

SOLUTIONS FOR WELLNESS GROUP PROGRAM

# Fitness and Exercise

Instructor's Notes



# FITNESS AND EXERCISE

*Instructor's Notes*

## Goals for This Workbook:

After completing this workbook, individuals will be familiar with:

1. Healthy body weight
2. Monitoring resting and target heart rates
3. Benefits of regular exercise
4. How to start and maintain an exercise program
6. Different types of exercise programs
7. Low-cost and no-cost exercise strategies

### *NOTE TO INSTRUCTOR:*

Duplicate the Knowledge Assessment (pre/post test) and have your clients complete it before starting this workbook. This will help you identify the subject areas in which your clients may need more help. When they've completed the workbook, have your clients complete the same Knowledge Assessment again, so that you can measure how much they've learned and can identify subject areas that may require review. You will find the Knowledge Assessment at the end of these Instructor's Notes.

If used in a group setting, the text should be read aloud. The instructor should encourage the participation of all group members. Some group members may have difficulty reading due to literacy problems, cognitive problems or blurry vision as a side effect of medication. Continue to encourage these individuals to participate, especially in discussion portions of the class.

Remember to advise your clients to consult with their doctor before beginning or changing their exercise programs.

### PAGES 2-3

#### *Objectives for This Section:*

After reading this section, individuals will be able to:

- Understand how exercise is part of a healthy lifestyle.
- Determine personal roadblocks to routine exercise.

#### *Suggested Approach:*

After reading these pages, encourage individuals to:

- List some roadblocks to exercise.
- Share their roadblocks, then make a list of the group's most common roadblocks.
- Discuss how they have handled these roadblocks in the past and suggest other ways to try in the future.

## PAGES 4-5

### *Objectives for This Section:*

After reading this section together, individuals will be able to:

- Understand the concept of healthy body weight.
- Determine if their weight is within the healthy target weight range for their height.

### *Suggested Approach:*

After reading this section together, encourage individuals to:

- Talk about how excess weight may be a roadblock to exercise.
- Discuss the detrimental effects of letting excess weight be a roadblock.

### *Potential Problem:*

Participants may not know how much they weigh, may have a distorted body image that alters their estimation of their correct weight, or may be embarrassed by the written exercise.

### *Suggested Response:*

1. Where possible, have a scale available for individuals to weigh themselves. Some individuals may need assistance in reading/balancing the scale.
2. Encourage other participants to refrain from asking personal questions and to keep the information shared in the group confidential.

## PAGE 6

### *Objectives for This Section:*

After reading this section, individuals will be able to:

- Understand the role of body composition in total body weight.
- Verbalize the difference between lean body tissue and fat.

## PAGES 7-8

### *Objectives for This Section:*

After reading this section together, individuals will be able to:

- List several symptoms of being out of shape.
- Estimate their personal fitness level.

*Suggested Approach:*

After reading these pages together, encourage individuals to:

- Share their perception of their own fitness level.
- Discuss the most troublesome symptom of being out of shape that they experience.

*Potential Problems:*

Some individuals do not have symptoms indicating that they are out of shape.

Some individuals may be delusional or have other explanations for the symptoms they experience.

*Suggested Response:*

1. Ask individuals to explain/discuss the steps they take each day to remain physically fit.
2. Recognize that they have concerns or worries about their physical health. Provide reassurance that this educational series can help them find ways of improving their health.

**PAGE 9**

*Objectives for This Section:*

After reading this section, individuals will be able to:

- Understand how determining one's heart rate can help to determine the level of fitness.
- Monitor their own pulse rates.

*Suggested Approach:*

After reading this page together, have participants find their pulses and monitor for 30 seconds to determine their pulse rates.

*Potential Problems:*

Some individuals, particularly those who are greatly overweight, may have a difficult time finding their pulses.

Some antipsychotic medications increase a person's heart rate. Some individuals may become alarmed that their pulse rates are very high or hard to count.

*Suggested Response:*

1. Offer assistance to those having trouble finding their own pulse. Demonstrate the technique.
2. Provide reassurance that elevated pulse rates can be a side effect of some medications.
3. Encourage persons who are concerned about a high pulse rate to talk to their doctors.

## PAGES 10-11

### *Objectives for This Section:*

After reading this section, individuals will be able to clearly state a personal benefit that exercise can have on their lives.

### *Suggested Approach:*

After reading these pages:

- Ask each participant to state one benefit of exercise.
- Ask participants to complete the question on page 10.
- Discuss answers to the question. Point out participants whose answers are similar. Perhaps they could be exercise buddies in the future.

