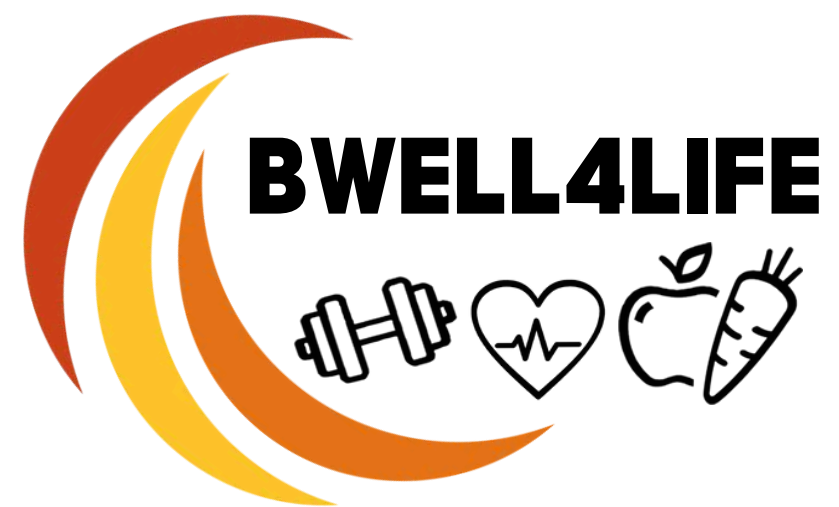


SESSION 1

Physical Activity



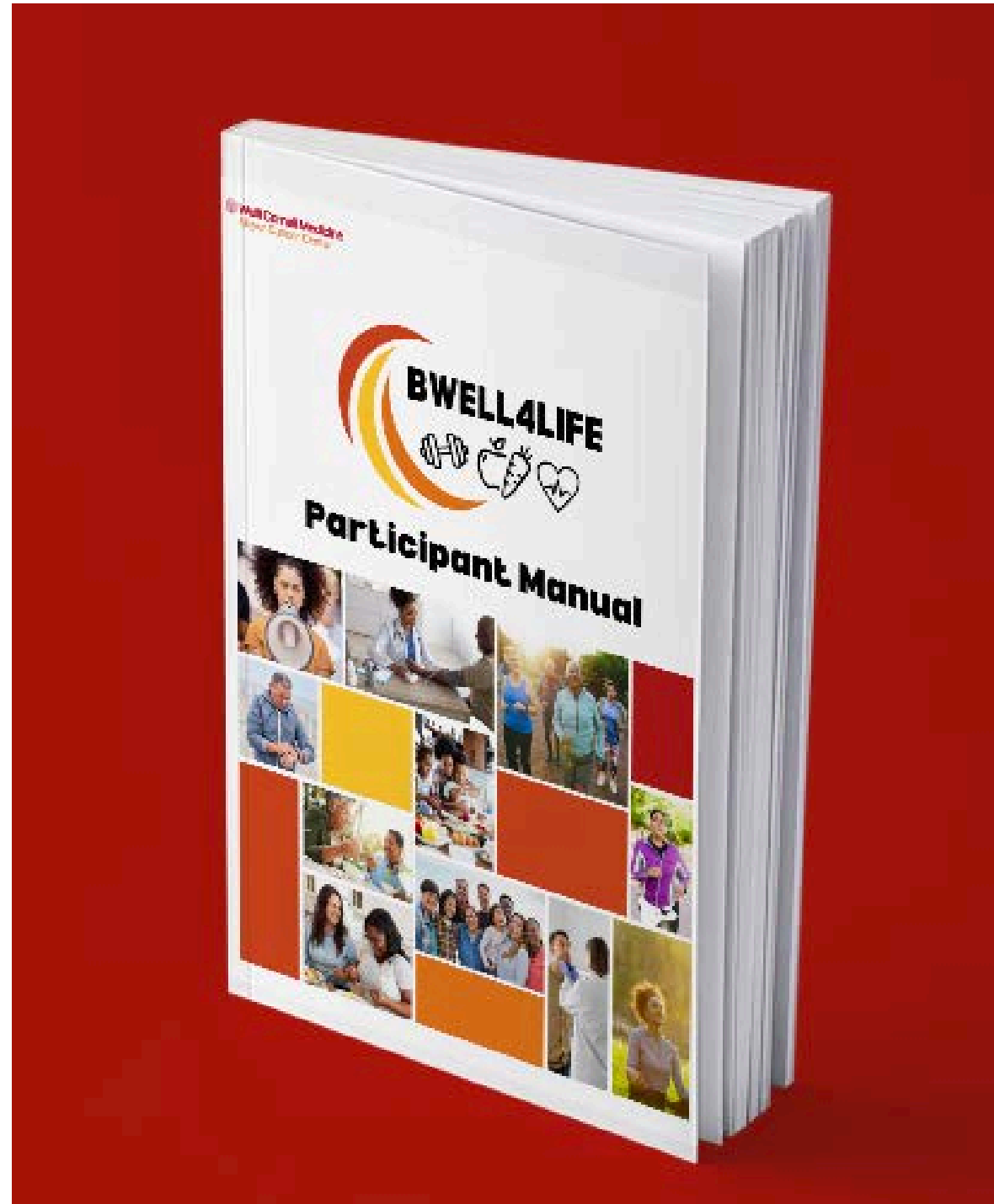
Your Community Health Educator

◆ XXXXXX@XXXX.XXX

◆ XXX-XXX-XXXX



Overview of the Participant Manual



1

Contact Information

2

Program Overview

3

Summary Notes for Pre-study Session

4

Review Sheets of Pre-recorded Lectures

5

Interactive Lesson Plans for Live Sessions: 1-4

6

Resource Guides: Related to Each Session

Ice Breaker: Introductions & Relection

1. Your name
2. Take a moment to think about and answer this question:

