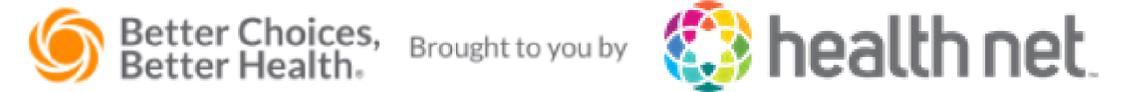


*“Aim for the A.M. A day that you exercise in the morning is a day that you exercise”*

*-Author Unknown*



*Today's Better Choices, Better Health Webinar -*

## **Revive Lagging Fitness Goals**

While we wait to start...

Ponder back to a time when:

There was some physical activity in the past that you enjoyed doing.

It took very little effort and you felt great when you did it.

Why don't you do it any longer?

Swimming, biking, paddling, dancing, walking, playing with the kids, tennis, snow sports, basketball.....

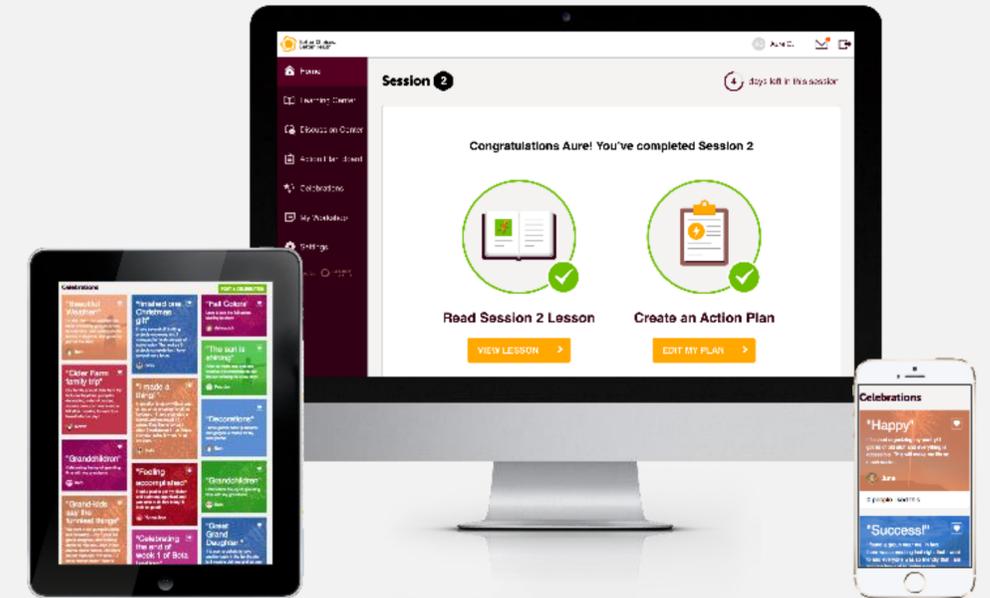
# Reviving Lagging Fitness Goals



**Candii Dana**  
**Peer Facilitator**  
Canary Peers  
[candiidana@canaryhealth.com](mailto:candiidana@canaryhealth.com)



**Thelma Suson**  
**Peer Facilitator**  
Canary Peers





# Outline of Presentation

- Activities of the past
- Movement Therapy
- Intentions and Outcomes
- Action Planning and Seeing Progress
- How to Sign Up for a Workshop
- Questions and Answers

# Why don't you do it any longer?

- This is where we want to hear from you
- Is there an activity that you really enjoyed but do not engage in this any longer?
- Type in the chat box: the reason is.....

# Self-Management Tool Kit



# Starting Where You Are



# Monitoring Exercise Intensity

- Talk test
- Self-rating of exertion
- Counting pulse

# Let's Practice an Endurance Activity

- First, we want you to select to either stay seated and conduct an orchestra or stand, and march in place with big movements if you can.
- Next, we will start the timer and we want you to go at your own pace for 1 minute. We will cue you to begin and start a timer.
- We will use the perceived exertion scale of 0-10 to rate your exertion
- Share in the chat box: what was your perceived exertion?