## PAGES 12-13

### *Objectives for This Section:*

After completing this section, individuals will be able to explain how exercise affects:

1. Heart disease
2. Blood pressure
3. Blood sugar
4. Bone mineral loss
5. Body structure
6. Weight loss
7. Flexibility
8. Pleasure and enjoyment.

### *Suggested Approach:*

After reading these pages together, lead a discussion about how exercise affects each of the items listed above. Encourage everyone to participate in the discussion.

## PAGES 14-15

### *Objective for This Section:*

After reading this section, individuals will be able to discuss the reasons why it is important to get medical clearance before beginning an exercise regimen.

### *Suggested Approach:*

After reading these pages together, discuss the following points:

- The steps a person must take to gain medical clearance.
- Obstacles to seeing a doctor for a check-up and some possible solutions to these obstacles.
- Conditions that make it especially important to talk to a doctor before starting starting an exercise program.

## **PAGES 16-19**

### *Objectives for This Section:*

After reading this section together, individuals will be able to:

- Define cardiovascular exercise
- Define flexibility exercise
- Define strength-developing exercise
- Name an activity they might like to try

### *Suggested Approach:*

After reading these pages together, have participants complete the matching exercise on page 16. Go over the answers in class.

Jogging	A
Basketball	A
Weight Lifting	C
Yoga	B
Calisthenics	A or B
Ballroom dancing	A

- Discuss how calisthenics can be both a flexibility and a cardiovascular exercise.
- Ask participants to complete the activity checklist and discuss their preferences and interests.
- Point out individuals who have common interests and encourage them to consider being exercise buddies.

### *Potential Problem:*

Individuals may claim that they have no interest in any activity.

### *Suggested Response:*

1. Explain that some symptoms of mental illness (lack of motivation, inability to enjoy activities, apathy) can make it harder to become physically active.
2. Encourage the group to discuss coping strategies to overcome negative symptoms.
3. Move on.

## PAGES 20-21

### *Objectives for This Section*

After reading this section, individuals will:

- Know the benefits of flexibility exercises.
- Know 4 exercises that can increase flexibility.
- Know several principles for doing stretching exercises safely.

### *Suggested Approach:*

After reading this section together, ask participants to perform one or more exercises (if their health permits).

## PAGES 22-24

### *Objectives for This Section:*

After reading this section together, individuals will be able to:

- Discuss why walking is the “ideal” exercise.
- Know how to get the most benefit out of walking.
- Define “Aerobic Exercise.”

### *Suggested Approach:*

After reading together, ask for a show of hands of individuals who walk on a regular basis.

Ask those individuals to tell why they enjoy walking.

Lead a discussion of individuals' main exercise goals. Point out when one person's goals are similar to another's.

## PAGE 25

### *Objectives for This Page:*

After reading this page, individuals will:

- Understand that strengthening exercises should be combined with flexibility and cardiovascular exercises for maximum benefit.
- Know 3 simple strengthening exercises.

### *Suggested Approach:*

After reading this page together, encourage discussion on the benefits and limitations of strengthening exercises.

- Emphasize that cardiovascular and flexibility exercises are important to overall fitness.
- Remind individuals to talk to their doctors if they plan to do strength training for the first time.

## PAGE 26

### *Objectives for This Section:*

After completing this section, individuals will be able to:

- Determine their target heart rates.
- Use target heart rate to determine the intensity of any exercise.
- Know why it is important to monitor one's heart rate during exercise.

### *Suggested Approach:*

After reading the text together, encourage individuals to calculate their target heart rate.

## PAGE 27

### *Objectives for This Section:*

After completing this section, individuals will:

- Define the components of an exercise program.
- Discuss the purpose of warming up, exercising at target intensity, and cooling down.

### *Suggested Approach:*

After reading this page together, appoint individual group members to be scribes and make 3 lists of appropriate 1) warm-up, 2) exercise, and 3) cool-down activities.

## PAGES 28-29

### *Objective for This Section:*

After completing this section, individuals will know what to expect when starting an exercise program and tips for starting off well.

### *Suggested Approach:*

After reading this section together, encourage individuals to discuss:

- Other helpful hints for starting an exercise program.
- Times when they were successful in maintaining an exercise program. How did they feel? What obstacles did they experience that they had not anticipated?

Remind the group to talk to a doctor before making big changes in their exercise routines.

## PAGE 30

### *Objective for This Section:*

After reading this section, individuals will have an opportunity to formulate long-term and short-term goals toward achieving a healthy lifestyle.

### *Suggested Approach:*

After reading this page together, encourage participants to:

- Write down their goals.
- Share goals with the rest of the group.
- Give each other feedback about whether the goals are realistic.

