goals of the meetings is for the members to bond to the point where all will be comfortable enough to talk in the group.

4. Some people have trouble reading. It is a good idea to read the forms out loud to help anyone who may have trouble. Observe carefully when forms are to be filled out so that you may offer assistance without drawing attention. If you have an assistant who is working with you, this is a good task for him or her.

5. Acknowledge everything people say. Every response is important no matter how “off topic” it may seem—it is important to that person or he or she would not have said it.

6. Remember that each group has dominant members—those who speak out freely and often. Guard against them taking over and “shutting down” others from talking. Their leadership skills may be needed in the later sessions of CHA Training, particularly during Community Action Planning.
The following materials are needed to conduct the CHA Physical Activity Training sessions. If you do not have any of these materials or they are not included in the toolbox, please call the Center for Health Promotion for more information on what materials are available for your use.

- CHA Physical Activity Training manuals for each CHA
- Nametags
- Copies of the Sign-In sheet for each training session (pg. 113)
- Flip Chart
- Markers
- American Heart Association Pamphlets
- Assorted Booklets on Physical Activity
- Tape Measure for Waist Size
- Copies of:
  - Think about Being More Physically Active (pg. 39)
  - Get Moving! (pg. 41)
  - Keep Moving! (pg. 43)
- Extra Physical Activity Plans (pg. 65)
- Extra Physical Activity Logs (pg. 51)
- Pedometers
- Exercise Video
- VCR/TV
- Certificates for completion of the program (pg. 111)
Each person has a different style of teaching. The following outlines are meant only as a general guide. Please feel free to change the information covered to better fit with your teaching style. If detailed descriptions are not given of what information to cover, choose what you feel will work best for your group.

See page 119 for a list of which forms to save through the course of the training sessions to return to the Center for Health Promotion.

Over the course of CHA Physical Activity Training, do not forget to ask CHAs about the progress of their personal physical activity goals. This can lead to a good discussion about solutions to challenges with staying physically active. Also, if time is available have the CHAs practice what they have learned in each session by pairing off and practicing the “CHA Roles” situations.

Do not forget to read over each session before your group meets. This will help you make sure you have all the materials needed to conduct the training session.

If you need more information, please call the Center for Health Promotion.
I. Welcome participants

II. Have each CHA sign the Sign-In Sheet (pg. 113) and put on a nametag if they do not know each other already

III. Introduce Each Other (pg. 9)
   a. As CHAs are introduced, have them fill in their other team members’ names in their manual
   b. Have CHAs discuss their interest in Physical Activity Training

IV. Give a brief overview of the CHA Physical Activity Training (see Introduction page 6)

V. Introduce Session 1 by giving the title.
   a. Goals (pg. 8)
      i. Open the manual to the goals for this session
      ii. Read the goals out loud to the group
   b. Information (pg. 9)
      i. Review training location, day, and time
         1. Ask everyone to fill in the day in their manuals
         2. Ask if anyone knows a date that they have a conflict
         3. Ask everyone to call you if they can not attend a session
      ii. Discuss the 3 roles of a CHA: to provide advice, offer assistance, and make an action plan. Discuss examples of each role (page 10).
      iii. Ask each CHA to complete the Physical Activity Survey (pg. 11). Explain that this information will be covered during the training and the CHAs will complete the survey again at the end of training to see how much they have learned from the program. Answers are given on page 115. If the group has questions about the survey, use the answer sheet.
   iv. Discuss why you should encourage physical activity (pg. 12)
   v. Discuss the benefits of being more active (pg. 12)
vi. Discuss if you are ready for physical activity (pg. 13)
   1. The PAR-Q helps identify adults who should have a doctor’s advice before they being physical activity.
   2. If the CHA answers “Yes” to any question on the PAR-Q form (pg. 15) they require a doctor’s clearance.
   3. Collect the PAR-Q form. Make copies to return to the CHAs next week.
   4. Explain the Doctor’s Clearance for Physical Activity form (pg. 17) and instruct CHAs to return the signed form at the next session. This is required before participation in the physical activity sessions. Please keep a copy for yourself on record. You should to keep a copy of the PAR-Q for each CHA on record as well.

