

Class Nine- Exercise Plan

The Exercise Class: Making an Exercise Plan: # 9

CLASS NEEDS: WHITE BOARD/MARKERS, PENCILS/PENS AND PAPER FOR EACH PARTICIPANT, AV NEEDS: Internet/AV for Power Point presentation and screen

-HANDOUTS:

-CLASS LENGTH: APPROXIMATELY 1 HOUR

-CLASS LOCATION: CLASSROOM

Slide # 1 – FOOD FITNESS FIRST™: Making an exercise plan.

We are going to talk specifically about exercise and the importance of an exercise plan. Go around the room and ask about different exercise levels. Ask those who are exercising to share how they got started. If they have been exercising for a while, ask how they have kept exercising. Did they have a plan to start?

Slide # 2

WHY START EXERCISING: CLASS OBJECTIVES

We want to go over the class objectives – what we hope you will gain from this class. First, any questions from the last class?

1. We hope to show you: How we often make barriers for exercise.
2. We hope to learn what our barriers are and how to avoid or conquer them.
3. We want to teach you how to make a plan for exercise and stick with it.

Slide # 3

Have class answer these questions to help get the dialogue started about the importance of a plan.

Slide #4

Starting a program can be difficult with our busy lives:

Remember the bulletin board: How we think we are ready, but find our life often won't cooperate.

Slide #5

Help the class start their plan by asking these questions. Use a pencil and paper to begin.

What kind of exercises do you like?

Where will you be – at home, the gym, outside, church, etc...

When will you exercise – time of day, day of the week, etc...

How long will you stay? 30-60-90 min/session

Will you ask a friend? Meet friends there: like to exercise alone?

Will I need new clothes? New shoes? A swimsuit? Any equipment? Etc...

Slide #6

Continue with the paper and pen to complete the questions on this slide:

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Discuss them with the class and why they are all so important to starting and continuing an exercise program.

Slide #7

Any other questions or thoughts the class may have – discuss. Where you exercise can make a big difference: that is why we promote the Fitness Center: it is safe, well lit, open at convenient times, has professional staff to help in emergencies and ask questions, the right equipment for most all people and a way to keep track of your exercise, etc.

Slide #8

Have the class discuss how we use many things in our life to not exercise: Weather is always a good one!! It is good to have a plan for the weather – what are some warm weather exercises, hot weather, cold weather, rainy weather, snowy weather, etc.

What are some other excuses we use to get out of exercise? Go around the class to ask them their personal favorites!!

Slide #9

An Exercise Plan needs to be flexible when you exercise. For some, this will be in the morning, every day. For others, it will be later in the day and every other day. Don't feel there is a set amount – find that yourself. Where you exercise should be flexible as well. Say you joined the fitness center and it is already closed and you had planned to exercise today. How about a walk? Or gardening? Or cleaning house? All can substitute. What you do can also change. Say the same as above happens and you had your heart set on the gym – don't give up the exercise – find something new to do.

Fun – if you don't enjoy it, you will not keep it up. Find several things that you like to do and rotate them to add spice and relieve boredom.

Who you exercise with can change your attitude and make it more fun. Call a friend you haven't seen and suggest a walk or bike ride. Why you exercise can make it simple or hard. If it is to reshape your body in 6 weeks, it will be much harder. If it is to get toned and feel better, you can do that in a shorter time.

Reasonable: Try to keep workout sessions to a time frame that is reasonable. Remember, you are trying to set up a lifetime habit, not a short term activity. Find the right amount of time that fits your schedule the best. What are your expectations? Are you hoping for super fast results or are you in this for the long haul? What and why you do something is also a way to make a plan very unreasonable. Keep these things in mind when planning.

Slide #10

Start slow and add time and complexity as time goes on. 5-7 x each week, for 45-60 minutes will better help promote weight loss. Read the slide for the starting point for many people that **is reasonable**.

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Slide #11

1. Talk to your doctor about safety and how you should start an exercise, especially if you are over 35, or have any health problems.
2. Remember the benefits.
3. Know your plan.
4. Work your plan!!

Slide #12

ANY QUESTIONS?

Does everyone have an exercise plan? You can't leave here without one. Once you do, get moving!!