### *Potential Problem:*

A person chooses a goal that is clearly not realistic — for example, to lose 30 lb in the next month.

### *Suggested Response:*

1. Provide support for the person's desire to reach a healthier weight.
2. Remind the person that gradual weight loss over several months tends to be healthier and more permanent.
3. Encourage the person to set a more reachable short-term goal and work on the larger goal over the longer term.

## PAGE 31

### *Objectives for This Section:*

After reading this section, individuals will be aware that there are times when exercise should be stopped and a doctor consulted.

## PAGES 32-33

### *Objectives for This Section:*

After reading this section, individuals will be able to:

- List ways of incorporating exercise into routine activities.
- Understand the importance of rewarding oneself in maintaining motivation.
- Understand that the support of others can help keep one motivated.
- Understand the importance of making exercise a priority.

*Suggested Approach:*

After reading this section together, ask participants to think of 4 ways that they can keep themselves motivated to exercise. Take time to point out participants who have things in common. Encourage utilization of peer and family support.

**PAGES 34-35**

*Objectives for This Section:*

After reading this page, individuals will:

- Understand that there are simple ways of increasing the amount of physical activity in a person's day.
- Be able to list 3 specific ways to increase the level of activity in their lives.

**PAGES 36-37**

*Objectives for This Section:*

After reading this section, individuals will:

- Be aware of places in the community that can help them achieve their fitness goals.
- Be aware that these community resources need not be expensive to be helpful.

*Suggested Approach:*

After reading this section together, have participants look through the Yellow Pages and community newspapers to locate community resources. Make a list of these places for future reference.

**PAGE 38**

*Options for Closure at the End Of the Workbook:*

Ask participants to summarize the main points in the workbook.

Ask participants to give feedback on which parts of the workbook were the most helpful and why.

Ask participants to discuss 2 specific ways they will try to work more activity into their daily living.

Turn to the Table of Contents and ask individuals to identify one main point for each topic.

**It's time to complete the Knowledge Assessment. Please note that the Knowledge Assessment that follows is an original document that will need to be duplicated for your use.**

## Knowledge Assessment

1. **Most experts agree that you should exercise:**
  - a. For at least 10-20 minutes, 2-3 times a week.
  - b. For at least 20-30 minutes, 3-4 times a week.
  - c. For at least 30-60 minutes, 3-4 times a week.
  - d. For at least 40-50 minutes, 5-6 times a week.
2. **In order to stay at the same body weight or to lose weight, you must:**
  - a. Never eat sugar or fatty foods again.
  - b. Totally eliminate fats from your diet.
  - c. Totally eliminate meats from your diet.
  - d. Balance the amount of calories you take in with the amount your body uses.
3. **What is meant by the term “body-fat percentage”?**
  - a. Body composition.
  - b. The amount of fat you eat in a day.
  - c. The amount of fat you eat in a week.
  - d. The difference between the fat and bones in your body.
4. **What are some symptoms of being out of shape?**
  - a. Being out of breath after walking up a flight of stairs.
  - b. Having chronic muscle tension or tightness.
  - c. Having poor muscle tone.
  - d. All of the above.
5. **To obtain your resting pulse rate you can:**
  - a. Place the tip of your third finger lightly over the blood vessels on your neck.
  - b. Place the thumb of your right hand on your left elbow.
  - c. Place the tip of your third finger on your opposite wrist below the base of your thumb.
  - d. Both a and c.

Answer the following questions True (T) or False (F)

- \_\_\_\_\_ 6. If you have been overeating or have not been exercising regularly, you may have a problem with your weight.
- \_\_\_\_\_ 7. A healthy diet alone will help you lose or maintain weight.
- \_\_\_\_\_ 8. Being outside your target weight range for your height is not a symptom of being out of shape.
- \_\_\_\_\_ 9. Being physically fit is an all-or-nothing proposition.
- \_\_\_\_\_ 10. A resting pulse of 40 beats or more per 30 seconds suggests that you could improve your fitness.

**11. Regular aerobic exercise helps prevent heart disease by helping to:**

- a. Prevent blood clots from forming in the arteries.
- b. Increase good cholesterol.
- c. Decrease bad cholesterol.
- d. All of the above.

**12. Aerobic exercise helps normalize blood pressure by:**

- a. Increasing the resting heart rate.
- b. Making the heart stronger.
- c. Making the heart beat more times to circulate a given amount of blood.
- d. All of the above.

**13. Exercise helps promote weight loss by:**

- a. Allowing you to eat high fat foods and burn off the fat later.
- b. Helping you lose weight very fast.
- c. Burning calories.
- d. All of the above.

