

Week 3

Self-Monitoring and Weighing the Pros and Cons of Change





Week 3- Self-Monitoring & Weighing the Pros & Cons of Change

Spiritual Component

- Begin the session by offering a prayer.

Physical Activity Component

- Include 10 minutes of physical activity before beginning the session
- Finish the session with another 10 minutes of physical activity

Participant Handouts

- *"Pros and Cons of Change"*
- *"Physical Activity and Healthy Eating Log"*
- *"Pedometers"*

Learning Objectives

- To understand the importance of self-monitoring one's physical activity and diet
- To learn how to monitor one's daily physical activity through logs
- To learn how to monitor one's diet through food logs
- To recognize perceptions of the positive and negative aspects of being physically active and adopting a healthy diet
- To recognize how perceived pros and cons can affect physical activity participation and healthy eating choices

☞ Physical Activity Component ☞

Start with 10 minutes of physical activity (PA). Get moving and have fun!

Teaching Content

Begin the session by encouraging participants to share their thoughts, feelings and opinions throughout the session.

☞ Scripture ☞

"So do not throw away your confidence: it will be richly rewarded. You need to persevere so that when you have done the will of God, you will receive what He has promised." *Hebrews 10:35-36*

Offer this scripture to the participants, and ask how they think it relates to physical activity and healthy eating.

☞ Pros and Cons of Physical Activity and Healthy Eating ☞

Plan to spend 15-20 minutes on this section. This section will encourage participants to reflect on their thoughts towards PA and healthy eating. They will be asked to determine what they think are the positive and negative aspects of both PA participation and healthy eating. It can be useful for people to see, on paper, both the benefits and the barriers to being active. The benefits can be used to motivate, whereas recognition of the barriers is the first step toward overcoming them. Refrain from trying to solve or dispute the participants' barriers. This is a time for exploration.

In this section, encourage participants to think about the pros and cons of PA participation.

Here are some suggestions for questions that may help to generate group discussion:

- "What do you think would be the benefits for your family and friends if you were to be more physically active?" "What would be the benefits to you?"
- "What do you think would be cons for your family and friends if you were to be more physically active?" "What would be the cons to you?"

To help participants understand how to determine pros and cons for PA participation, the following handout is provided:

- "*Pros and Cons of Change*"
 - Explain this using the "*Pros and Cons of Change - Facilitator's Guide*." Participants should write out their pros and cons, referring both to how PA would affect them and how it would affect others. There is not enough time in the session to complete this - so

encourage participants to add to their list during the upcoming week.

- Encourage participants to examine their "balance." That is, do their pros outweigh their cons or do their cons outweigh their pros?

In the next section, encourage participants to think about their pros and cons of eating healthier. However, there is not enough time in the session to go through the entire activity like you did with PA. Therefore, encourage participants to complete the worksheet: "Pros and Cons of Change (healthy eating portion)" outside of class.

- Instruct them to focus on the pros and cons of:
 - Making changes to their diet overall
 - Eating more fruits and vegetables
 - Reducing high fat foods

☞ Self-Monitoring ☞

Plan to spend 15-20 minutes on this section. In the second part of this week's class, you will emphasize why it is important for participants to monitor their behavior. You will then teach participants how to monitor their PA and diet behavior. These skills can also be applied to monitoring one's tobacco use, dental hygiene, or any other behavior a person is trying to change. If you have ever tried to lose weight or spend less money, you know that the first step is being aware of your behavior, attempting to make small changes, and seeing how these changes affect your behavior. In fact, research has shown that participants who engage in greater self-monitoring behavior are more likely to achieve their behavior change.

In this section, encourage participants to talk about why monitoring or keeping track of their PA and/or diet behavior might be important.

Here are some suggestions for questions that may help to generate group discussion:

- "Can you think of a reason why it might be useful to keep track of how much physical activity you do?" "What about your diet?" (e.g., it helps you chart progress, set goals, identify areas for change, become more aware of your behavior)
- "Have you ever tried to keep track of any other behavior, like how much tobacco you used?" "Tell us what you learned from this experience."

The next section instructs participants on how to monitor their daily PA and eating habits by using a PA and healthy eating log.

To help participants understand how to self-monitor their daily PA and eating habits, the following handouts are provided:

- *"Physical Activity and Healthy Eating Log"*
 - Explain how to use the log, using the *"Physical Activity and Healthy Eating Log Facilitator's Guide."* Ensure that participants understand all of the components.
 - Participants should circle when they have completed a 10-minute physical activity session. Try to accumulate 30 minutes on at least 5 days of the week.
 - Explain to participants that they should record how many servings of fruits and vegetables they eat per day. They can use the information from week 2 to assess serving sizes.
 - Participants should complete the log, and bring it to the next meeting. Explain to participants that they will be asked to complete the logs for the rest of the 8-week course.
- A fun way to monitor PA is to use a Pedometer or Step-counter. Participants have the option of purchasing a pedometer on their own. Offer the *"Pedometers"* handout to those participants who are interested.