vii. Discuss the Sample CHA Roles on page 19. For more information, see page 10.

viii. Divide CHAs into pairs to practice the CHA Roles worksheet on page 20. Discuss the situation as a group

c. Tie It Together (pg. 21)
   i. Review what the CHAs have learned in this session.
   ii. Make sure everyone knows to dress comfortably for physical activity during the remainder of the training sessions.

   iii. Ask for any questions.
   iv. Remind everyone to sign the Sign-In Sheet.
   v. Ask if anyone has any community announcements they wish to make to the group (e.g. events taking place in other groups with which they are involved).
Welcome participants

Make sure each CHA signed the Sign-In Sheet (pg. 113)

Introduce Session 2 by giving the title.

a. Goals (pg. 24)
   i. Open the manual to the goals for this session
   ii. Read the goals out loud to the group
   iii. Return original PAR-Q to CHAs. You should have a copy for yourself.
   iv. Check to make sure everyone who needed to bring the Doctor’s Clearance for Physical Activity form back has returned a signed copy. If not, the CHA can not participate in physical activity until they do. It is very important not to let the CHAs participate if the PAR-Q said they should have a doctor’s clearance. This could be dangerous for their health so stress the importance of talking to their doctor. Please keep a copy for yourself on record for each CHA.
   v. Discuss the Waiver (pg. 25). Read the waiver to the CHAs and have each CHA sign a copy. Collect the forms. Keep a copy for each CHA and one for yourself through the course of training.

b. Information (pg. 27)
   i. Discuss the importance of knowing your risks in physical activity (pg. 27)
   ii. Discuss symptoms and risk factors for heart disease. (pg. 27)
   iii. Discuss the importance of waist size to the risk of having various health problems. (pg. 28) Show the CHAs how to measure waist size with a tape measure.
   iv. Discuss the importance of BMI on the risk for various health problems (pg. 29). Help the CHAs figure out their BMI.
   v. Point out the Reference page with blood pressure, cholesterol, and fasting blood sugar levels which are...
numbers the CHAs may hear from community members or doctors. (pg. 30)

vi. **Divide CHAs into pairs to practice the CHA Roles activity** on page 31. **Discuss the situation as a group** after CHAs have time to practice in pairs.

vii. **Pass out copies of the “Walking, a Step in the Right Direction” pamphlets** or do a personal demonstration to show CHAs how to stretch before walking. **Practice the stretches as a group.**

c. **Tie It Together** (pg. 32)
   i. **Review what the CHAs have learned in this session**
   ii. **Ask for any questions.**
   iii. **Remind everyone to sign the Sign-In Sheet.**
   iv. **Ask for announcements** (e.g. any community events taking place in other groups with which they are involved).
I. Welcome participants
II. Make sure each CHA signed the Sign-In Sheet (pg. 113)
III. Introduce Session 3 by giving the title
   a. Goals (pg. 34)
      i. Open the manual to the goals for this session
      ii. Read the goals out loud to the group
   b. Information (pg. 35)
      i. Learn the “Stages of Change” for physical activity (pg. 35)
      ii. Learn what approach is most helpful to people in each stage (pgs. 35-37)
      iii. Be sure to describe the color coding of the boxes in the “Stages of Change” and how they go with the handouts for each stage.

1. Demonstrate how to question someone about his or her physical activity by practicing the “Stages of Change” questions with one of the CHAs.

2. Complete the Stages of Change Worksheet (pg. 38) by discussing as a group what Darlene can do to improve her physical activity. ANSWERS: Darlene is in the stage “Thinking about Beginning Physical Activity.” See the box on page 36 for information on what Darlene is thinking and needs help with. She should be given the “Get Moving!” handout.

