

Materials

- tennis balls or stress balls (1 per person)
- Canada's physical activity guide for older adults (print copies 1 per person)
- 3 pages poster board, markers

Introduction (5 min)

Ask how everyone's week went. Did they do the daily dose? Did they follow their action plan for healthy eating? What worked and what did not work?

Today's topic is on physical activity. As you age, adults lose muscle mass and strength placing them at risk for disability, falls, and diseases. Age is no barrier to a healthy active lifestyle! The benefits of physical activity increase as the physical activity increases.

Active Warm up (5 min) *Need tennis balls or stress balls (1 per person)*

- hand grip: targets your wrist and hand muscles
 - o Hold the tennis ball or stress ball in one hand
 - o Slowly squeeze as hard as you can and hold for 3-5 seconds
 - o Relax the squeeze slowly
 - o Repeat 10-15x. Switch with other hand (*you may only repeat 2x*)

Introduction (5 min) *Need Canada's physical activity guide for older adults*

- Go through Canada's physical activity guide for older adults. Make sure you talk about getting 2.5 hr of moderate aerobic activity per week; bouts of 10 min or more; adding resistance training at least twice a week
- In a circle, ask them to each say 1 health benefit of being active (give them hints if need be). Emphasize that there are more than just physical benefits to physical activity (which is crucial for older adults) but also mental, emotional, social benefits:
 - o Improved balance
 - o Reduce falls and injuries
 - o Help you stay independent
 - o Help prevent heart disease, stroke, osteoporosis, type II diabetes, some cancers, pre-mature death
 - o You'll feel better
 - o Social connectedness when exercising with others

Daily Dose (5 min)

- "Daily Dose" is a way to make physical activity into your daily routine. How it works is you attach a physical activity to a daily routine and location. Everybody stands up for this and does it together while you demonstrate first.
- Today's daily dose is the **tight grip shoulder circle**
 - o Done in the bedroom when getting dressed
 - o Standing tall, raise both arms to shoulder height, making a tight fist with each hand
 - o Do 10 large circles with your arms moving forward, then 10 circles going backwards.
 - o Don't forget to breathe!

Consultant Copy

Activity: Practical Ways to Get Active (10-12 min) *Need 3 pages of poster board, markers*

Split them into three groups. One group is moderate aerobic activity, another is vigorous aerobic activity, and the last group is strengthening activity. Read out below (you may want to write this on a chalkboard as well or whatever is available):

- Moderate = activity that makes you breathe harder and raises your heart rate. You can talk but not sing
- Vigorous = activity that makes your heart rate increase a lot. You cannot say more than a few words without needing to catch your breath
- Strengthening = muscles push and pull against each other

Ask each group to write down examples of ways to get active that pertain to their own category. For ex. moderate activity could be brisk walking. Give them 5 minutes to complete.

After,

Option 1: each group will present their piece of paper to the entire group

OR

*Option 2: **charades!** Each group will ACT OUT the activity and the rest of the group has to guess what it is! For ex. a group member from the “vigorous activity” group may pretend they are cross country skiing.*

(Try to get them to do option 2 because it is more fun, gets them up on their feet, and helps them remember the activity even more than just saying it)

Distribute handout for them to refer to other ways to stay active. Give them the exercise log and have them record what they did this week to stay active.

Closing (5 min)

- Physical activity has shown to benefit overall wellbeing, reduce anxiety and depression, and reduce risk of injury and chronic disease. Along with healthy eating, physical activity helps you maintain a healthy weight.
- Remember to keep up with ALL of your SMART goals
- Keep in touch with your accountability partner. **Choose a day that he/she will check in (email/call/text/etc).** It can be someone in the group or your sibling, spouse, friend.
- Fill out exercise log
- Do the daily dose every day!
- Date for next session