What does being healthy mean to you, and how do you think it contributes to living a longer, more fulfilling life?



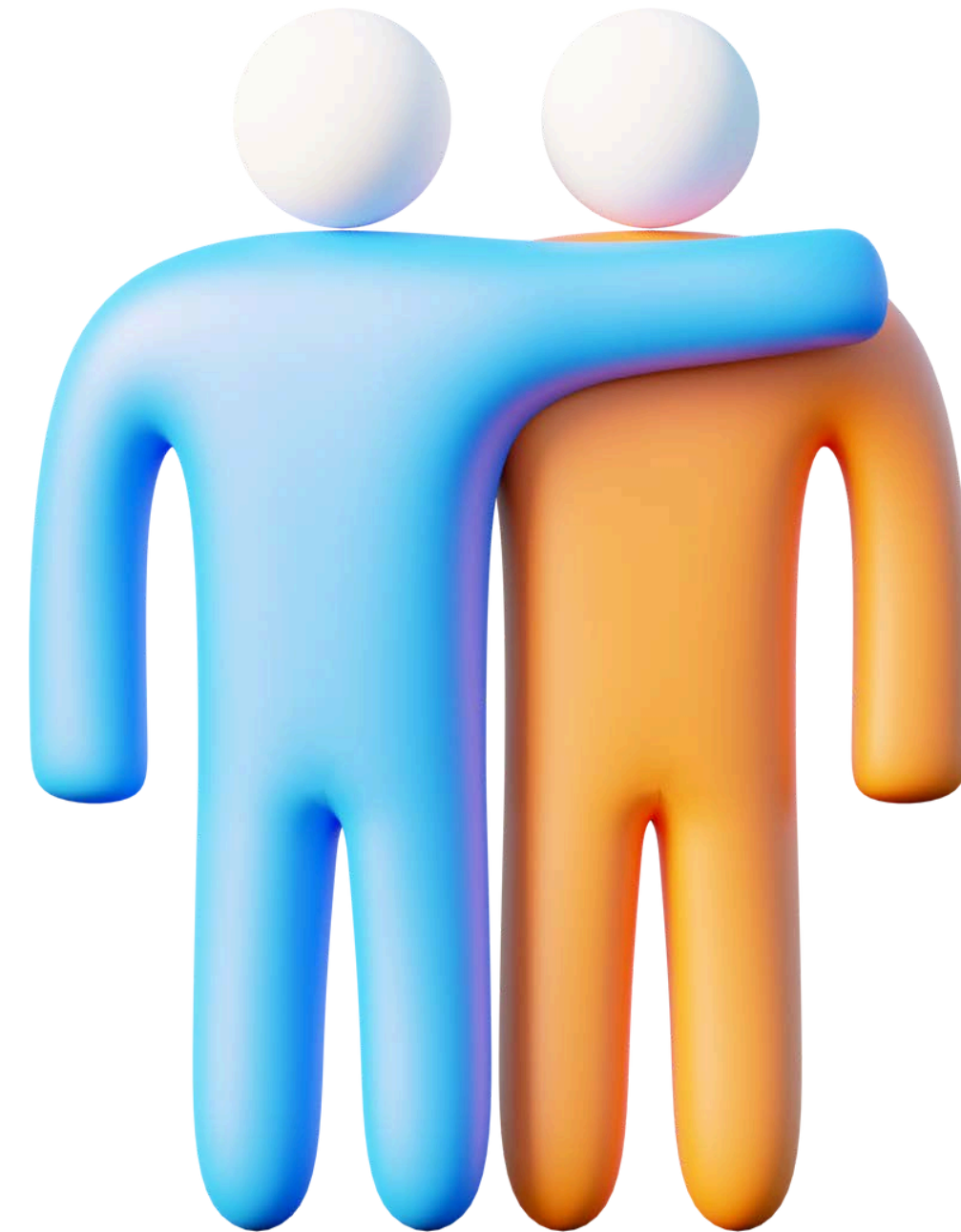
Participants Committed to the Study & Their Health

1. Guidelines for Respect & Creating a Safe Space
2. Make a Health Commitment Pledge
3. Actively Participate in the Fitbit Community Group



Guidelines for Respect and Creating a Safe Space

1. Listen carefully
2. Speak kindly
3. Share openly
4. Keep things private
5. Respect boundaries
6. Be kind and understanding



Health Commitment Pledge!