**14. Who can help you design a well-balanced exercise program?**

- a. Fitness instructor.
- b. Recreation therapist.
- c. Personal trainer.
- d. All of the above.

15. What does cardiovascular exercise do?

- a. Enhances balance and grace.
- b. Involves heavy stretches.
- c. Stimulates the heart and lungs to build endurance.
- d. Increases muscle strength.

Answer the following questions True (T) or False (F)

\_\_\_\_ 16. Dancing and yoga are good examples of strength developing exercises.

\_\_\_\_ 17. Exercise does not promote any psychological benefits.

\_\_\_\_ 18. Exercise should be stopped if you feel dizzy or lightheaded.

\_\_\_\_ 19. Exercise can increase stamina and strength.

20. A good type of exercise is:

- a. Swimming.
- b. Aerobics.
- c. Walking.
- d. All of the above.

21. What is an essential point to consider when selecting an exercise?

- a. Select an exercise that you enjoy.
- b. The more expensive, the better it must be.
- c. If that supermodel can do it, so can I.
- d. All of the above.

22. Why is walking considered such a good exercise?

- a. Generally it's safe.
- b. Easy to do.
- c. Requires no special equipment.
- d. All of the above.

23. Which of the following best defines aerobics?
- a. A group of people who invented certain exercises.
  - b. A group of exercises that do not require an increase in heart rate or breathing.
  - c. A group of people who do exercises.
  - d. A group of exercises that increase the heart rate and breathing rate for a sustained period of time.
24. What are some suggestions for easily increasing your activity level?
- a. Park your car at the back of a parking lot and walk to the store.
  - b. Walk to the mailbox.
  - c. Walk up or down stairs instead of using the elevator or escalator.
  - d. All of the above.

Answer the following questions True (T) or False (F)

- \_\_\_\_ 25. If you are over 40, plan to see your doctor before you undertake any exercise program.
- \_\_\_\_ 26. Those with a history of heart disease do not need to consult their doctor before beginning exercise.
- \_\_\_\_ 27. Cardiovascular exercise is one of the three major types of exercise.
- \_\_\_\_ 28. Select an exercise you feel you can stick with for a long time.
- \_\_\_\_ 29. If you cannot carry on a conversation while walking, SLOW DOWN.
- \_\_\_\_ 30. Most communities have some types of low-cost or free exercise programs available.

## Knowledge Assessment — Fitness (Healthy Lifestyles) Answer key

- |       |       |       |
|-------|-------|-------|
| 1. c  | 11. d | 21. a |
| 2. d  | 12. b | 22. d |
| 3. a  | 13. c | 23. d |
| 4. d  | 14. d | 24. d |
| 5. d  | 15. c | 25. T |
| 6. T  | 16. F | 26. F |
| 7. F  | 17. F | 27. T |
| 8. F  | 18. T | 28. T |
| 9. F  | 19. T | 29. T |
| 10. T | 20. d | 30. T |

## Fitness Word Search Answer Key

B	O	D	Y	F	A	T	H	G	I	E	W
O	R	E	L	A	X	A	T	I	O	N	A
D	U	R	A	T	I	O	N	A	D	E	L
Y	B	F	L	G	K	L	O	P	S	R	K
C	H	L	I	H	E	A	L	T	H	Y	I
O	A	S	C	T	X	U	V	A	O	B	N
M	W	B	X	Y	E	C	D	R	R	E	G
P	U	L	S	E	R	A	T	E	T	J	K
O	F	O	A	G	C	H	I	C	T	L	M
S	N	O	C	O	I	P	Q	R	E	R	S
I	F	D	H	G	S	C	U	E	R	V	W
T	S	P	I	R	E	O	X	A	M	M	Y
I	E	R	L	A	A	O	B	T	S	C	D
O	H	E	L	L	E	L	F	I	U	G	P
N	C	S	E	U	H	D	L	O	Q	F	H
F	T	S	S	C	I	O	W	N	U	R	Y
L	E	U	J	S	B	W	E	K	L	E	S
E	R	R	S	A	M	N	L	N	O	Q	I
X	T	E	T	V	M	N	L	M	P	U	C
I	S	E	R	O	C	I	B	O	R	E	A
B	M	Q	E	I	A	N	E	T	M	N	L
I	Q	R	N	D	L	T	I	I	R	C	F
L	P	O	G	R	O	E	N	V	E	Y	I
I	U	U	T	A	R	N	G	A	T	B	T
T	M	T	H	C	I	S	C	T	G	E	N
Y	R	I	E	I	E	I	H	I	N	F	E
M	A	N	N	J	S	T	P	O	O	U	S
N	W	E	K	L	O	Y	R	N	L	F	S