

## All About Physical Activity

<b>Objectives:</b>	<p>Participants will be able to:</p> <ul style="list-style-type: none"> <li>▪ Describe why physical activity is important</li> <li>▪ Identify the types of physical activity that are important</li> <li>▪ Identify specific actions they will try to increase their physical activity</li> </ul>
<b>Time Required:</b>	20 minutes
<b>A-V:</b>	PowerPoint, laptop and projector
<b>Handouts:</b>	<ul style="list-style-type: none"> <li>▪ Choose to Live – Your Survival Guide*</li> <li>▪ My Game Plan: Food and Activity Tracker</li> <li>▪ My Healthy Living Action Plan Worksheet</li> </ul>
<b>Talking Points:</b>	<ul style="list-style-type: none"> <li>▪ Regular physical activity is important for many reasons (review list on slide)</li> <li>▪ Different types of activity provide different benefits: <ul style="list-style-type: none"> <li>○ Being active through the day</li> <li>○ Aerobic activity</li> <li>○ Strength training</li> <li>○ Flexibility exercises</li> </ul> </li> <li>▪ What are the barriers that keep you from being physically active?</li> <li>▪ How can you overcome the barriers?</li> <li>▪ For more information: <ul style="list-style-type: none"> <li>○ Call 1-800-diabetes</li> <li>○ Visit the Diabetes Learning Center and Club Ped at <a href="http://diabetes.org">diabetes.org</a></li> </ul> </li> </ul>
<b>Activity:</b>	<p>Participants:</p> <ul style="list-style-type: none"> <li>▪ Identify their barriers to being physically active</li> <li>▪ Identify possible solutions</li> <li>▪ Identify steps they will take to be more physically active</li> </ul>

\* Used in all "Managing Diabetes" presentations