I pledge to actively improve my health and well-being because **I deserve to be healthy**. I commit to **staying active, eating well, and making healthy choices** every day. I will remember my motivations and use them to make better choices. I will strive for continuous improvement and sustainable changes. By supporting each other, we can all succeed.

I'm committed to:

- Engaging in regular, enjoyable physical activities.
- Choosing balanced meals and snacks.
- Staying informed about healthy habits.
- Celebrating progress and learning from setbacks.
- Being kind to myself and taking care of myself.

I understand that my dedication and effort will benefit myself and my community. Together, we can achieve a healthier future!

Group Picture Time!



FitBit Community Group

- Accountability & Motivation
- Social Support
- Weekly Challenges
- Goal Setting
- Tips & Resources
- Chat Feature



Review of Learning Objectives

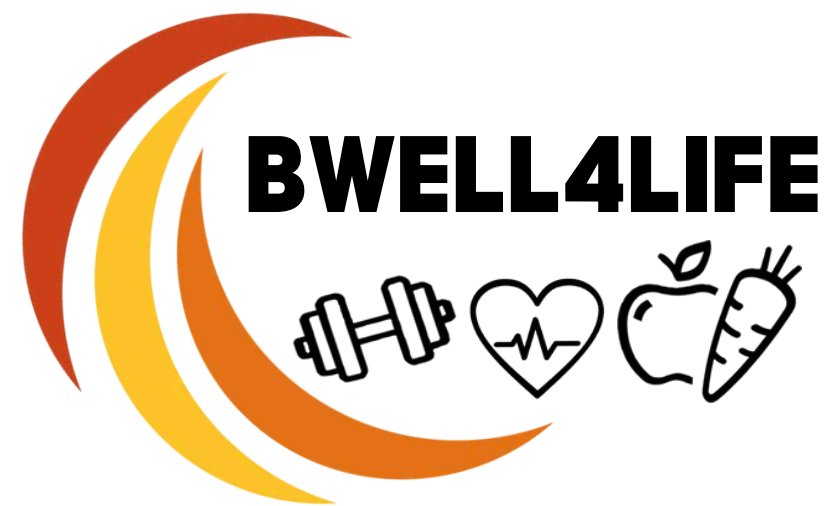
By the end of the session, participants will:

- ✓ Discuss key concepts from the pre-work for Session 1
- ✓ Grasp the importance of physical activity on well-being
- ✓ Engage in an exercise class and meditation session
- ✓ Identify barriers to physical activity, strategize solutions, and set SMART goals



REVIEW

Prep Work for Session 1



Summary of Prep-Work for Session 1

1. Health and Longevity
2. Physical Activity
3. Quenching Our Thirst: Learning the importance of hydrating...one sip at a time.
4. SMART Goals
5. BWell4Life Healthy Habits



I. Health and Longevity

The Blue Zones



These are regions of the world that are largely free of heart disease, obesity, cancer, and diabetes. These zones have the highest percentage of centenarians.

The 5 Blue Zones share commonalties:

- 1 Mindful Eating**
Choosing fruits, vegetables, and other nutritious foods keeps our bodies strong and healthy.
- 2 Social Connections**
Having a social circle that supports healthy behaviors.
- 3 Downshifting Stress**
Spending a few moments a day to reduce stress by spending time with family, friends. Also, engaging in activities such as praying, napping, or hanging out in a social setting.
- 4 Exercising**
Moving and engaging in activities such as gardening or walking.
- 5 Knowing Your Purpose**
Having a sense of purpose is linked with health and longevity.

Social Determinants of Health



Education



Money and Jobs



Support from Others



Healthcare Access



Where We Live

Leading Causes of Premature Death

Premature Death: Dying before the average age of death in a certain population.

The main culprits are chronic diseases like heart disease, cancer, stroke, diabetes, and respiratory diseases.

Overlapping Recommendation for Cardiovascular Disease (CVD)

Cancer

- Protect your skin from the sun
- Limit alcohol consumption
- Get regular screening

- Healthy diet
- Be physically active
- Maintain healthy weight
- Avoid Smoking

CVD

- Manage blood pressure
- Control Cholesterol
- Reduce blood pressure

- **Cancer and CVD have four shared preventative factors.**
- **The preventative factors together led to a 50% reduction in cancer and CVD.**

Healthy Benefits of Physical Activity

A single bout of moderate-to vigorous physical activity provides immediate benefits for your health.