3. As a group, complete the worksheet on pages 39-44 based on the “stages” demonstration (pgs. 39-44)

   iv. Divide the CHAs into pairs to find out each other’s stage of change based on the questions given on pages 35-37.

   v. Discuss the 3 worksheets and possible answers for each question (pgs. 39-44)
vi. Divide CHAs into pairs to practice the **CHA Roles** activity on page 45. **Discuss the situation as a group** after CHAs have time to practice in pairs.

vii. **Lead everyone in a slow walk around the space you have available for about two laps.** This is to get people used to moving around a little. Do not push anyone to do more than they feel like doing.

c. **Tie It Together (pg. 46)**
   i. **Review what the CHAs have learned in this session**
   ii. **Ask for any questions.**
   iii. **Remind everyone to sign the Sign-In Sheet.**
   iv. **Ask for community announcements**
   v. If a group member requests extra copies of the worksheets, you can call the Center for Health Promotion to ask what is available.
I. Welcome participants
II. Make sure each CHA signed the Sign-In Sheet (pg. 113)
III. Introduce Session 4 by giving the title
   a. Goals (pg. 48)
      i. Open the manual to the goals for this session
      ii. Read the goals out loud to the group
   b. Information (pg. 49)
      i. Discuss the four parts of physical fitness (pg. 49)
      ii. Learn how much activity is needed to improve your health (pg. 49).
      iii. Discuss how many calories you can burn a week in physical activity (pg. 49)
      iv. Discuss the importance of a physical activity log (pg. 50)
      v. Discuss how to complete a physical activity log (pg. 50)
      vi. Demonstrate how to complete the Physical Activity Log to record the physical activity plan, minutes walked, and measuring progress. (pg 51)
         1. Ask the CHAs to set a physical activity goal for the coming week and keep track of the goal in their physical activity log. Remind them to bring the log to class next session.
   vii. Discuss the walking program in the book (pg. 53)
   viii. Divide CHAs into pairs to practice the CHA Roles activity on page 56. Discuss the situation as a group after CHAs have time to practice in pairs.
   ix. If your group has pedometers, give everyone a pedometer and demonstrate how to use the Pedometer. Lead everyone in a short walk to test the pedometer when the session is over
   c. Tie It Together (pg. 57)
      i. Review what the CHAs have learned in this session
      ii. Ask for any questions.
      iii. Remind everyone to sign the Sign-In Sheet.
      iv. Ask for community announcements
I. Welcome participants

II. Make sure each CHA signed the **Sign-In Sheet** (pg. 113)

III. **Introduce Session 5** by giving the title.

   a. Goals (pg. 60)
      i. Open the manual to the goals for this session
      ii. Read the goals out loud to the group

   b. Information (pg. 61)
      i. Discuss how to stay active over time and the different active tips. (pg. 61)
      ii. Discuss how injury is one of the most common reasons for stopping physical activity and how to avoid being injured (pg. 61)
      iii. Learn some common barriers and solutions to staying physically active and ideas to help you become more active. (pgs. 61-62)
      iv. Discuss how to motivate yourself when you slip (pg. 63) and give additional information as needed
      v. Discuss different ways to get back on track when you slip in your physical activity program (pg. 63).
      vi. Discuss how to do a **Physical Activity Plan** (pg. 64)
      vii. Have the CHAs complete the **Physical Activity Plan** based on barriers they have had with being physically active. (pg. 65)
      viii. Divide CHAs into pairs to practice the **CHA Roles** activity on page 67. Discuss the situation as a group after CHAs have time to practice in pairs.
      ix. Lead the group in the first 10 minutes of the sample exercise video. If parts of the video are hard for some CHAs, remind them to only do what they feel like doing.

   c. **Tie It Together** (pg. 68)
      i. Review what the CHAs have learned in this session
      ii. Ask for any questions.
      iii. Remind everyone to sign the **Sign-In Sheet**.
      iv. Ask for community announcements