🌀 Homework 🌀

- Participants should complete the *"Pros and Cons of Change"* worksheet.
- Ask participants to monitor their PA and fruit and vegetable intake over the next week by completing the log.

🌀 Physical Activity Component 🌀

End the session with 10 minutes of physical activity.



Pros and Cons of Change
Facilitator Guide

This sheet will help you to think through the possible outcomes of taking part in physical activity or changing your eating habits.

- Write down all of the good and bad things (pros and cons) related to taking part in physical activity or changing your eating habits.
- Example: Pro for physical activity: "It will improve my health, and decrease the chance of getting heart disease." Con: "It will take time away from watching my favorite TV shows."

Good things (pros)	Bad things (cons)
<p style="text-align: center;"><u>Physical Activity</u></p> <p>Have participants include things that they think would be a positive aspect of physical activity for themselves E.g. "It will make me feel more energetic." Or "It will tone my muscles and make me stronger."</p> <p>Prompt participants to include pros for friends and family as well. E.g. "If I feel more energetic, I will do better at my job." Or "It will decrease my chance of getting lots of different diseases, so I can be around for my family longer."</p> <p style="text-align: center;"><u>Healthy Eating</u></p> <p style="text-align: center;">Making changes to your diet: Example: It will make me feel better.</p> <p style="text-align: center;">Eating more fruits and vegetables: Example: It will help me to have a more balanced diet.</p> <p style="text-align: center;">Reducing high fat foods: Example: They make me feel sluggish, and if I cut down, I may feel more energetic.</p>	<p style="text-align: center;"><u>Physical Activity</u></p> <p>Participants should include things that they think would be a negative aspect of physical activity for themselves. E.g. "It makes me sweaty." Or "It takes too much time."</p> <p>Prompt participants to include cons for friends and family as well. E.g. "It will take time away from my family." Or "I won't be able to spend time with my friends who are not active."</p> <p style="text-align: center;"><u>Healthy Eating</u></p> <p style="text-align: center;">Making changes to your diet: Example: I will have to find new recipes.</p> <p style="text-align: center;">Eating more fruits and vegetables: Example: Fruits and vegetables are more expensive.</p> <p style="text-align: center;">Reducing high fat foods: Example: They're tasty!</p>



Physical Activity and Healthy Eating Log
Facilitator Guide

Physical Activity

Try to enjoy 30 minutes of physical activity on at least 5 days of the week. Circle the amount of time you participate in physical activity in one day, in 10-minute bouts.

Healthy Eating

Try to eat 5 or more servings of fruits and vegetables each day. Circle the number of servings of fruits or vegetables you actually eat.

Example: On Day 1, a participant walks briskly for 10 minutes on the way to work, and goes on a 20-minute bike ride with their kids in the evening. They ate 2 fruits and 2 vegetables.

On Day 2, a participant plays basketball for 20 minutes, eats 1 fruit and 1 vegetable.

On Day 3, a participant walks for 10 minutes on his or her lunch hour, eats 3 fruits and 4 vegetables

Day	1	2	3	4	5	6	7
Minutes of PA	10 20 30						
# of fruits & veggies	1 2 3 4 5 6+						



Physical Activity and Healthy Eating Log
Participant Handout

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Minutes of PA	10 20 30						
# of fruits & veggies	1 2 3 4 5 6+						



"God is our refuge and strength, a very present help in trouble." Psalms 46:1



Pedometers

Participant Handout

What is a pedometer?

A pedometer, or step-counter, is a small device that counts how many steps you take.

Why should I use a pedometer?

Often, we have no idea how active we are during the day, but when we use a pedometer, we get a good idea of just how active we are. It helps when you are trying to set physical activity goals by giving you something specific to aim for—increasing your steps per day.

What should I look for if I want to buy a pedometer?

A quality pedometer will cost you at least \$15, and can range in price up to \$30 or \$40. You need something that is lightweight, easy to read, and simple to use. For those who like new gadgets, there are all kinds of options you can get for your pedometer, including talking ones! However, you are best off sticking to pedometers that measure only steps. Mileage and calorie readings aren't very accurate.

Where can I get a pedometer?

The following places are just a few suggestions on where to buy pedometers. There are many more places out there where you can find one. Most sports or fitness stores will have them. The Walk for Life LS2500 or the Digiwalker SW-200 (New Lifestyles) are easy to use and reliable pedometers that are available for a reasonable price. Type "pedometer" in the search field for the rest of these websites.

Dick's Sporting Goods www.dickssportinggoods.com 1-877-846-9997

The Sports Authority www.thesportsauthority.com 1-888-801-9164

Kmart www.kmart.com 1-800-63-kmart

New Lifestyles www.new-lifestyles.com 1-888-748-5377

Accusplit www.accusplit.com/eagle.html 1-800-935-1996

Target www.target.com 1-800-440-0680

Walk for Life www.walk4life.com 1-888-422-1806

"If the Lord delights in a man's way, he makes
his steps firm; though he may stumble,
he will not fall, for the Lord upholds
him with his hand." Psalms 37: 23- 24