Intermediate



Sleep

Improves sleep quality



Less Anxiety

Reduces feelings of anxiety

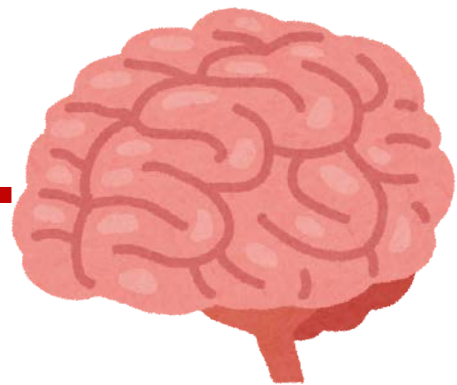


Blood Pressure

Reduces blood pressure

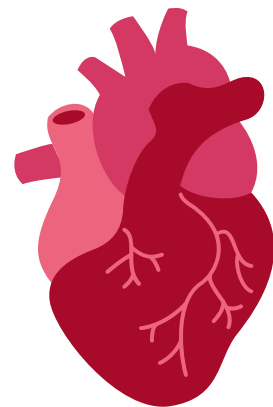
Long-term

Regular physical activity provides important health benefits for chronic disease prevention.



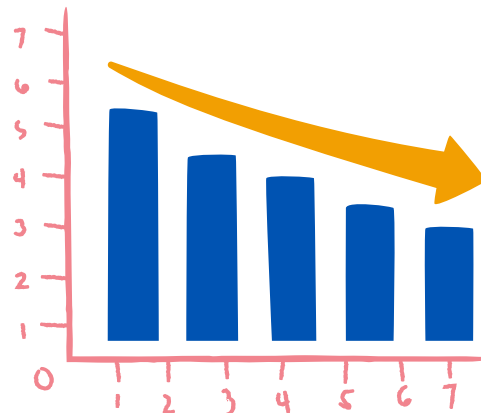
Brain Health

Reduces risks of developing dementia (including Alzheimer's disease) and reduces risk of depression



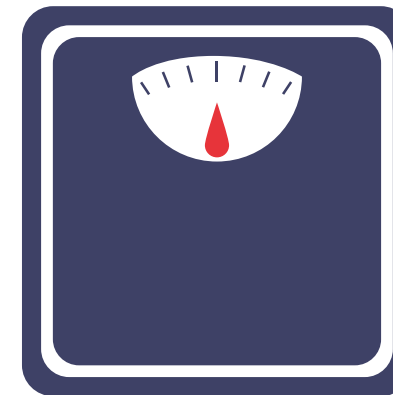
Heart Health

Lowers risk of heart disease, stroke, and type 2 diabetes



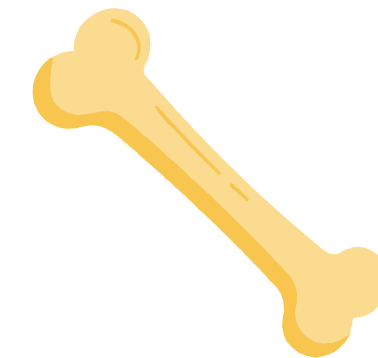
Cancer Prevention

Lowers risk of eight cancers: bladder, breast, colon, endometrium, esophagus, kidney, lung, and stomach



Healthy Weight

Reduces risk of weight gain



Bone Strength

Improves bone health



Balance and Coordination

Reduces risks of falls

BWell4Life: Physical Activity Guidelines:

Do at least 150 minutes of moderate or 75 minutes of vigorous physical activity every week.

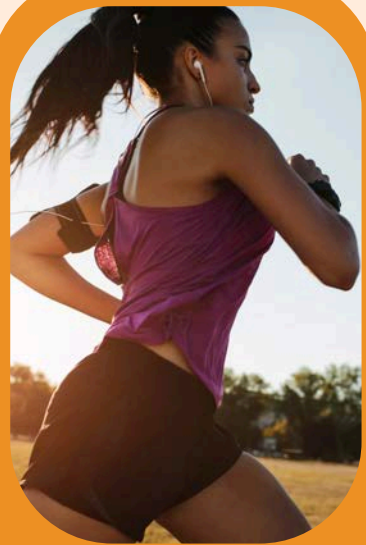
What are some examples we can follow for the week based on the guidelines?



What is moderate and vigorous physical activity?