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**SESSION 5- STAYING ACTIVE**
I. Welcome participants
II. Make sure each CHA signed the Sign-In Sheet (pg. 113)
III. Introduce Session 6 by giving the title
   a. Goals (pg. 70)
      i. Open the manual to the goals for this session
      ii. Read the goals out loud to the group
   b. Information (pg. 71)
      i. Discuss the different ways the CHAs can work to help their communities be more active over time (pg. 71)
      ii. Discuss how to promote an Active Community Environment (pg. 72)
      iii. Have the CHAs complete the Active Community Environment Survey on pages 73-76
      iv. Discuss what an Active Community Environment is like and how the CHAs can work to make their community more active (pg. 77)
      v. Ask the CHAs before the next session to think about ways they can help make their community an Active Community Environment based on the survey.
      vi. Divide CHAs into pairs to practice the CHA Roles activity on page 78. Discuss the situation as a group after CHAs have time to practice in pairs.
      vii. Lead the group in the next ten minutes of the exercise video from the previous session.
   c. Tie It Together (pg. 79)
      i. Review what the CHAs have learned in this session
      ii. Ask for any questions.
      iii. Remind everyone to sign the Sign-In Sheet.
      iv. Ask for community announcements
SESSION 7 - WHAT IS THE NEXT STEP?

I. Welcome participants
II. Make sure each CHA signed the Sign-In Sheet (pg. 113)
III. Introduce Session 7 by giving the title
   a. Goals (pg. 82)
      i. Open the manual to the goals for this session
      ii. Read the goals out loud to the group
   b. Information (pg. 83)
      i. Discuss what you have learned and what progress the group has made from participating in the Physical Activity Training sessions (pg. 83)
      ii. Discuss “What’s Next?” (pg. 83)
      iii. Review the Sample Action Plan on page 84
      iv. Based on the survey the CHAs completed last session, ask for ideas on how to make their community an Active Community Environment
         1. Outline a plan for promoting physical activity in your community in the next year.
            Suggestion: include a variety of physical activity choices- group and individual, special events, and education.
         2. Complete the Let’s Make a Plan Action Plan based on ideas from CHAs (pg. 85).
      v. Ask each CHA to complete the Physical Activity Survey (pg. 86). This is the same worksheet they completed in Session 1. After they have finished, refer them to page 115 and ask them to compare their answers from Session 1 (page 11) to Session 6 (page 86) to see how much they learned. Ask if anyone has any questions about the surveys.
      vi. Have each CHA complete the Evaluation of Physical Activity Training (page 87). Collect the forms.
      vii. Point out the resources available if the CHAs would like additional information on page 90. This includes information on how they can become a fitness instructor.
viii. Lead the group in the next ten minutes of the exercise video from the previous session.

c. Tie it together (pg. 89)
   i. Review what the CHAs have learned in this session
   ii. Ask for any questions.
   iii. Remind everyone to sign the Sign-In Sheet.
   iv. Give location, date, and time for follow-up meetings.
   v. Discuss future community activities
   vi. Ask for community announcements

d. Award certificates (See example on next page).

e. Be sure to return all forms necessary to the Center for Health Promotion. A checklist is included on page 119 with instructions on where to send the forms and which forms to include.
Certificate of Training in

Physical Activity

Awarded to:

For attending the Specialized Physical Activity sessions and demonstrating knowledge of the material covered. This training will enable you to take a leadership role in promoting a healthy lifestyle within the community.

Facilitator

Date
Flying Sparks Community Health Advisors (CHA)
Sign-In Sheet
Date:_______  Session(s):_____  Community:__________

NAME:
________________________________________
________________________________________
________________________________________
________________________________________
________________________________________
________________________________________
________________________________________
________________________________________
________________________________________
1 True. People who are not active are almost twice as likely to develop heart disease. Being inactive is a risk factor for heart disease along with cigarette smoking, high blood pressure, high blood cholesterol, and being overweight. The more risk factors you have, the greater your chance for heart disease. Regular physical activity (even mild to moderate exercise) can reduce this risk.

