**Title**

Get Active!

**Time**

Pre-session preparation for learners:  5 minutes

Session: 30 minutes

**Materials Checklist**

Get Active!

Pen/Pencil

**Objectives**

Learn how much physical activity is recommended

Learn why physical activity is important

Learn about aerobic activities

Learn about types of muscle and bone-strengthening activities

Learn how to make a pledge to Get Active

**Learners will be able to:**

Describe how much physical activity they should do

Know why physical activity is important

List types of aerobic activities

List types of muscle and bone-strengthening activities

Make a pledge to Get Active

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

Complete Pledge #4

List types of aerobic activities

List types of muscle and bone-strengthening activities

**Pre-session Preparation**

**Read (5 minutes)**

Get Active!

**During the session**

**Present/Review (15 minutes)**

Tell Participants: Being physically active every day and moving throughout the day is essential to reducing cancer risk. Moving your body – by doing exercise, household chores, sports and/or social activities – helps reduce risk of colon and other cancers as well as risk for diabetes and heart disease. Another way to lower cancer risk is to maintain a healthy body weight.

Guide Participants through ‘Types of Physical Activity’ (See Discussion #1 below), ‘Why is Physical Activity Important’ (See Discussion #2 below), ‘How Much Physical Activity Do We Need?’ (See Discussion #3 below), and ‘Top 10 Ways to Get Your Children to Participate in Physical Activity’ (See Discussion #4 below).

**Discuss (15 minutes)**

1. Ask Participants to define aerobic activity and give examples of aerobic and Muscle-strengthening activities.
2. Ask Participants to give examples of risks that physical activity reduces.
3. Ask Participants how much physical activity they need based on their age.
4. Ask Participants to give examples of ways to get their children/others to participate in physical activity.