Physical Actvitiy Examples

High Level of Fitness (Vigorous Intensity)



Running



Jogging



Swimming



Higher Pace
bike riding

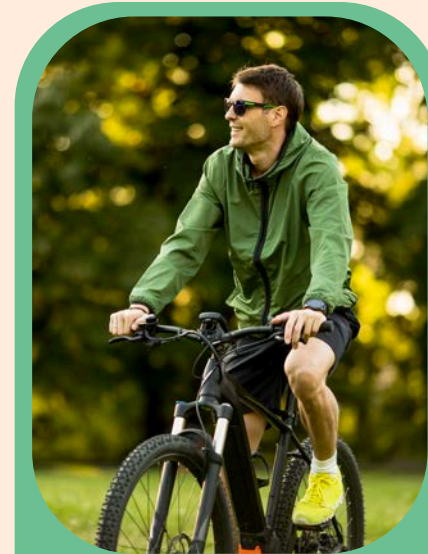
Moderate Level of Fitness (Moderate to Vigorous Intensity)



Brisk Walking



Yoga

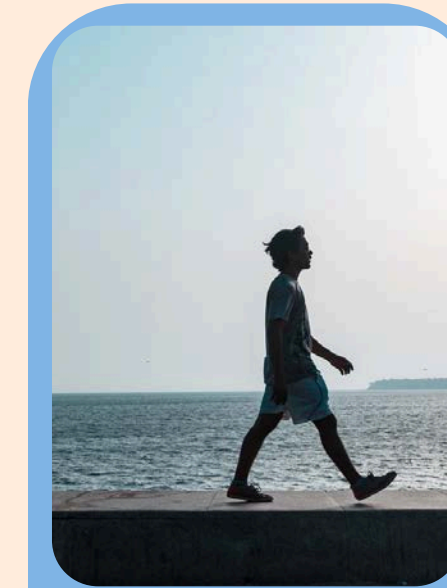


Leisurely
bike riding



Gardening

Low Level of Fitness (Moderate Intensity)



Casual Walking



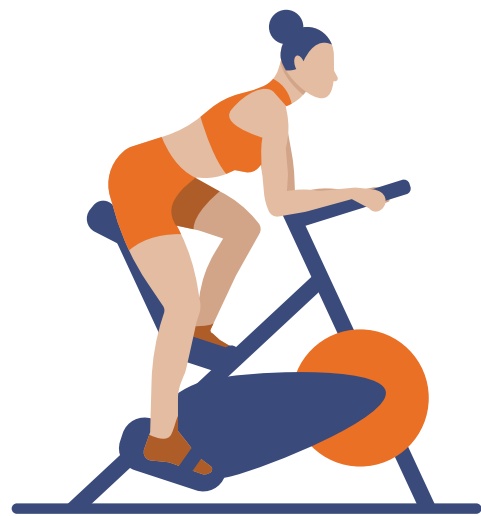
Fishing



Stretching



Leisurely sports
E.g. table tennis



High Level of Fitness (Vigorous Intensity)

E.g. Running or High-Intensity Interval Training (HIIT)

How to Practice: Perform vigorous physical activity like running or a HIIT workout for 25 minutes, 3 times per week, aiming for a total of 75 minutes of high-intensity exercise per week.

Focus on intense intervals (e.g., sprints or challenging exercises) with brief periods of active recovery in between.



Moderate Level of Fitness (Moderate to Vigorous Intensity)

E.g. Brisk Walking or Light Jogging

How to practice: Engage in brisk walking or light jogging for 30 minutes, 3-4 times per week, combined with one session of 45 minutes.

Brisk walking should be slightly challenging but sustainable, and jogging should raise your heart rate, aiming for a combination of moderate and vigorous activity.



Remember
doing something is
more important
than doing nothing.

Low Level of Fitness (Moderate Intensity)

E.g. Casual Walking

How to practice: Walk for 30 minutes, 5 days a week at a moderate pace. The pace should allow you to talk but require more effort.

Start small and increase the duration over time.

Water is Life

Water makes up about 60% of our body weight and plays a crucial role in almost every bodily function. It helps regulate body temperature, keeps our joints lubricated, supports digestion, and carries nutrients to our cells. Staying hydrated also boosts our energy levels, improves brain function, and keeps our skin looking healthy.

How Much Water Should I Be Drinking?

While individual needs can vary, a common guideline is to aim for about 8 cups, or 64 ounces, of water a day. If you're active, live in a hot climate, or are older, you might need more. Listen to your body—it often tells you when it needs more fluids.

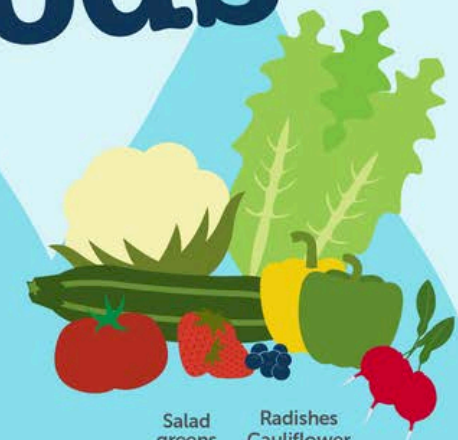


Hydrating Foods

Hydration doesn't have to just come from a glass of water. Pick foods high in water to help stay hydrated all day long.



