**Title**

Move Those Muscles

**Time**

Pre-session preparation for learners:  5 minutes

Session: 30 minutes

**Materials Checklist**

Move Those Muscles

Pen/Pencil

**Objectives**

Learn the difference between Spontaneous and Planned Activity

Learn what to expect of the activity program

Learn when to stop exercising

Learn Benefits of an Active Lifestyle

**Learners will be able to:**

Identify Spontaneous and Planned Activities

Know what to expect of the activity program

Identify signs and symptoms of when to stop exercising

Identify Benefits of an Active Lifestyle

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

Define Spontaneous and Planned Activity and give examples

List signs and symptoms of when to stop exercising

List benefits of physical activity

**Pre-session Preparation**

**Read (5 minutes)**

Move Those Muscles

**During the session**

**Present/Review (15 minutes)**

Tell Participants: Progress and innovation have made life easier. We get by with less effort. The good news is that we can get more done over a given period of time. The bad news if that this progress typically means less physical movement of our body. \*See Discussion #1 below.

Explain the difference between ‘Spontaneous/Unstructured’ and ‘Planned Activity’ using the listed definitions on the handout. Explain Spontaneous Activity + Planned Activity = Total Physical Activity. \*See Discussion #2 below.

Guide Participants through ‘What to Expect of the Activity Program’: Starting Point, Keeping Track, Planning ahead, Progression, and safety. Reassure them that they can succeed! \*See Discussion #3 below.

Guide Participants through ‘When to Stop Exercising’. Remind them being active is usually quite safe. But in rare cases, problems can arise. \*See Discussion #4 below.

Explain the many benefits of an ‘Active Lifestyle’ to participants. Remind them Physical activity is one of the biggest “bargains” you can get. The list of benefits is extensive. \*See Discussion #5 below.

**Discuss (15 minutes)**

1. Ask Participants to Think of some examples in their life in which they can now perform a tasks with less movement compared to years ago?
2. Ask Participants to give examples of spontaneous and planned activities they could do.
3. Ask Participants if they have any questions.
4. Ask Participants what the signs and symptoms are of when to stop exercising.
5. Ask Participants to list benefits of physical activity.