# Intentions and Outcomes

- The turtle wins the race
- Healthier and happier
- Age does not matter
- Be creative sometimes
- Look toward the goal
- Keep track of what you have achieved

# Please complete the form below to create your action plan...

Between now and

I will...

How much...

When...

How many days?

**How confident are you that you will accomplish this?**

# Parts of an Action Plan

An Action Plan should be...

- Something YOU want to do.
- Achievable – something you can expect to be able to accomplish this week.
- Behavior or action-specific – for example, trying to be active is not a behavior or action, but setting a plan to walk 3 times a week is action specific

Your Plan should answer these questions:

- What are you going to do? (for example: focus on eating, investigate home programs)
- How much of it are you going to do? (for example: eat salad at dinner, 3 blocks)
- When will you do it? (for example: weekdays, workdays, every Friday)
- How often between now and Thursday will you do it? (for example, 2 times: try to avoid “every day”)
- How confident are you that you will complete the entire Action Plan? Your confidence level should be 7 or more with 0=no confidence to 10=total confidence.

# Let's Practice Action Planning

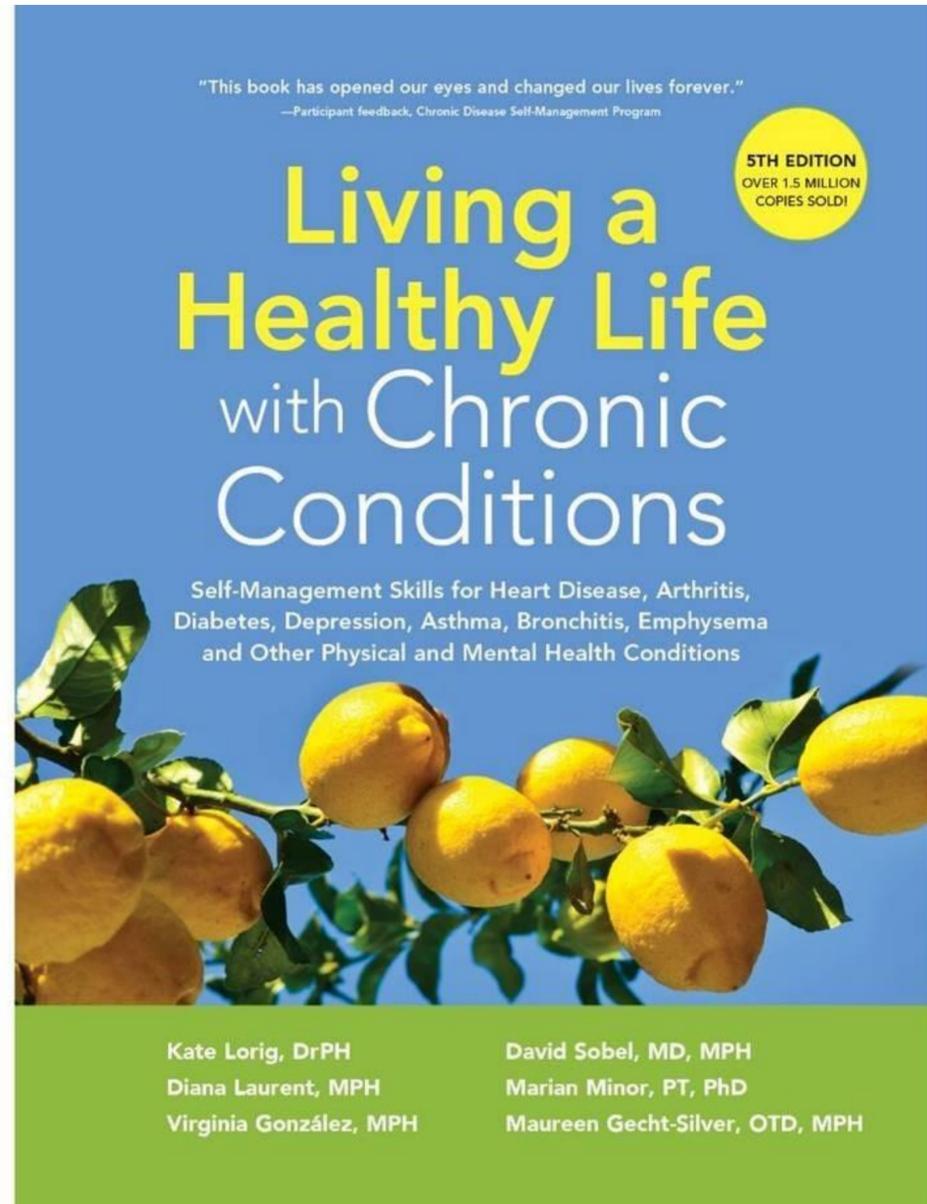
- We will start with an example
- Create an Action Plan for yourself
- While we are demonstrating our action plans, share in the “chat” what you will be doing and your confidence level (0-10)