Watermelon
93%
water



Salad greens
Berries
Tomatoes
90%
water



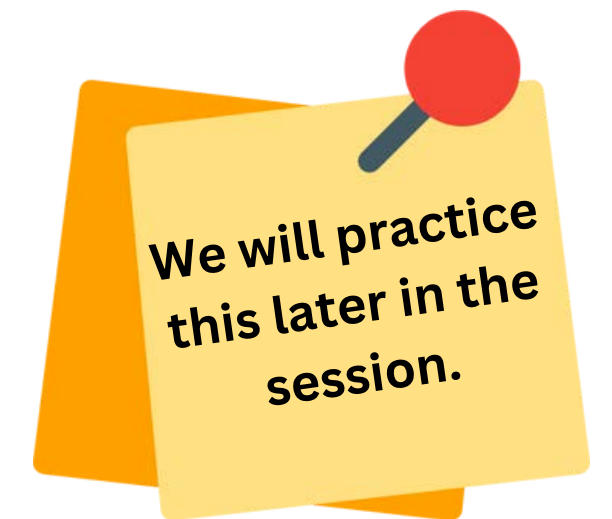
Acorn squash
Butternut squash
85%
water

SMART Goals

SMART goals are a guide to creating goals that are realistic and achievable. They are typically short-term goals that you build upon over time to help you meet your long-term goal!

When setting goals, make them **SMART**:

Specific, **M**easurable, **A**ttainable, **R**elevant and **T**ime-bound.



BWELL4LIFE'S HEALTHY HABITS

Do these to be in your best health!

1

Be More Physically Active

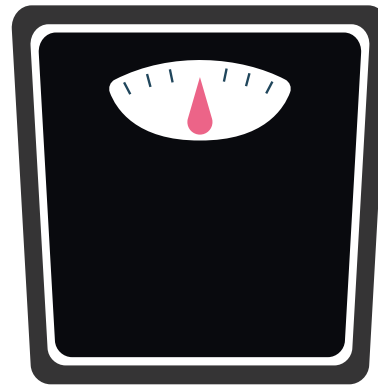
Start small.
Do at least 150 minutes of moderate or 75 minutes of vigorous physical activity every week.



2

Achieve a Healthy Weight

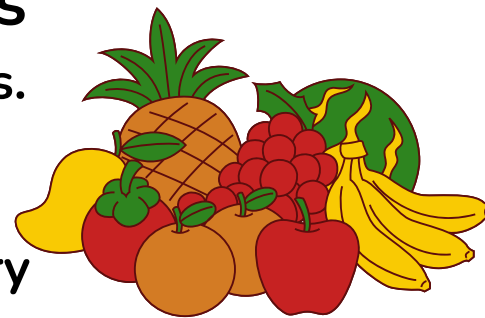
Your healthy weight range will vary. It depends on your age, sex, genetics, body frame, existing medical history, lifestyle habits, and other factors. Speak with your doctor.



3

Eat Plenty of Fruits & Vegetables

Choose whole foods. Limit processed foods. Make 1/2 your plate fruit and vegetables. Adults should eat 3½ to 6½ cups of fruits (1½ cups) and vegetables (2-3 cups) every day for good health.

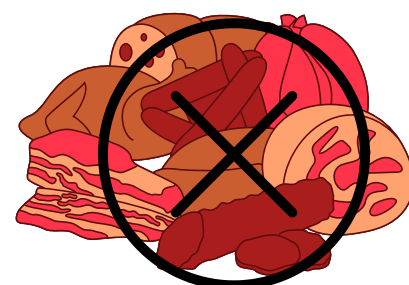


4

Choose Lean Meats & Plant-Based Proteins

Limit Red & Processed Meats

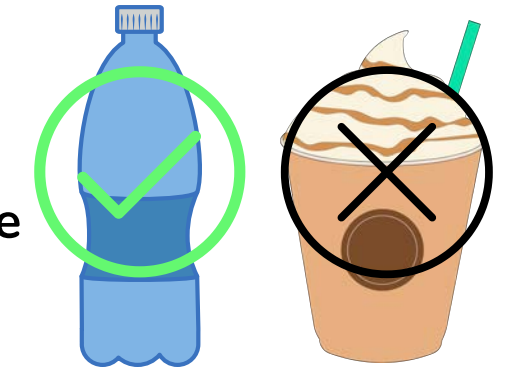
Treat meat as a condiment. Mind your portions.



5

Drink Plenty of Water

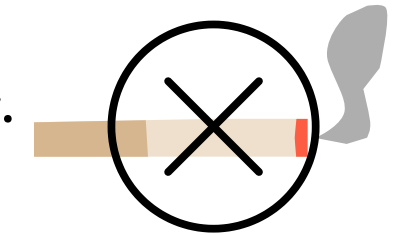
Limit sugary drinks. Only 4-6 ounces (children) or 8 oz (adults) of 100% juice per day.



6

Don't Smoke. Limit Alcohol Use.

No more than 1 drink per day for women. And for men, no more than 2 drinks per day. It is not recommended to start drinking if you do not currently drink.



