

Wellness Engagement (WE) Petersburg 2.0

House Chat Leader Workbook



Wellness Ambassador:

Ward:

HOUSE CHAT WEEK 7

Sedentary Behavior

Learning Objectives:

Participants will be able to:

1. Understand the link between sedentary behavior and heart health.
2. Identify their own sedentary behavior patterns.
3. Explore strategies to reduce sedentary behaviors.
4. Set realistic goals aimed at reducing sedentary behavior in their daily routines.
5. Understand the role of social support in reducing sedentary behavior and identify at least one person or method they can rely on for encouragement and accountability.

I. Opening (20 minutes)

Week 7 Check-in

"Hello everyone, and welcome to Week 7! It's wonderful to see each of you here as we continue our journey together. As we embark on this new week, let's take a moment to celebrate how far we've come and to set our intentions for the days ahead."

Guiding Questions:

1. After last week's session, what did you notice or discover about the sugar content in the foods and drinks you consume regularly?
2. What strategies did you use to reduce your sugar intake, and which ones were most effective for you? What things made it easier or helped you to reach your goals?
3. Did you notice any changes in your energy levels, mood, or cravings when you reduced your sugar intake?
4. Did you encounter any obstacles or setbacks while trying to reduce sugar intake, and how did you overcome them?

II. Week 7 House chat Topic & Video (5-10 mins)

Title: Sedentary Behavior

- Review Learning Objectives
- Play Session Content Video

Key Points

- Sedentary behavior means sitting or reclining with little physical movement, like sitting for long periods without getting up.
- Too much sitting (prolonged sedentary behavior) can lead to health problems such as obesity, heart disease, and diabetes because our bodies are designed to move.
- Common examples of sedentary activities include watching TV, playing video games, using computers or smartphones, and sitting at a desk for work or school.
- Sedentary behavior fosters mindless eating habits, leading to overconsumption of calories.

- Sedentary behavior also decreases energy expenditure by promoting prolonged periods of inactivity.
- Sedentary activities compete with time that could be spent engaging in physical activity, hindering weight management efforts.
- Taking short breaks from sitting, even just standing up or stretching, can help reduce the negative effects of prolonged sitting and improve blood flow.
- A good rule of thumb to consider is for every 25 minutes you're sitting or engaged in an activity, consider standing up and moving for 2-5 minutes when possible.
- Sedentary behavior is different from not getting enough exercise, which means not moving enough to stay healthy overall.
- Both adults and children can suffer from the health risks of sitting too much, so it's important for everyone to be aware of their habits and patterns of sedentary behavior.
- Small changes like using standing desks, taking short walks during breaks, or parking farther away can help us sit less and move more throughout the day.
- Being more active overall, like taking regular walks, doing household chores, or playing sports, can help offset the harmful effects of sitting too much.
- Having support from friends, family, or coworkers can make it easier to sit less by encouraging us to take breaks and be more active together.
- Making small but consistent changes to sit less each day can lead to better outcomes over time and improve our overall well-being.
- Sedentary behavior can also affect mental health, leading to feelings of stress, anxiety, and depression. Regular movement and physical activity can help improve mood and mental well-being.
- Breaking up sedentary time with short bursts of physical activity, even just a few minutes at a time, can have significant health benefits, such as improving blood circulation and boosting energy levels.

III: Group Activity: “Movement Break Challenge” (20 mins)

Participants will engage in various physical activities for the duration of the 20-minute session, aiming to minimize sitting time. Remember to select and engage in activities at your own pace, choosing only those you enjoy and feel comfortable with.

Instructions:

1. Find a comfortable spot in the designated area.
2. Begin a 20-minute timer using your phone, clock, or watch to track the duration of the activity.
3. Choose the exercises that you enjoy and feel comfortable doing.
4. Begin engaging in the selected exercises at your own pace when the timer starts.
5. Rotate through different exercises, taking breaks as needed.
6. Focus on moving your body and avoiding prolonged sitting throughout the 20-minute session.
7. Encourage and support yourself as you complete the activities.
8. After the 20 minutes, take a moment to reflect on your experience.
9. Reflect on your experience of engaging in regular movement and brainstorm ways to integrate more activity into your daily routines. Then, make a commitment to

incorporating movement breaks throughout the day to reduce sitting time and enhance overall health.



