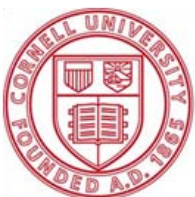


Step It Up!

Lesson In a Box



Cornell University
Cooperative Extension
New York City

Nutrition and Health Program
Advancing New York City Through Research

<http://nyc.cce.cornell.edu>

Cornell Cooperative Extension provides
equal program and employment opportunities.

Step It Up!

Lesson In a Box

Core Messages:

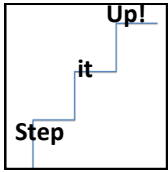
- Being physically active for 30 minutes or more most days of the week will keep you healthy.

Suggested Recipes:

- Water with a Twist
- Pineapple Fizz

Suggested Incentives:

- Frisbee or resistance bands



CUCE /NYC
Nutrition
and Health
Program

Step It Up!

Table Layout



Physical Activity
Poster

Physical Activity
Poster

Make NYC
Your Gym

Physical Activity
Poster

Physical Activity
Poster

<p>Picture of people walking in the park</p> <p>(sign should be standing up on table)</p>	<p>"Be Healthier"</p>  <p>(sign should be standing up on table)</p>	<p>Music</p> <p>CD play/ MP3 player & portable speakers</p>
<p>Pictures of people doing different types of physical activities in NYC neighborhoods</p>	<p>Assorted Benefits cards</p> <p>With cartoon figures on the front and benefits on the back</p>	<p>Step it up!</p>  <p>(sign should be standing up on table)</p>
<p>Activity 1: What physical activities do you enjoy?</p>	<p>Activity 2: Why should you be physically active?</p>	<p>Scarves Balloons Streamers Frisbees Hand weight Jump Rope Water bottle Pedometer Balls Resistance bands</p>
<p>Activity 3: How will you step up your daily physical activity?</p>		

List of Supplies

Table Set-Up:

- Table Cloths (ESNY cloth and plastic red cloth for underneath if table is large)
- Physical Activity Signs 11 x 17 (there are 4 different signs)
- Make NYC Your Gym 11 x 17 sign
- CUCE Nutrition & Health Sign
- Learning Station Sign “Step it Up”

Activity 1:

- Group of people walking sign (sign stands up)
- Table Sign (“What physical activities do you enjoy?”)
- Images of people doing physical activity

Activity 2:

- “Be Healthier” sign (sign stands up)
- Table sign (“Why should you be physically active?”)
- Benefits Cards

Activity 3:

- Step it up Stairs sign (sign stands up)
- Table sign (“How will you step up your daily physical activity?”)
- CD player/MP3 player & portable speakers
- Scarves or streamers
- Hand weight
- Water bottle
- Balloons
- Frisbees
- Jump rope
- Pedometer
- Resistance bands



Activity 1: What physical activities do you enjoy?

Directions for Activity:

- Set up pictures of people doing physical activity (all types activities and all types of people – old, young, female, male, different ethnicities and races).
- Using open ended questions, invite participants into discussions about various types of physical activity they like to do, or they see other people doing in NYC.
- Include open ended questions regarding their physical activity:
 - when they like to do the activity
 - where they like to do the activity
 - how they like to do the activity
 - how often they like to do the activity
- Include in your discussion how physical activity can be simple, enjoyable, and easily fit into your day. “Any activity can be good for you.”

Activity 1

Step It Up!

Open Ended Questions:

- What types of physical activity do you like to do?
- What surprises you about these pictures? The physical activity? The people?
- What are these people doing that you would like to do?
- What days of the week are you most physically active?
- How long (how many minutes) are you physically active each day during the week?
- Include open ended questions regarding their physical activity:
 - when they like to do the activity
 - where they like to do the activity
 - how they like to do the activity
 - how often they like to do the activity