# Participant Story

## **‘A brighter outlook’**

“Over the last six weeks, I have reviewed ways to make better choices, experienced compassion and support and I have developed a deeper understanding of what is important. I thank each who have taken the time to read my comments and especially those who responded. \*feeling appreciative\*”



Each participant in Better Choices Better Health receives a copy of Living a Healthy Life With Chronic Conditions 5<sup>th</sup> Edition

# Sign Up for a Better Choices Better Health workshop



**Better Choices,  
Better Health®**

<http://bit.ly/BCBHHealthNetEnroll>

Lorig, K., Laurent, D., Gonzalez, V., Sobel, D., Minor, M. A., & Gecht-Silver, M. (2020). *Living a healthy life with chronic conditions: Self-management skills for heart disease, arthritis, diabetes, depression, asthma, bronchitis, emphysema and other physical and mental health conditions*. Boulder, CO: Bull Publishing Company.

[https://health.gov/sites/default/files/2019-09/Physical\\_Activity\\_Guidelines\\_2nd\\_edition.pdf](https://health.gov/sites/default/files/2019-09/Physical_Activity_Guidelines_2nd_edition.pdf)

Riseth, L., Lund Nilsen, T. I., Hatlen Nøst, T., & Steinsbekk, A. (2022). Fitness center use and subsequent achievement of exercise goals. A prospective study on long-term fitness center members. *BMC sports science, medicine & rehabilitation*, 14(1), 9. <https://doi.org/10.1186/s13102-022-00400-w>

Barranco-Ruiz, Y., & Villa-González, E. (2020). Health-Related Physical Fitness Benefits in Sedentary Women Employees after an Exercise Intervention with Zumba Fitness®. *International journal of environmental research and public health*, 17(8), 2632. <https://doi.org/10.3390/ijerph17082632>

Studies from Indiana University Add New Findings in the Area of Manufacturing (Good Intentions, Bad Outcomes: The Effects of Mismatches between Social Support and Health Outcomes in an Online Weight Loss Community). (2018, March 25). *Journal of Technology & Science*, 1164. [https://link.gale.com/apps/doc/A531400130/AONE?u=wccls\\_main&sid=bookmark-AONE&xid=f07c2745](https://link.gale.com/apps/doc/A531400130/AONE?u=wccls_main&sid=bookmark-AONE&xid=f07c2745)

Studies from Indiana University Add New Findings in the Area of Manufacturing (Good Intentions, Bad Outcomes: The Effects of Mismatches between Social Support and Health Outcomes in an Online Weight Loss Community). (2018, March 25). *Journal of Technology & Science*, 1164. [https://link.gale.com/apps/doc/A531400130/AONE?u=wccls\\_main&sid=bookmark-AONE&xid=f07c2745](https://link.gale.com/apps/doc/A531400130/AONE?u=wccls_main&sid=bookmark-AONE&xid=f07c2745)

# Q & A

## Thank you for joining us



**Candii Dana**  
Peer Facilitator  
Canary Peers  
[candiidana@canaryhealth.com](mailto:candiidana@canaryhealth.com)



**Thelma Suson**  
Peer Facilitator  
Canary Peers