



## **SESSION 6**

### **Getting Active**

#### **Materials Needed:**

Facilitator- stretching handout, stretch band handout

Participant- stretching handout, stretch band handout

### **GREETING**

**SAY:** Last week we talked about medication. Does anyone have any questions or comments about last week's session?

**ASK:** each question one at a time (Slide 2)

- Did anyone try out their goal from last week?
- How did it go?
- Did you try anything else new to help manage your diabetes?

**SAY:** Today we are going to talk about (slide 3):

- How exercise effects our diabetes
- Exercise challenges and helpers
- Stretch band exercises to do at home
- How to make an exercise plan

**SAY:** For class today you will need the following items from your LYBL tool box.

**DO:** Hold up items needed by participants.

### **EXERCISE- LESSON (slide 4)**

**DO:** Turn to slide 4 but do not advance the slide.

**ASK:** What is the difference between activity and exercise?

ANSWER: Exercise is structured activity you do that improves fitness. Activity is the movement you do throughout the day. Both exercise and activity are important in diabetes management.

**DO:** Advance the slide to reveal the question below.

**ASK:** Does anyone know how much exercise is recommended for a person with diabetes?

**DO:** Give participants time to guess the answer. When everyone has guessed, advance the slide to reveal the answer:

ANSWER: 150 minutes of moderate aerobic exercise spread over at least 3 days. 2-3 days of strength training a week, flexibility and balance 2-3 times a week (think warm up and cool down from aerobic and strength) and interrupting your sitting with movement every 30 minutes. In other words- don't sit for long periods of time without getting up and moving around. Sitting is the new smoking!

**DO:** Stop sharing screen and make yourself full screen while you talk.

**ASK:** What does it mean to do "moderate aerobic exercise"

ANSWER: Moderate exercise means your heart should beat a little faster, and the exercise should create a light sweat. Some people describe moderate walking as "walking like you are late for an appointment."

**ASK:** Do you have to do the 30 minutes all at one time?

- ANSWER: No. You don't have to complete all your exercise at one time. You can break your exercise into shorter periods of 10 minutes or more and add them up at the end of the day!
- In fact, there is now significant research that shows there are tremendous benefits to doing even small amounts of activity spread over the day.
- Being active only one time a day and spending the rest of the day sedentary, is still hard on the body compared to moving your body even for short periods of time, throughout the day.

**ASK:** How might you fit exercise into your day in three, ten-minute time chunks?

**DO:** Invite people to share their ideas with chat or their microphone.

**ASK:** Which exercise is best?

Answer: the one you do!

**ASK:** What are the benefits of exercise for a person with diabetes?

**DO:** Share whiteboard.

**DO:** Type peoples answers on a whiteboard as people say or chat them. Add the following if they are missing:

- Makes the cells more sensitive to insulin! (The first problem in diabetes)
- Strengthens heart and lungs
- Increases energy
- Maintain healthy bones and joints
- Weight control or weight loss
- Lowers blood sugar, blood pressure and blood cholesterol (the ABCs) Reminder: When ABCs are in a healthy range, your at your lowest risk of developing a complication related to diabetes.
- Decrease stress
- Decrease depression
- Helps prevent diabetes
- Improves sleep
- Decreases your risk of heart disease
- Decreases risk of some cancers
- Improves self esteem
- Weight control or weight loss
  - NOTE: mention that even if a person is overweight, if they begin exercising, they can better manage their diabetes, even without weight loss. Weight loss, for a person who is overweight, will further help manage diabetes, but it's important to teach people that even without losing a pound they are protecting their health and improving their diabetes management by getting moving!

**DO:** Stop sharing whiteboard and share screen again.

### **Types of Exercise (Slide 5)**

**DO:** Invite all participants to unmute their microphones at this point. As a group you will do exercise together, and you want participants to be able to ask questions and give input and ideas. Keep the microphones off of mute for the rest of the class.

**SAY:** There are three main types of exercise we are going to talk about: aerobic, strength and flexibility.

**ASK:** What is aerobic?

**ANSWER:** Aerobic exercise is exercise that makes your heart beat a little faster. Aerobic exercise is done at a moderate enough pace to create a light sweat.

**SAY:** Brisk walking is one example of aerobic exercise. Dancing is another type. Any activity that gets your heart beating and creates a light sweat is considered aerobic.

**ASK:** How hard should you exercise? (slide 6)

**ANSWER:** Review the Talk/Sing Test; You should ALWAYS be able to talk, but if you can sing, you might pick up the pace.

**SAY:** Aerobic activity usually leaves us feeling good when we are done. If we haven't overdone it, we should feel a sense of well-being, and relaxed but not exhausted.

**SAY:** Your book has lots of information on exercise on pages 30-31, and also throughout your book.

### **VIRTUAL WALK- ACTIVITY**

**DO:** Stop sharing screen

**SAY:** We are going to try going on a virtual walk. To do this, we might have to adjust our computers so we can see each other. If you have a laptop, you can set your computer up higher. Maybe set it on top of a counter. If you are participating on a desktop computer, don't worry; you might just have to step farther back from your computer. The goal is to see each other, but we can just do our best.

**DO:** Move your computer to a counter or prop it up higher so most of your body is in view of your camera. You will need to step back several feet from your computer.