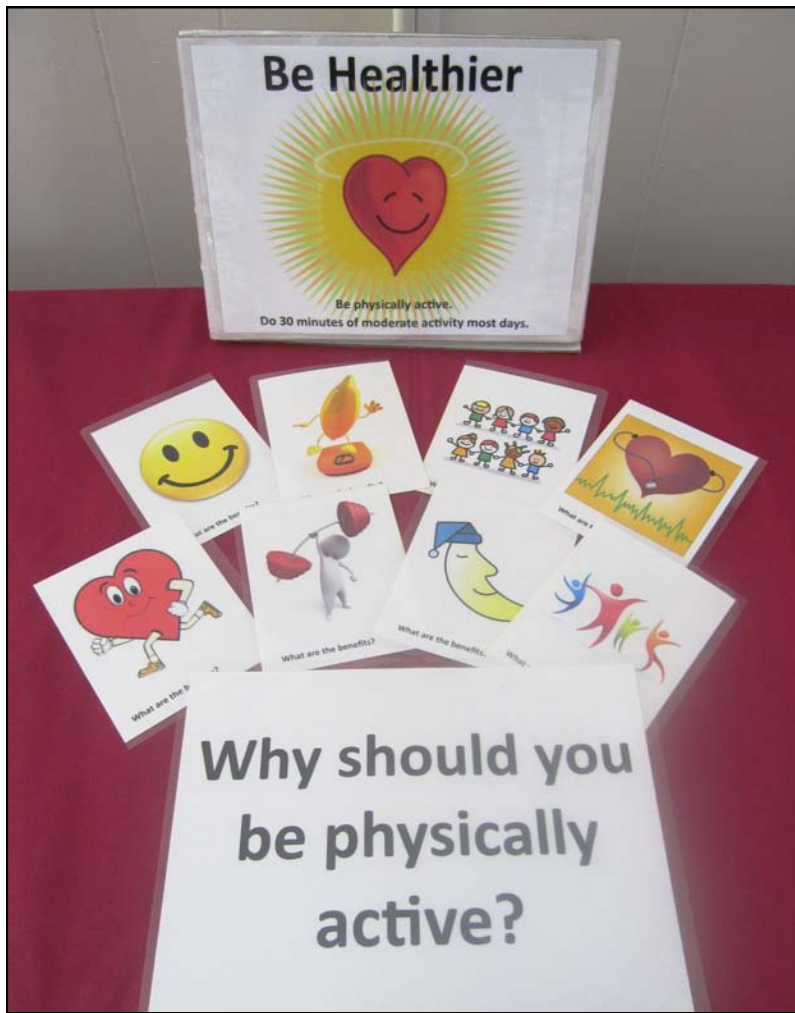
Messages and Additional Information:

- Physical activity leads to health benefits for everyone! (for children and adolescents, young and middle-aged adults, older adults, different ethnicities, and people with disabilities)
- Physical activity can be simple – a part of everyday life.
- Picking activities you like fit easier into your everyday life.
- Physical activity can be fun, whether you do it with someone or alone.
- New Yorkers are physically active people!
- Aerobic (endurance); muscle-strengthening (resistance); bone-strengthening; and balance and stretching physical activity are all beneficial.

For your information - Additional Information you will use in Activity 3

Different types of physical activity that are beneficial:

- **Aerobic activities** make you breathe harder and make your heart beat faster. Aerobic activities can be moderate or vigorous in their intensity. ***Vigorous activities*** take more effort than moderate ones. For ***moderate activities***, you can talk while you do them, but you can't sing. For vigorous activities, you can only say a few words without stopping to catch your breath.
- **Muscle-strengthening activities** make your muscles stronger. These include activities like push-ups and lifting weights. It is important to work all the different parts of the body - your legs, hips, back, chest, stomach, shoulders, and arms.
- **Bone-strengthening activities** make your bones stronger. Bone strengthening activities, like jumping, are especially important for children and adolescents. These activities produce a force on the bones that promotes bone growth and strength.
- **Balance and stretching activities** enhance physical stability and flexibility, which reduces risk of injuries. Examples are gentle stretching, dancing, yoga, martial arts, and t'ai chi.



Activity 2: Why should you be physically active?

Directions for Activity:

- Lead participants in discussion on the benefits of being physically active such as: reduce risk of disease, weight control (with proper diet), prevent falls, sleep better, more energy, reduce symptoms of depression
 - Refer to the "Be Healthier" sign
- Ask participants to share which benefits mentioned above motivate them to be physically active?
 - They can select a cartoon picture (What is your motivation) to see additional motivations listed on the back of the card.
- Emphasize recommended minimum frequency/ duration – moderate activity for 30 minutes on most days.

Activity 2

Step It Up!

Open Ended Questions:

- Why is physical activity important to you?
- How do you think you can benefit from physical activity?
- How much physical activity do you think you need every day?
- How do you think the different benefits change depending on the amount of activity you do each day?
- How do you think the different benefits change depending on the type of activity you do?

