

PHYSICAL ACTIVITY PRESENTATION PACKAGE

SPECIAL NOTES FOR PRESENTERS

What you need to know.....

- Everything you need to implement a successful presentation is in the **Physical Activity Presentation Package**.
- Please help raise awareness around physical activity target groups such as classrooms, work places, group homes, long term care homes, home care departments, nutrition and prenatal departments, etc.
- If possible, please ensure that presentation participants receive the **2006 NPAW Participant Package** (available in March) so they can participate in the program.
- Please return the completed **Physical Activity Presentation Log Sheet** and the **Presenter Evaluation Form** to the NPAW Coordinator **by May 10th**. Please fax to Sharalyn Reitlo at 839-4553.
- A **Participant Attendance Sheet** is provided to assist you in gathering participant information needed to complete the **Physical Activity Presentation Log Sheet**.
- This presentation will take approximately 45 minutes, but can be easily altered to suit your needs or time restrictions.
- The **Physical Activity Presentation** is included, but you will have to photocopy onto overheads or make copies for participants.
- Other resources intended to try and build awareness of physical are available from the NPAW Coordinator. They are: **Canada's Physical Activity Guide**, the **Benefits of Physical Activity Brochure** and the **Physical Activity Quiz**.
- Additional notes on the Presentation Agenda can be found on the first page of the **Physical Activity Presentation**.

Included in the Physical Activity Presentation Package....

- Physical Activity Presentation Log Sheet
- Presenter Evaluation Form
- Participant Attendance Sheet
- Physical Activity Presentation

PHYSICAL ACTIVITY PRESENTATION LOG SHEET

PRESENTER INFORMATION

COMMUNITY: _____ ORGANIZATION: _____

PRESENTER: _____ JOB TITLE: _____

PHONE #: _____ FAX #: _____

EMAIL: _____

MAILING ADDRESS: _____

PRESENTATION INFORMATION

NAME OF GROUP YOU PRESENTED TO: _____

OF PRESENTATION PARTICIPANTS: _____

PARTICIPANT BREAKDOWN

GENDER: # Males _____ # Females _____

AGE: # Age 0-5 _____ # Age 6-12 _____ # Age 13-19 _____

Age 20-50 _____ # Age 51+ _____

CURRENT ACTIVITY LEVEL: # of Inactive Participants _____

of Moderately Active Participants _____ # of Active Participants _____

**Please fax in the Physical Activity Presentation Log Sheet to the NPAW Coordinator by
May 10, 2006. Fax #: 839-4553**

**PHYSICAL ACTIVITY PRESENTER
EVALUATION FORM**

Please assist us in evaluating the 2006 NPAW program by answering the following questions:

1. Did you use the Physical Activity Presentation resource to assist you with your presentation?

YES **NO**

2. Did you use the Physical Activity Quiz resource to assist you with your presentation?

YES **NO**

3. If any changes were to be made to the *Physical Activity Presentation* resource, what would be your recommendations?

4. If any changes were to be made to the *Physical Activity Quiz* resource, what would be your recommendations?

5. Please describe how your presentation was organized and implemented in your community/organization and list any partners you worked with.

6. Has your participation in the Northern Physical Activity Week program inspired you to expand or increase physical activity awareness raising efforts in your organization or community?

YES **NO**

Please explain.

7. Would you be interested in giving a physical activity presentation next year?

YES

NO

If yes, please give name and contact information:

**Please fax in the Presenter Evaluation Form to the NPAW Coordinator by May 10, 2006.
Fax #: 839-4553**

PHYSICAL ACTIVITY PRESENTATION

Presentation Agenda Notes (for presenter use)

