

Extreme Lifestyle Makeover



Week #5 – Session Outline

Materials consultant needs to have for this session:

Stability ball, a small set of dumbbells.

Briefly discuss how they did with their pedometer task and ask if they have any questions with respect to last week's session.

Refer back to increased muscle, decreased fat = increased metabolism. Refresh their memories as to what metabolism is and the best ways to increase it. Then, explain that resistance exercise and aerobic activity are great ways to increase metabolism.

Hand out and go over the **workouts** and the **Stretching Program**. Demonstrate a few of the exercises and stretches. Have the entire group try one or two as well. Then have one or two of the participants come up to the front and try out a stability ball and dumbbell exercise.

Hand out and go over the main points in the articles entitled **Strength Training Over 50, Efficient Strength Training and Staying Motivated**.

Hand out the **Physical Activity Accountability Calendar**. Explain how they should fill it out. They should incorporate both weight training and cardiovascular exercise. Go over the 2 weeks of examples on the calendar with them. The first example requires a little more time and effort compared to the second.

Have them fill out the calendar and get it signed prior to leaving. Have them include any workouts they currently do (gym, aqua class, walking at noon hour). The whole point of this exercise is to have a visual (schedules and routines are key!).

The accountability calendar is to be used for the remaining 4 weeks of the program! Encourage participants to do so. Remind them about the pedometer log sheet.

Mention that the one-on-one sessions will help tailor some of the workouts to target needs.

OPTIONAL : For **every** missed workout they will be expected to **pay \$1.00/workout**. Money will be collected during next week's session.