7

Manage Blood Pressure

Keeping your blood pressure within recommended ranges helps maintain long-term health. Optimal levels are below 120/80 mm Hg. High blood pressure is characterized by a systolic reading of 130-139 mm Hg (top number) or a diastolic reading of 80-89 mm Hg (bottom number).



8

Manage Blood Sugar

Most of the food we consume is converted into glucose (or blood sugar) for energy. Persistently high blood sugar levels can harm your heart, kidneys, eyes, and nerves. Monitoring hemoglobin A1c as part of testing can provide a clearer picture of long-term blood sugar management in individuals with diabetes or prediabetes.



Q&A

Please ask any questions you have



BREAK TIME

10 minutes



Stay Hydrated:
Refill your new
water bottle!

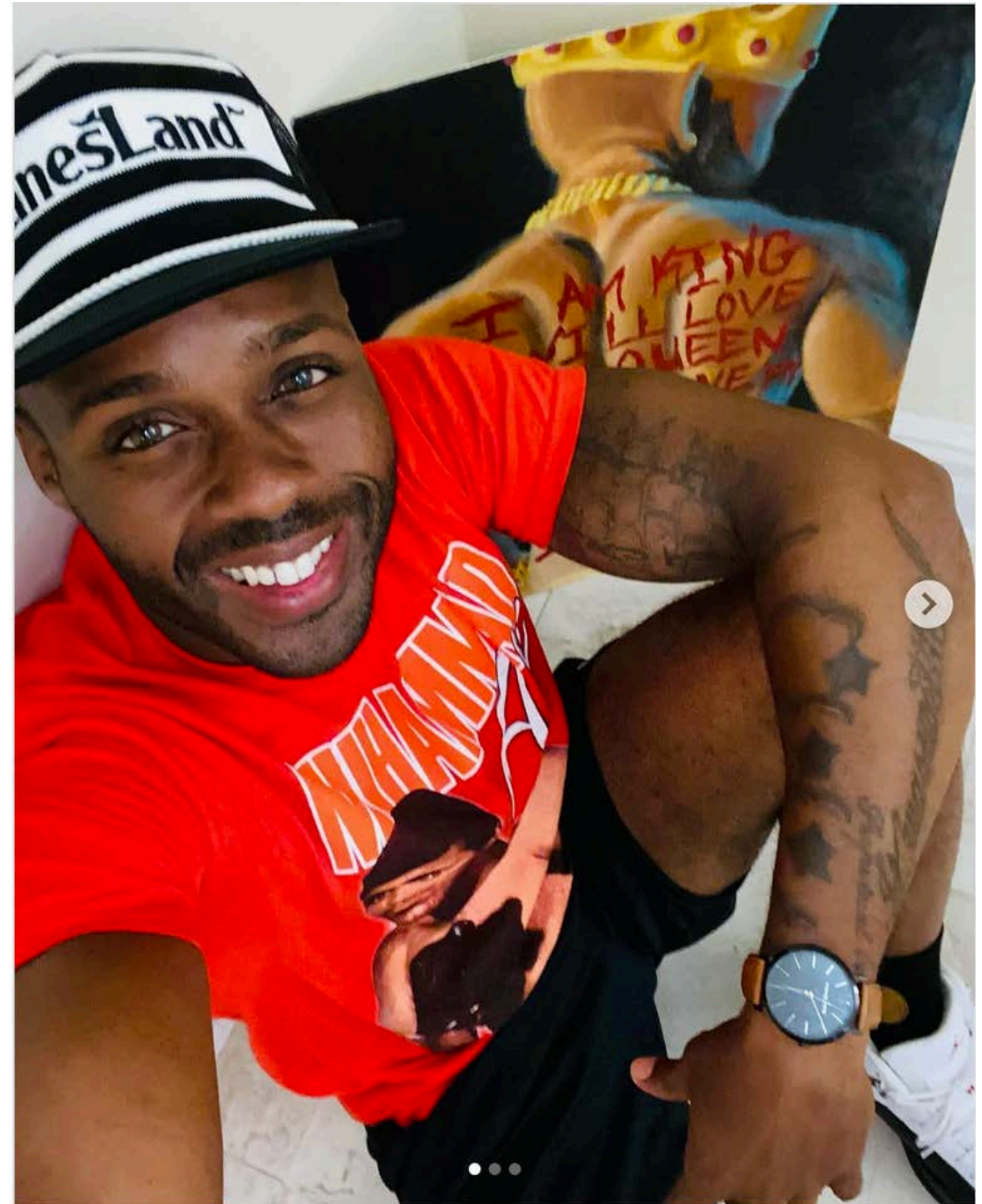


QUICK STRECH



Low Impact Exercise Class

15 minutes



**Fitness Instructor & Personal Trainer:
Dayvon Underdue**

SMALL GROUP DISCUSSION: STRATEGY SESSION



Small Group Discussion: Strategy Session

- Divide into groups of four.
- In your group, discuss the following questions.



