

Wellness Engagement (WE) Petersburg 2.0

House Chat Leader Workbook



Wellness Ambassador:

Ward:

HOUSE CHAT WEEK 4

Physical Activity

Learning Objectives:

Participants will be able to:

1. Understand why moving our bodies is beneficial for our health and well-being.
2. Learn simple and doable ways to add more movement into their daily lives.
3. Self-monitor current activity and set personal goals to promote small but meaningful increases in their exercise/movement
4. Explore the importance of involving friends, family, or colleagues in their physical activity goals, fostering a supportive environment for staying active.

I. Opening (20 minutes)

“Reflection Roundup”

"Hello everyone, and welcome back to Week 4! We've officially hit the one-month mark, and that's a fantastic milestone worth celebrating. Congratulations to each and every one of you for your dedication and progress so far. As we gather today, we're shaking things up a bit. Instead of our usual check-in, we're diving into a reflection activity to explore the journey you've embarked on.

Activity:

- Share one or two positive changes or wins you've experienced in your eating habits over the past three weeks. This could be trying a new healthy recipe, incorporating more vegetables, or practicing mindful eating.
- Openly discuss any challenges you encountered during the journey. It could be a specific situation, cravings, or any hurdles faced. Feel free to share insights into how you navigated or plan to overcome these challenges.
 - Probing Questions:
 - On a scale from 1 to 10, how satisfied are you with your current efforts in mindful eating and stimulus control? What adjustments or new goals are you considering to enhance your progress, and do you feel ready to continue with your existing goals, or is there a need to reset and redefine certain aspects to better align with your current situation?
 - Can you share specific moments or strategies from the past week when you practiced mindful eating? Were there any insights or changes in your connection with portion sizes and the enjoyment of your meals as you incorporated mindfulness?
 - How have you integrated stimulus control strategies into your daily routine to make food choices align with your goals? Do you find these techniques helpful in promoting more mindful food decisions?

- Reflecting on your achievements and challenges, what conflicting thoughts or feelings might be surfacing as you think about your upcoming goals? How can we address any ambivalence and move forward positively?
- After exploring stimulus control and mindful eating, have you become more aware of portion distortion in your eating habits? Additionally, where do you notice instances of portion distortion most commonly occurring in your food choices? Considering the emphasis on food quality and portion control for foods lower in nutrients and higher in saturated fat, how has this awareness influenced your approach to selecting and consuming such foods?
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- Group response→ offer words of encouragement or advice to others based on their wins, challenges, or intentions.

II. Week 4 House chat Topic & Video (5-10 mins)

Title: Physical Activity

- Review Learning Objectives
- Play Session Content Video

Key Points

- Moving your body regularly is good for your heart, helps with weight management, and boosts your immune system.
- Exercise and staying active also do wonders for your mood, reducing stress and making your brain work better.
- Keeping active is like a shield against health issues like heart disease, diabetes, and arthritis.
- Sneak in short walks, use stairs, or stretch during breaks to add movement to your day.
- Resistance training with bands or body weight offers time-efficient workouts aligned with the small changes model.
- Incorporating resistance exercises with bands or body weight is adaptable to various lifestyles and schedules.
- Try fun things like dancing, hiking, or playing sports to make moving around more enjoyable.
- Get creative by adding movement to daily tasks, like dancing while cooking or doing exercises during TV commercials.
- Resistance training enhances everyday movements, improving overall functionality and reducing injury risk.
- Start with small movement goals, and as your body gets used to it, gradually increase how much and how hard you move.
- Keep track of your progress using a simple log or fitness apps to stay motivated.
- Having friends or family cheering you on makes it easier to stick to your exercise plans.
- Join group activities like walks, exercise classes, or sports to feel part of a community and share the commitment to staying active.

III. Group Activity: *Basic In-Place Movement and Planning Activity (15 minutes)*

Let's combine simple movements with planning for an engaging and beneficial activity. Follow these steps:

1. In-Place Walking (3 minutes)

- Stand with feet hip-width apart.
- Lift your right knee and bring it down.
- Lift your left knee and bring it down.
- Continue alternating legs, creating a walking motion without moving forward.

2. Squats with Resistance Band (3 minutes)

- Place the resistance band just above your knees.
- Stand with feet shoulder-width apart.
- Lower into a squat position, keeping your knees aligned with your toes.
- Return to the starting position and repeat.

3. Lateral Band Walks (2 minutes)

- Place the band just above your knees.
- Stand with feet hip-width apart.
- Take steps to the side, maintaining tension in the band.
- Perform the same number of steps in each direction.

4. Seated Band Press (2 minutes)

- Sit on the floor with your legs extended.
- Wrap the band around the bottoms of your feet.
- Hold the band with both hands and press overhead.
- Lower the band and repeat.

5. Simple Arm Stretches & Planning (5 minutes)

- Extend your right arm straight in front of you.
- Gently pull your right fingers back with your left hand to stretch the forearm.
- Switch to the left arm and repeat the stretch.
- While stretching, brainstorm and note down ideas for future physical activities.

6. Neck and Shoulder Stretch & Reflection (2 minutes)

- Gently tilt your head to the right, feeling a stretch on the left side of your neck.
- Tilt your head to the left for a stretch on the right side.
- Reflect on your movement and planning activity—consider how it made you feel and any adjustments you'd like to make.

*****Note:** Remember to perform the stretches and movements at your own pace, ensuring comfort and safety.***

IV: Group Discussion Questions (10 minutes)

1. Can you share a recent experience where you successfully added more movement into your daily routine? What activity did you engage in, and how did it make you feel?
2. How have you successfully incorporated movement into your day, and what strategies or ideas have made it easier for you to stay active? Feel free to share your experiences and tips with the group!
3. Share your thoughts on the importance of involving friends, family, or colleagues in your physical activity goals. How can a supportive social network enhance your motivation to stay active?

V. Closing (10 minutes)

A. Summary:

Sum up the key points about the benefits of physical activity, easy ways to add movement, and the importance of setting personal exercise goals. Highlight the positive impact of having support from others in staying active.

B. Closing Activity: "Future Affirmation Circle"

Each person shares a personal affirmation about their upcoming physical activity goals.

Examples:

- "I am committed to taking small, consistent steps towards a more active lifestyle."
- "Every movement I make brings me closer to my health and well-being goals."
- "I am capable, determined, and excited to embrace a more physically active and fulfilling life!"

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:

- Reflect on the physical activities you enjoyed during the past week and consider setting small goals for the upcoming week.
- If you're part of a walking group, coordinate with other members about potential walk times and routes.
- Explore new ways to make physical activity enjoyable, such as trying different exercises or incorporating movement into daily tasks.
- Prepare to discuss your experiences with both physical activity and family meals, focusing on any positive changes or challenges you've faced. Consider how your understanding of portion control from the previous week has influenced your approach to meals and physical activity. Be ready to share any strategies you've implemented to maintain portion control and how you've integrated physical activity into your daily routine.

**** 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.”