Agenda Item Number	Presenter Notes
1	Prepare an active opening activity that will take 3-5 minutes (examples – stretching exercises, Simon says, walk around the room, march on the spot, knee lifts, touch toes, an active icebreaker activity, etc.)
2	Ask the group to brainstorm what they determine are benefits to physical activity. Record all benefits on flipchart, chalkboard, whiteboard, etc. Some benefits are listed in this presentation. Option: to compare this list to the brainstormed list.
3	Review Health Canada’s Recommendations for Physical Activity section of this presentation (overhead or handout)
3.1	Review 3 Types of Physical Activities section of this presentation (overhead or handout)
3.2	Review Variety section of this presentation (overhead or handout)
3.3	Review Time Needed Depends on Effort section of this presentation (overhead or handout)
4	Ask the group to brainstorm what they determine are easy ways to incorporate physical activity into their daily lives. Record all ideas on flipchart, chalkboard, whiteboard, etc. Some ideas are listed within the <i>Canada’s Physical Activity Guide</i> . Option: to compare these ideas to the brainstormed list.
5	Review Exercise Safety section of this presentation (overhead or handout)
6	Review Tips for Creating your Physical Activity/Exercise Program section of this presentation (overhead or handout)
7	Review Physical Activity/Exercise Program Example section of this presentation (overhead or handout)
8	Using the template provided on page 12 of this presentation, have the participants work independently or in small groups of 2-3 people to develop a physical activity/exercise program for themselves that incorporates the presentation material.
9	Conduct a closing roundtable discussion, where each participant is given an opportunity to share personal insights with the group. Option: a possible discussion question would be – What is something new that you have discovered about physical activity from this presentation?

PHYSICAL ACTIVITY PRESENTATION AGENDA

- 1. Opening Activity (3-5 Minutes)**
- 2. Benefits Of Physical Activity (5 Minutes)**
- 3. Health Canada's Recommendations For Physical Activity (5 Minutes)**
 - 3.1 3 Types Of Physical Activities
 - 3.2 Variety
 - 3.3 Time Needed Depends On Effort
- 4. Easy Ways To Incorporate Physical Activities Into Your Daily Life (6 Minutes)**
- 5. Exercise Safety (3 Minutes)**
- 6. Tips For Creating Your Physical Activity/Exercise Program (3 Minutes)**
- 7. Physical Activity/Exercise Program Example (3 Minutes)**
- 8. Planning Your Physical Activity/Exercise Program (10 Minutes)**
- 9. Closing Roundtable Discussion (5 Minutes)**

BENEFITS OF REGULAR PHYSICAL ACTIVITY

- **BETTER HEALTH**
- **IMPROVED FITNESS**
- **BETTER POSTURE AND BALANCE**
- **BETTER SELF-ESTEEM AND
PSYCHOLOGICAL WELL-BEING**
- **WEIGHT CONTROL**
- **STRONGER MUSCLES AND BONES**
- **FEELING MORE ENERGETIC**
- **INCREASES RELAXATION AND
REDUCED STRESS**
- **CONTINUED INDEPENDENT LIVING
IN LATER LIFE**

- MAINTAINS FLEXIBILITY
- MEET NEW FRIENDS
- STRENGTHENS THE HEART
- ENHANCES HEALTHY GROWTH AND DEVELOPMENT
- DECREASED RISK OF SOME CANCERS
- REDUCED RISK OF HEART DISEASE
- OVERALL IMPROVED QUALITY OF LIFE

HEALTH CANADA RECOMMENDATIONS FOR PHYSICAL ACTIVITY

- INCREASE TIME CURRENTLY SPENT ON ACTIVITY
- DECREASE “NON ACTIVE” TIME SPENT (TV, COMPUTER)
- PARTICIPATE IN EACH OF THE THREE TYPES OF EXERCISE – STRENGTH, ENDURANCE AND FLEXIBILITY
- PARTICIPATE IN A VARIETY OF ACTIVITIES

- TIME NEEDED DEPENDS ON EFFORT
 - Light effort (gardening, light walking) = 60 min/day
 - Moderate Effort (brisk walking, swimming) = 30-60 min/day
 - Vigorous Effort (jogging, aerobics) = 20-30 min/day

- REPLACE SOME “NON ACTIVE” TIME SPENT (TV, COMPUTER) WITH TIME SPENT ON PHYSICAL ACTIVITY

Example: If you currently watch TV for 3 hours after supper, replace 30-60 minutes of TV watching with walking.

PARTICIPATE IN EACH OF THE 3 TYPES OF EXERCISE – STRENGTH, ENDURANCE AND FLEXIBILITY

STRENGTH ACTIVITIES

*ACTIVITIES AGAINST RESISTANCE TO
STRENGTHEN MUSCLES AND BONES AND
IMPROVE POSTURE*

- Participate in strength activities 2-4 days a week
- Examples:
 - weight/strength training routines
 - Carrying books, groceries, infants, etc.
 - exercises like push ups and abdominal curls

ENDURANCE ACTIVITIES

CONTINUOUS ACTIVITIES FOR YOUR HEART, LUNGS AND CIRCULATORY SYSTEM

- Participate in endurance activities 4-7 days a week

- Examples:
 - walking
 - golfing
 - cycling
 - skating
 - swimming
 - tennis
 - dancing
 - skiing
 - jogging
 - aerobics
 - canoeing
 - basketball

