**Title**

Too Much Time Not Moving

**Time**

Pre-session preparation for learners:  10 minutes

Session:  20 minutes

**Materials Checklist**

Too Much Sitting Brochure

Hand Weights

Exercise Band

Jump Rope

**Objectives**

To identify health risks of too much sitting

To identify alternatives to sitting too much

**Learners will be able to:**

Identify their health risks of too much sitting

Identify alternatives they can do instead of sitting too much

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

Discussion items

**Pre-session Preparation**

**Read (10 minutes)**

Review the Too Much Sitting Brochure

Review types of Moderate Exercise

**During the session**

**Present/Review (10 minutes)**

Under the ‘Are you sitting down?’ section, read: Here’s some important news: sitting too much can cause serious health problems even if you get regular exercise.

Have participants take turns reading aloud the following information: Most American adults sit about 8 hours a day. All that sitting isn’t good for us. The longer you sit, the higher your risk of…

Under ‘The good news’ section, read: There are easy ways to increase activity, even when you have to sit all day for work or school. These tips will help you to get up, get moving and get healthy.

Have participants take turns reading aloud the following information: When you must sit for long periods…, Don’t sit if you can stand., Don’t stand if you can move., Rethink your chair., and Walk, Walk, Walk.

Have participants take turns reading from the back of the brochure: Stay active while watching TV., Keep moving on the go., Sit Less. Move More.

**Discuss (10 minutes)**

Discuss the “Are you sitting down?”, “The good news”, and back sections of the brochure. Discuss the health risks of too much sitting. Ask participants to identify area that they sit too much. Discuss alternatives to sitting too much. Use Hand Weights, Exercise Band, and Jump Rope to show physical activity options.

Remind participants: Sitting too long is harmful, even if you exercise. Then read from the box in the lower right corner of the brochure.