**Title**

Stages of Change

**Time**

Pre-session preparation for learners:  5 minutes

Session:  25 minutes

**Materials Checklist**

Stages of Change Handout

Pen/Pencil

The following lessons are helpful to incorporate if completed prior:

\*Readiness Ruler Handout

**Objectives**

To learn about Stages of Change

**Learners will be able to:**

Identify what Stage of Change they fit

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

Complete the Stages of Change Handout

**Pre-session Preparation**

**Read (5 minutes)**

Review the Stages of Change Handout

Review the Physical Activity Recommendations based on age

**During the session**

**Present/Review (5 minutes)**

Ask everyone in the group to think about the following question:

Are you regularly physically active based on their age recommendations?

**Discuss (25 minutes)**

Guide Participants in narrowing/answering the following:

**YES. I have been for MORE than 6 months.**

**YES. I have been for LESS than 6 months.**

**NO, but I intend to in the next 30 days.**

**NO, but I intend to in the next 6 months.**

**NO, and I do NOT intend to in the next 6 months.**

Read/Explain the following 5 stages to the Participants:

**Precontemplation Description:**

People in this group haven’t thought about engaging in physical activity. They may have no intention to start in the future.

* + 1. not thinking about engaging in activity (precontemplation) – **PURPLE**

**Contemplation Description:**

People in this group have not been physically active yet but are wanting to do more in the next few months.

* + 1. thought about it but hasn’t done it (contemplation) – **BLUE**

**Preparation Description:**

People in this group have been seriously thinking about engaging in physical activity and have even taken steps to do some activity.

* + 1. preparing to engage in activity – (preparation) – **GREEN**

**Action Description:**

People in this group have already been engaging in physical activities for the past several months.

* + 1. engaging in activity – (action) – **ORANGE**

**Maintenance Description:**

People in this group have already been engaging in physical activities for the past several months.

* + 1. continuing to be active – (maintenance) – **RED**

Ask the Participants to match their answer to the Stage of Change by color.

Ask the Participants to write down their Stage of Change on their handout.

Guide/Refer the Participants to the following pages based on their Stage of Change:

Precontemplation – **PURPLE – [insert page #s here]**

Contemplation – **BLUE – [insert page #s here]**

Preparation – **GREEN – [insert page #s here]**

Action – **ORANGE – [insert page #s here]**

Maintenance – **RED – [insert page #s here]**

**Stages of Change Progress**

Remind Participants to revisit their Stage of Change on a weekly basis.

Ask the following questions on a weekly basis to evaluate the Participants’ progress:

|  |  |
| --- | --- |
| Groups | Weekly Messaging |
| Precontemplation |

|  |
| --- |
| * Think about (at least once a day) the benefits you would expect if you started being physically active every day. Would you feel better overall? Lose weight? Feel less stress? Try thinking about what benefits you might get from physical activity every day this week, and make a list of what you have come up with.
 |
| * What are some of the negative consequences of not changing to be more physically active?
 |
| * Have you tried to change in the past? If so, what happened – were you successful for a while? What are some lessons you learned from that experience?
 |
| * What would you describe as something that keeps you from being active? Make a list of these things and circle the ones that you think you are able to overcome.
 |

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| Contemplation |

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| * How will you look, act, and feel when you have become physically active on a regular basis?
 |
| * What will you have to do differently in order to become physically active for a week? What will you need to help you? (address obstacles)
 |
| * Can you come up with two reasons why it is important for you to change your physical activity habits?
 |
| * Provide supportive resources and information
 |

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| Preparation |

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| * Start with ten minute chunks of exercise a couple days a week. \*Walk during a break. Dance in the living room to your favorite song. Turn television commercials into physical activity breaks. It all adds up!
 |
| * Create a family challenge, within the home set a step or active minutes’ goal to involve the whole family. \*Create an indoor obstacle course (under tables, over ottomans, jump on pillows, through blankets)!
 |
| * Plan your rewards. How will you celebrate reaching your small goals?
 |
| * What adjustments to your environment and current schedule will you need to make to start your physical activity action plan?
 |

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| Action |

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| * What advice could you offer to someone who is just preparing to start a regular exercise routine? Would you share that advice on the group page?
 |
| * Are you celebrating your success? If not, take time to reward yourself. Let us know when you reach a milestone we want to celebrate your success with you!
 |
| * Do you have trouble fitting your planned physical activity in on a daily basis? \*Work in an activity before or after dinner like: keep the balloon up, Simon Says, or Hot Potato. Use the Fitbit app or another of your favorite fitness apps to provide you with reminders of your goals and keep you on track! Do you need help or advice using the apps? Let us know.
 |
| * Have you reached any of your short term goals? Do you need to create a new short term goal or adjust your goals? \*Consider parking further away or walking to school.
 |

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| Maintenance |

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| * You are already doing a great job of maintaining regular physical activity habits! Use your new Fitbit to keep track of your activity so you can continue to improve.
 |
| * When you have been active as long as you have you can sometimes fall in to a rut, try to keep your workouts fresh by varying your activities or trying a new route. \*Skip rocks on a pond or lake. Lay on the floor and have a fun “temper tantrum”. Go on a Scavenger Hunt in the neighborhood.
 |
| * Do you involve your children in your regular physical activity? Participating in activity regularly with your child helps them to develop a sense of value for lifetime physical activity. \*Remember, household chores, cleaning, and yard work count!
 |
| * Have you reassessed your physical activity goals lately?
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