**Title**

Take Charge of What’s Around You

**Time**

Pre-session preparation for learners:  5 minutes

Session: 30 minutes

**Materials Checklist**

Take Charge of What’s Around You Handout

Pen/Pencil

**Objectives**

Learn about activity cues and ways to change them.

Learn ways to add positive cues for activity and get rid of cues for inactivity.

Develop an activity plan.

**Learners will be able to:**

Define an Activity Cue

List problem cues and ways to change them

Get rid of Cues for inactivity and add positive activity Cues

Complete and activity plan

**Exercises and Activities to Complete Before and During the Session**

List types of Problem Cues

List ways to change problem cues

Make an activity plan

**Pre-session Preparation**

**Read (5 minutes)**

Take Charge of What’s Around You

**During the session**

**Present/Review (10 minutes)**

Tell Participants: Today we are going to talk about taking charge of what’s around you, or how to make what’s around you support your goals to be more active.

First, we will talk about cues.

Ask Participants: What “cues” you *not* to want to exercise?

Cues and habits are not harmful by themselves. But, they can be a problem if they get in the way of your efforts to be more physically active.

**Discuss (20 minutes)**

Guide Participants through ‘Discuss two ways to change problem cues and habits.’

Remind Participants: It is important to remember that it takes time to break an old habit or build a new one. Change does not happen overnight.

Ask Participants: to identify specific cues at *home* that are a *problem* starting with where they live.

Guide Participants through the Imagine Video Section.

Encourage Participants to move from room to room.

First, Ask Participants: What could you add to the living room that would prompt you to be active?

For Example: Cue – TV, Solutions – make it a rule not to sit during commercials

Kitchen? Bathroom? Garage?

Ask Participants: to identify *positive* cues for activity that the participants could add to their *work* place.

Guide Participants through the Imagine Video Section.

Encourage/Guide Participants to take charge of what’s around them by completing the activity plan based on cues.

Remind Participants to: 1) stay away from the cue or keep it out or sight and 2) build a new healthier habit.