Messages:

- Key research findings of physical activity health benefits detailed in the Physical Activity Guidelines for Americans are:
 - Regular physical activity reduces the risk of many adverse health outcomes.
 - Some physical activity is better than none.
 - For most health outcomes, additional benefits occur as the amount of physical activity increases through higher intensity, greater frequency, and/or longer duration.
 - Most health benefits occur with at least 150 minutes (2 hours and 30 minutes) a week of moderate- intensity physical activity, such as brisk walking.
 - Both aerobic (endurance) and muscle-strengthening (resistance) physical activity are beneficial

Other Information: (see “How much physical activity do I need” chart for more details)

- The physical activity guidelines recommend that we be physically active for at least 30 minutes per day to decrease risk of chronic disease.
- You can break physical activity up throughout the day to get your 30 minutes in - for example 10 minutes three times a day will add up to the 30 minutes you need.
- Emphasize safety:
 - Increase physical activity gradually over time
 - Inactive people should “start low and go slow” by gradually increasing how often and how long activities are done.
 - People with chronic conditions and symptoms should consult their health-care provider about the types and amounts of activity appropriate for them.
 - People with disabilities can still be physically active. Find out what works for you.
 - Seniors have many options. Find out what works for you.
- There are many reasons to be active (fun, be with friends/family, appearance, sleep better, etc)

Activity 2

Step It Up!

Additional Information*

Key Guidelines for Adults (18-64)

- Moderate aerobic exercise for at least 2 hours and 30 minutes a week (30 minutes/day @ 5x per week).
- Health benefits increase as aerobic exercise increases beyond 30 minutes per day.
- Muscle strengthening activities 2 times per week.
- Different types of activity should be spread throughout the week.
- Activity can be done in 10 minute segments.

Benefits of 30 minutes of moderate activity

- Lower risk of:
 - Early death
 - Heart disease
 - Stroke
 - Hypertension (high blood pressure)
 - Type 2 diabetes
- Weight loss (when combined with diet)
- Prevents falls
- Reduced depression

Benefits of additional (over 30 – 60 minutes) moderate activity

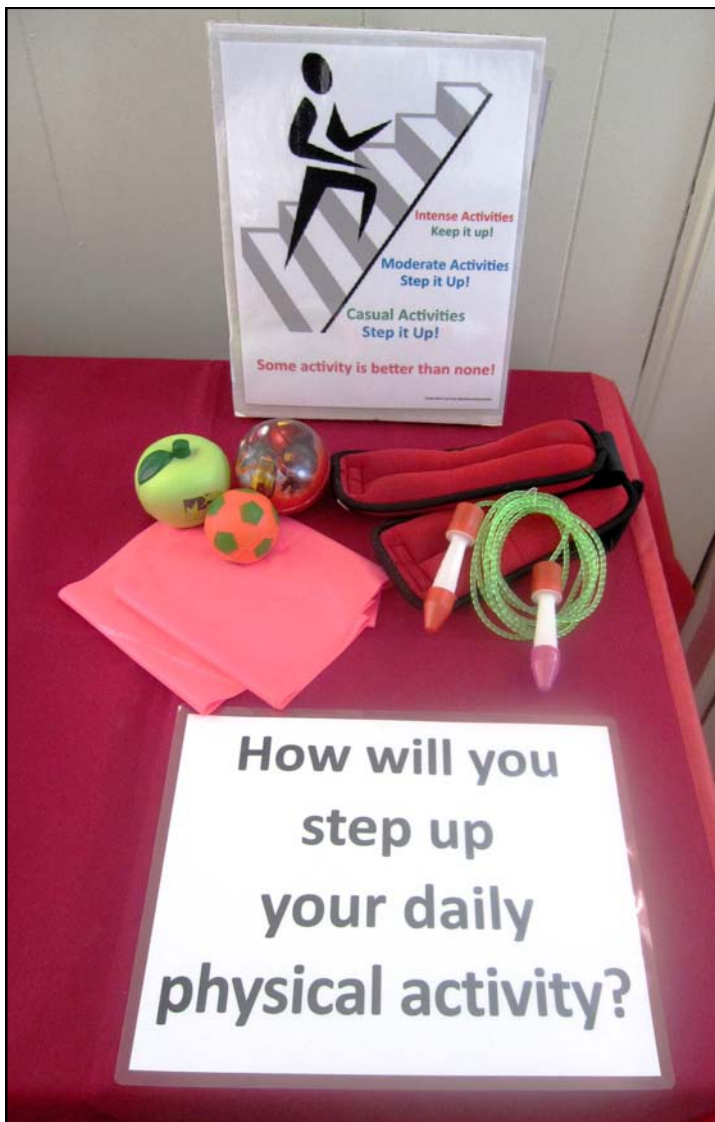
- Even lower risk of above conditions
- Lower risk of colon and breast cancer
- Prevention of unhealthy weight gain

Other reasons to be active

- Improve personal appearance
- To have fun and enjoy the outdoors
- To be a positive role model for children
- Enjoying time with friends and family
- Improving fitness for sports
- Stronger muscles and bones
- Sleep better

Adults should avoid Inactivity

- Some activity is better than none
- There are health benefits at any level of activity



Activity 3: How will you step up your daily physical activity?