2 False. Most Americans are very busy but not very active. Every adult should make a habit of getting 30 minutes of low to moderate levels of physical activity daily. This includes walking, gardening, and walking up stairs. If you are inactive now, begin by doing a few minutes of activity each day. If you only do some activity every once in a while, try to work something into your routine everyday.

3 True. Low to moderate intensity activities, such as pleasure walking, stair climbing, yard work, housework, dancing, and home exercises can have both short- and long-term benefits. If you are inactive, the key is to get started. One great way is to take a walk for 10 to 15 minutes during your lunch break, or take your dog for a walk. At least 30 minutes of physical activity everyday can help improve your heart health.

4 True. It only takes a few minutes a day to become more physically active. If you do not have 30 minutes in your schedule for an exercise break, find two 15-minute periods or even three 10-minute periods. These exercise breaks will soon become a habit you can not live without.

5 False. No matter how much you weigh, if you are physically active you will experience many positive benefits. Regular physical activity gives you more energy, reduces stress, and helps you to sleep better. It helps to lower high blood pressure and improves blood cholesterol levels. Physical activity helps to tone your muscles, burns off calories to help you lose extra pounds or stay at your desired weight, and helps control your appetite. It can also increase muscle strength, help your heart and lungs work more efficiently, and let you enjoy your life more fully.
6 False. Low intensity activities, if performed daily, can have some long-term health benefits and can lower your risk of heart disease. Regular, brisk, and sustained exercise for at least 30 minutes, three to four times a week, such as brisk walking, jogging, or swimming, is necessary to improve the efficiency of your heart and lungs and burn off extra calories. These activities are called aerobic – meaning the body uses oxygen to produce the energy needed for the activity. Other activities, depending on the type, may give you other benefits such as increased flexibility or muscle strength.

7 False. Although we tend to become less active with age, physical activity is still important. In fact, regular physical activity in older people increases their capacity to do everyday activities. In general, middle-aged and older people benefit from regular physical activity. What is important, at any age, is tailoring the activity program to your own fitness level.

8 True. Many activities require little or no equipment. For example, brisk walking only requires a comfortable pair of walking shoes. Many communities offer free or inexpensive recreation facilities and physical activity classes. Check shopping malls, as many of them are open early and late for people who do not wish to walk alone, in the dark, or in bad weather.

9 False. The most common risk in exercising is injury to the muscles and joints. Such injuries are usually caused by exercising too hard for too long, particularly if you have been inactive. To avoid injuries, try to build up your level of activity gradually, listen to your body for warning pains, be aware of possible signs of heart problems (such as pain or pressure in the left or mid-chest area, left neck, shoulder, or arm during or just after exercising, or sudden light – headedness, cold sweat, unnatural color, or fainting), and be prepared for special weather conditions.
10 True. Ask your health care provider before you start (or greatly increase) your physical activity if you have a medical condition such as high blood pressure, pains or pressure in the chest and shoulder, feel dizzy or faint, get breathless after mild physical activity, are middle-aged or older and have not been physically active, or plan a vigorous activity program. If none of these apply, start slow and get moving.

11 False. Regular, physical activity can help reduce the risk of having another heart attack. People who include regular physical activity in their lives after a heart attack improve their chances of survival and can improve how they feel and look. If you have had a heart attack, consult your health care provider to be sure you are following a safe and effective exercise program that will help prevent heart pain and further damage from doing too much physical activity.

12 False. A variety of activities can keep you involved. Pick several different activities that you like doing. You will be more likely to stay with it. Plan short-term and long-term goals. Keep a record of your progress, and check it regularly to see the progress you have made. Get your family and friends to join in. They can help keep you going.

At the end of the training sessions, please return the following forms to the Center for Health Promotion.

<table>
<thead>
<tr>
<th>Form Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>□ Sign-In Sheets for all sessions</td>
</tr>
<tr>
<td>□ Training Session Evaluation Forms (One from each CHA)</td>
</tr>
</tbody>
</table>