**SAY:** Let's start off with an easy walk. A nice pace, not too fast, not too slow- we are going to visit a friend.

**DO:** Continue the story. Take people on a virtual walk through your town. Point out landmarks and people doing different activities. Move your arms. Encourage people to lift an arm high to wave at someone far away. The person can't see them, so invite participants to wave the other arm high. After people are warmed up, tell people they have a dentist appointment or eye appointment that they are going to be late for. Encourage people to pick up the pace to a moderate pace. Invite people to add to the virtual walk. Slow the walk at the end for a cool down. Do this activity for around 5 minutes.

**ASK:** How do you feel?

**ASK:** Do you feel calm but refreshed?

**ASK:** Did anyone notice how we started and ended with a slower pace?

**SAY:** It's important to spend time warming up and cooling down each time you exercise. The warm up gets your muscles ready for the activity, the cool down lets your heart beat slowly return to normal.

**SAY:** Now that we are cooled down, let's try a couple of stretches.

**DO:** Lead the group in a few stretches.

**SAY:** Stretching helps with your flexibility. Flexibility is important for joint health, fall prevention, and for maintaining range of motion.

**SAY:** People tend to lose flexibility as they age. To help avoid loss of flexibility it is important to make stretching a part of your regular routine

## **STRETCH BAND EXERCISES- ACTIVITY**

**SAY:** Strength exercises are the third and final type of activity

**SAY:** Strength training is important because it keeps bones strong, helps with balance as people age.

- Muscles burn more calories than fat. When a person gains muscles, their body burns more calories in a day. Often people gain weight over time because they lose muscle mass as they get older. One way to prevent this weight gain is to maintain muscle mass through strength training.

**DO:** Review stretch band exercises with group. Do each exercise 6-8 times.

**DO:** Discuss how stretch band exercises worked for everyone.

**DO:** Start sharing screen

**ASK:** What keeps exercise safe? (slide 7)

**DO:** Allow participants time to chat or use microphone before advancing slide to reveal following answers:

- Shoes that fit properly

- If you take any diabetes medications, carry sugary food like jelly beans or glucose tablets
- Check blood sugar before you start, check afterwards to learn how your body responds to activity.
- Talk with your provider about exercise, and discuss exercise at follow up visits. (Keep your provider and diabetes educator in the loop on your exercise habits)
- Talk/sing
- If moderate exercise gives you low blood sugar, talk to provider about reviewing your diabetes management plan. Some people need their medication changed when their activity level changes.

### **KEEPING AT IT (slide 8)**

**SAY:** One of the hardest parts about being active is STAYING active! Each person needs to find what motivates him or her to stay active.

**ASK:** Can anyone think of things that motivate you to be active?

**DO:** Allow a few minutes for thought and discussion.

**DO:** Allow participants time to chat or use microphone before advancing slide to reveal following answers:

- **Seeing results.** Changes in your cholesterol, blood pressure, weight, the way your clothes fit.... any of these things can help with motivating.
- **Tracking progress,** being able to look back on how far you have come.
- **Making yourself a priority.** ASK: Does anyone have an example of a something they've done to make activity a priority for themselves? Staying in good health requires you to prioritize yourself. When you are healthy you are more available to people.
- **Positive self-talk**  
**ASK:** Does anyone use positive self-talk or have a mantra they say to themselves to stay motivated?
- **Make activity part of your daily routine**

**ASK:** Does anyone have any experience with this?

**SAY:** If you haven't already, make activity part of your routine! If it's hard to find time for exercise, Schedule workouts as you would any other important activity. If 6:30am is your only time, then set your alarm clock. If your lunch break is a better time, then use it. Whatever is the best time of day for you to not get interrupted, schedule your activity for that time!

- **Find a friend.** ASK: Does anyone have a friend they exercise with? How does that work for you?

**SAY:** For many people finding a friend, ideally more than one, who is also interested in a similar activity goal can help them stay motivated. Do you have a friend hoping to get in better shape? Finding the right person can help keep you motivated and also accountable to your physical activity plan!

**DO:** Stop sharing screen.

### **EXERCISE PLAN- ACTIVITY**

**DO:** Have each participant journal privately the answers to each of these questions. Ask each question one at a time, giving people time to think about the answer and write it down, before asking the next question.

**SAY:** Think about your day and your current level of activity.

**ASK:**

Why would you want to be active?

What type of exercise do you want to do?

Consider your schedule- When is a realistic time for you to fit in exercise?

Morning? Afternoon? 3 times for 10 minutes?

Where can you do your activity?

Is there someone who can help you or go with you?

Is there anything you need to do to get ready?

When could you start?

What would help you stay motivated?

**DO:** Share screen (slide 9)

**SAY:** Look at all the answers you wrote. Try to condense all your answers into two or three sentences. For example, “I will walk M, W, F at 7am for 30 min with my dog. I want to be active so I have more energy and I’m starting tomorrow. I will lay out my walking clothes the night before so they are ready.”

**DO:** INVITE people to share their goal in the chat box or with a microphone.

**DO:** Review the importance of setting a **SMART goal**. The more specific, measurable, achievable, relevant and time sensitive your goal is, research shows, the more likely you are to do it. (slide 10)

### **SUMMARY (Slides 11-12)**

**DO:** Review what was talked about in class today.

### **NEXT WEEK:**

**DO:** Show slide 13 to review what will be talked about next week, along with the time and day.

**DO:** Invite and encourage participants to please fill out end of class evaluation polls.

**DO:** Thank participants for attending and participating. Let participants know if you had fun and are excited to “see” them next week.