FLEXIBILITY ACTIVITIES

GENTLE REACHING, BENDING AND STRETCHING ACTIVITIES TO KEEP YOUR MUSCLES RELAXED AND JOINTS MOBILE

- Participate in flexibility activities 4-7 days a week

- Examples:
 - gardening
 - mopping the floor
 - stretching exercises
 - vacuuming
 - curling
 - bowling
 - yoga
 - dance

VARIETY

PARTICIPATE IN A VARIETY OF ACTIVITIES

- Your body adapts to activities
- Keep your muscles guessing and challenged by a variety of activities

TIME NEEDED DEPENDS ON EFFORT

TIME NEEDED TO RECEIVE HEALTH BENEFITS DEPENDS ON EFFORT

- Light effort (gardening, light walking)
= 60 min/day

- Moderate Effort (brisk walking, swimming) = 30-
60 min/day

- Vigorous Effort (jogging, aerobics) = 20-30
min/day

EXERCISE SAFETY

- Wear comfortable footwear and loose clothing
- Drink water before, during and after you exercise to replace the water you lose by sweating
- Warm up and stretch your muscles before and after you exercise
- For vigorous activity, wait at least 2 hours to exercise after eating a big meal
- Slow down if you are out of breath
- Start slowly and work up
- If your mobility is restricted, consult a medical professional like a doctor or physiotherapist. Activity can occur while sitting.

- Check with a doctor before starting an exercise program if you:
 - have a chronic disease or are at high risk for developing one
 - are a sedentary man over 40, or woman over 50 years of age

- Stop exercising right away if you:
 - have pain or pressure in your chest, shoulder, or arm
 - feel dizzy or sick
 - break out in a cold sweat
 - have muscle cramps
 - feel pain in your joints, feet, ankles, or legs

TIPS FOR CREATING YOUR PHYSICAL ACTIVITY/EXERCISE PROGRAM

- SET REALISTIC AND ACHIEVABLE GOALS
- IDENTIFY BARRIERS AND FIGURE OUT SOLUTIONS
- CHOOSE ACTIVITIES YOU ENJOY
- START SLOW AND WORK YOUR WAY UP
- CHOOSE A VARIETY OF ACTIVITIES
- MAKE SMALL CHANGES
- KEEP AN EXERCISE DIARY/JOURNAL TO SEE YOUR PROGRESS

- EXERCISE WITHIN SAFE LIMITS – YOU SHOULD FEEL WARM AND BREATHING HEAVY, BUT ABLE TO CARRY ON A CONVERSATION
- EXERCISE SAFELY!
- FOLLOW HEALTH CANADA’S RECOMMENDATIONS FOR EXERCISE AMOUNTS AND 3 TYPES OF ACTIVITY
- TOTAL TIME DOES NOT HAVE TO BE CONSECUTIVE.

YOU KNOW YOURSELF BEST – CREATE YOUR OWN EXERCISE PROGRAM TO SUIT YOUR NEEDS AND INTERESTS.

EXERCISE BECAUSE IT FEELS GOOD!

MY PHYSICAL ACTIVITY/EXERCISE PROGRAM (Example)

Goal(s): To reduce body fat and increase strength.

DAY	ACTIVITY	DURATION (Amount of Time spent)	TYPE OF ACTIVITY (strength, flexibility, endurance)	INTENSITY (low, moderate, vigorous)
Monday	Walk	30 min	Endurance & flexibility	Moderate
Tuesday	Yoga/ weight lifting	30 min	Strength and Flexibility	Moderate
Wednesday	Walk	30 min	Endurance & flexibility	Moderate
Thursday	Yoga/ weight lifting	30 min	Strength and Flexibility	Moderate
Friday	Walk	30 min	Endurance & flexibility	Moderate
Saturday	Weight lifting	30 min	Strength	Moderate
Sunday	Walk	30 min	Endurance & flexibility	Moderate
Totals		3.5 hours	4 endurance; 6 flexibility and 3 strength sessions	7 moderate intensity sessions

MY PHYSICAL ACTIVITY/EXERCISE PROGRAM (Template)

Goal(s): _____

DAY	ACTIVITY	DURATION (Amount of time spent)	TYPE OF ACTIVITY (strength, flexibility, endurance)	INTENSITY (low, moderate, vigorous)
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				
Totals				

Comment [J1]:

Date _____

Signature _____