Small Group Discussion: Physical Activity



Let's Talk About:

1. **Success Stories:** What has worked well for you in staying active?
2. **Challenges:** What obstacles have you faced in maintaining regular physical activity?
3. **Overcoming Barriers:**
 - a. How do you think you can overcome these challenges?
 - b. Share advice with each other on how to overcome barriers.

Remember:

Your Participant Manual has resources to help you stay on track!

Small Group Discussion: Physical Activity

Creating Your SMART Goals

For the Coming Week:

1. Physical Activity Goals
2. Hydration Goals (*Are you drinking enough water?*)

Tips:

- Make goals you can stick to over the next week.
- Feel free to share your goals with the group for support and accountability.

When setting goals, make them **SMART**:
Specific, **M**easurable, **A**ttainable, **R**elevant and **T**ime-bound.

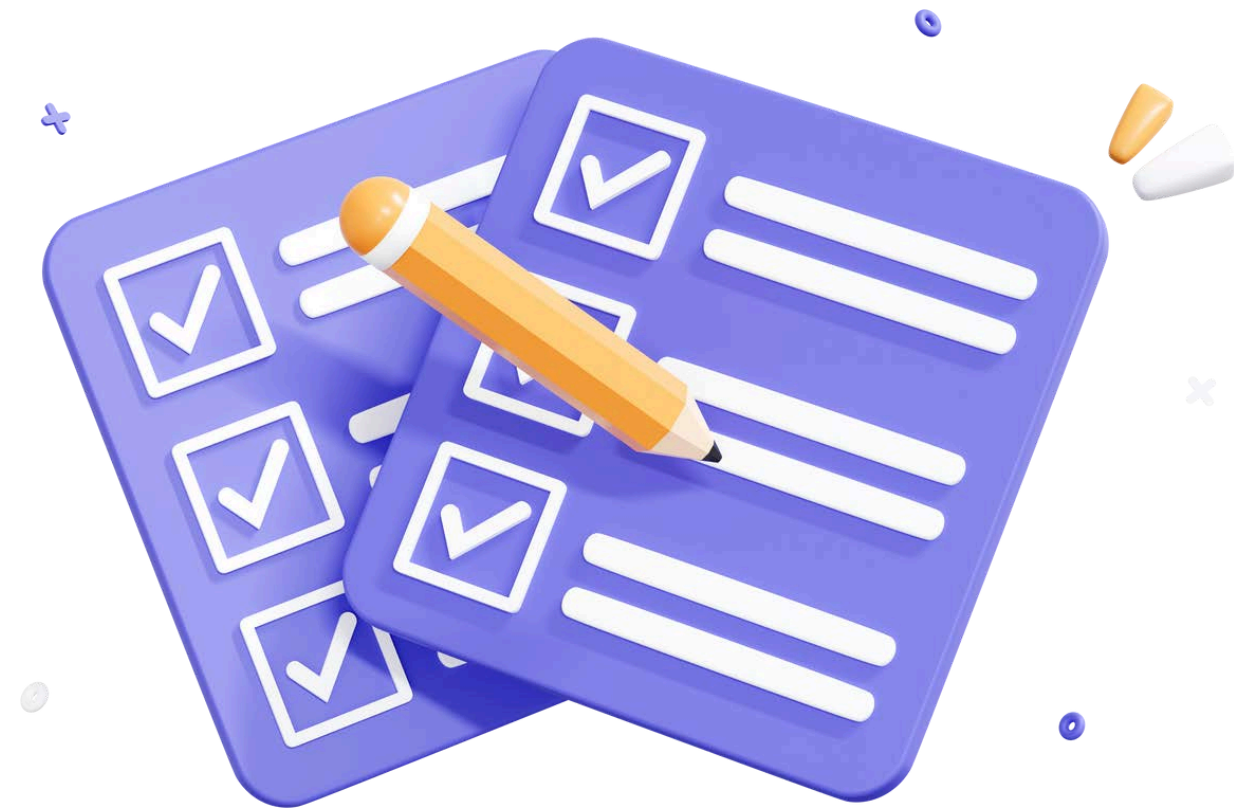


NEXT STEPS



Review: Session 1 Key Points

- 1. Summary of Prep-work for Session 1**
 - a. Health & Longevity
 - b. Physical Activity
 - c. Importance of Hydration
 - d. SMART Goals
- 2. Summary Sheet: BWell4Life Healthy Habits**
- 3. Overcoming Barriers to Physical Activity:** Identify challenges, develop strategies and set SMART goals



Checklist (Complete before Session 2)

Complete the Prep Work for Session 2:

- Watch pre-recorded presentation
 - Optimizing Health Through Balanced Nutrition
 - Introduction to Healthy Dietary Patterns
- Quiz on the recorded presentation
- Optional: Activity on the recorded presentation
- Evaluation of recorded presentation



Zen Session: Meditation and Mindful Breathing