Movement Toolbox:

- Jogging or marching in place
- Jumping jacks
- High knees or butt kicks
- Arm circles or shoulder rolls
- Lunges or squats
- Stretching exercises for the upper and lower body
- Walking in place
- Dancing to music
- Climbing stairs
- Resistance band exercises, such as bicep curls or shoulder presses



IV: Group Discussion Questions (10 minutes)

1. What physical activities did you find most enjoyable or effective in reducing sedentary behavior during the session?
2. Did you encounter any challenges or barriers to staying active, and if so, how did you overcome them?
3. How do you plan to incorporate more movement breaks into your daily routine based on your experience today?
4. What support or resources do you need to maintain or improve your efforts to reduce sedentary behavior in the future?
5. How can we as a group provide support and encouragement to each other in staying accountable to our goals of reducing sedentary behavior and increasing physical activity?

V. Closing (10 minutes)

A. As we come to the end of our session, I encourage each of you to reflect on the insights gained and the commitments made towards reducing sedentary behavior. Remember, the journey towards a more active lifestyle begins with small, consistent steps. Before we conclude, take a moment to complete the behavior tracking activity, jotting down your thoughts and intentions for incorporating more movement into your daily routines. Let's continue supporting each other on this journey towards improved health and well-being. Thank you for your participation, and I look forward to our continued progress together.

B. Individual Activity: Sedentary Behavior Tracking (15 mins)

i. Assess your activity levels with this quick quiz:

1. When it comes to breakfast, I...

A. Grab on the go while commuting or B. Prepare at home and eat before leaving.

2. When I commute to work or school, I...
 - A. Am in a car bus, and other motor vehicle **or** B. Walk, run/jog, or bike.
3. When I am at work or school, I...
 - A. Mainly sit **or** B. Mainly stand.
4. When I have moments of free time, I...
 - A. Relax on the couch and watch tv **or** B. Complete errands, housework, or physical activity.
5. When I'm working on a project for work or studying for an exam, I...
 - A. Power through until finished **or** B. Take breaks to stand/stretch and clear my mind.
6. When it comes to dinner, I...
 - A. Go to the drive-thru/order take-out **or** B. Prepare at home.

Count your "B" responses:

- 0-2: It sounds like your lifestyle is mainly sedentary—check out this week's Solutions for ideas about how to increase lifestyle activity and break up the amount of time you spend sitting!
- 3-4: You've started to incorporate lifestyle activity into your routine—great! What might be the next step for you? Check out this week's Solutions and see if there are a couple ideas you could see working for you to decrease your sedentary behavior even more.
- 5-6: You lead a pretty active lifestyle day-to-day, which is great! It can be tempting to think that this means we can skimp on moderate/vigorous physical activity, but that's not the case! Sometimes we can turn lifestyle activity into moderate/vigorous physical activity by bumping up the time and intensity.

After completing the quiz to assess your activity levels, take a step further to become more aware of your sedentary habits with the following steps:

1. Choose a Typical Day: Select a day to track your sedentary behavior. This day should represent your usual routine and activities.
2. Track Sitting Time: Throughout the day, keep a log of every instance you spend sitting or lying down with minimal movement. Record the time, duration, and activity you were engaged in (e.g., watching TV, working at a desk).
3. Reflect on Situations: Reflect on why you were sitting during each activity. Consider factors such as work obligations, leisure preferences, or environmental constraints that influenced your sedentary behavior.

4. Review Your Log: At the end of the day, review your log to identify patterns and recurring times when you spent the most time sitting. Pay attention to specific activities or situations that contributed to prolonged sitting periods.

5. Set Goals for Reduction: Use the information from your log to set small, achievable goals for reducing sitting time and incorporating more movement into your daily routine. Identify opportunities to stand, stretch, or engage in light physical activity throughout the day.

C. Appreciation and Encouragement:

Express thanks for everyone's participation and encourage them to stay engaged in the chats.

"Thank you all for joining today. Your efforts and progress are impressive. Keep it up, and I look forward to our next chat. Take care and keep moving toward your goals!"

Next Week Prep:

Next Week Preparation:

- Complete the sedentary behavior tracking again to continue increasing awareness of your sitting habits and identifying areas for improvement.
- Set small, achievable goals based on your reflections from this week's session. Focus on specific times or activities where you can incorporate more movement into your daily routine.
- Identify at least one person who can support and hold you accountable for reducing sedentary behavior. Share your goals with them and ask for their encouragement and support throughout the week.
- Reflect on the challenges or barriers you encountered this week and brainstorm strategies to overcome them in the upcoming week.
- Stay motivated and committed to making positive changes in your sedentary behavior habits. Remember that every small step counts towards improving your overall health and well-being.

** Come ready to share your insights, experiences, and ideas during our next session!

C. Q&A/ Appreciation and Encouragement:

- Express appreciation for participants' commitment to the learning process and encourage their continued active involvement in the house chats.

"It was so great to see each of you. I look forward to seeing you next week, please remember to participate in your walking groups."