Directions for Activity:

- Lead participants in a physical activity or dance using resistance bands, scarves, balloons, balls or streamers. (If you can't lead the group—demonstrate things they can try by themselves or with others including youth.)
- Ask participants what they may try to do to step up their weekly and/or daily physical activity. **Be sure to have participants involved in the dialogue and contribute ways they can become more physically active.** (refer to your step up stair model sign)
- Ask participants to pledge to activities—Ask them to plan to “Step it Up”
- **Connect participants to affordable NYC resources to help them meet their pledge.**
(Note: We don't want to dwell on barriers that keep people from being physically active. We want to stay in the positive. However, this conversation will come up. If it does, have participants note their one major barrier so they can focus on physical activity they can do even if they have that one barrier. Example: Not enough time—Walk up stairs instead of elevator, dance to the TV.)

Activity 3

Step It Up!

Open Ended Questions:

After doing physical activity

- What surprised you about the physical activity we did?
- How does it feel to do physical activity?
- What new types of activity did you discover about?

Step it up pledge:

- How will you increase physical activity in your daily life?
- How will you step it up—even a little?
- How will you break the habit of sitting too long?
- How will you have fun and enjoy stepping it up?
- What type of activities can you do even if you _____ (barrier ex. “don’t have much time; have a bad back; feet bother you; always have the kids; don’t have money to go to the gym; live too far away from a park; have no one to exercise with; don’t own a good pair of sneakers; taking to much medication; etc.)
- **What resources in NYC can help you meet your physical activity pledge?**

Message:

- Start slowly - some physical activity is better than none.
- Physical activity can be simple – a part of everyday life. Physical activity can be fun!
- **Break the sitting habit!** Be aware how much you sit (at work—at home). Break the time up with activity.
- Examples of physical activity steps are – starting out, moderate aerobics, vigorous aerobics and muscle-strengthening.
- There are types of activity that count toward meeting the recommendations for starting out—moderate aerobic—vigorous aerobic- and muscle strengthening physical activity.
- If you have concerns about specific activities, consult your doctor.

Suggestions for the physical activity to music:

- Use scarves or streamers to move or dance to music. Choose lively music that does not offend anyone. Choose culturally sensitive music if appropriate.
- Balloons and balls can be used especially is the group is small.
- Dancing always works but be aware of the limitations of your audience.
- Use chair exercises if appropriate (for example may be good for seniors)
- Show how resistance bands can be used for strengthening muscles.
- Don’t overdo it. You are just giving fun ways to be creative and for people to “Step It Up.”

Activity 3

Step It Up!

Additional Information:

- Activities can be considered light, moderate or vigorous in intensity – it depends on the extent to which they make you breathe harder and your heart beat faster.
- Recommendation is for moderate aerobic exercise for at least 2 hours and 30 minutes a week (or spread out over the week - 30 minutes a day at 5 times per week).
Light intensity activities do not increase your heart rate so they do not count toward meeting the physical activity recommendations above. However, this is a great place to start!
- Only moderate and vigorous intensity activities count toward meeting your physical activity needs. You can choose moderate or vigorous intensity activities, or a mix of both each week.
- With vigorous activities, you get similar health benefits in half the time it takes you with moderate ones.

Just starting out...

- Start slowly – 10 minutes at a time
- Casual walking
- Take the stairs instead of the elevator or escalator
- Light gardening (weeding)
- Get active during commercial breaks (stretching, activity with scarves, balloons)

Move up to moderate aerobic physical activity...

- Walking briskly (about 3 ½ miles per hour)
- Bicycling (less than 10 miles per hour)
- General gardening (raking, trimming shrubs)
- Dancing
- Golf (walking and carrying clubs)
- Water aerobics
- Canoeing
- Tennis (doubles)

Jump into vigorous aerobic physical activity...

- Running/jogging (5 miles per hour)
- Walking very fast (4 ½ miles per hour)
- Bicycling (more than 10 miles per hour)
- Heavy yard work, such as chopping wood
- Swimming (freestyle laps)
- Aerobics
- Basketball (competitive)
- Tennis (singles)

Muscle-strengthening activity is also important...

- Lifting weights
- Working with resistance bands (dynabands)>
- Doing exercises that use your body weight for resistance (i.e., push ups, sit ups)
- Heavy gardening (i.e., digging, shoveling)
- Yoga

- **Please use the recommended physical activities when demonstrating to your group or to individuals at an event.**

- **Activities listed for:**
 - **Adults**
 - **Elderly**
 - **Children**

- **Activities are broken into:**
 - **Stretching and Balance**
 - **Aerobic**
 - **Muscle and Bone Strengthening**