

Week 5

Overcoming Barriers





Week 5- Overcoming Barriers

Spiritual Component

- Begin the session by offering a prayer.

Physical Activity Component

- Include 10 minutes of physical activity before beginning the session and 15 minutes at the end of the session.

Participant Handouts

- *"Personal Barriers to Physical Activity & Healthy Eating"*
- *"Common Barriers to Physical Activity & Helpful Tips"*
- *"Common Barriers to Eating Healthy & Helpful Tips"*
- *"Reach for the STARS"*

Learning Objectives

- To discuss ways of overcoming barriers that relate to physical activity and healthy eating.
- To identify personal barriers that prevent one from being physically active and eating healthy.
- To develop strategies for solving problems that will promote regular physical activity and healthy eating.

☞ Physical Activity Component ☞

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

Teaching Content

☞ Review of Last Week's Material ☞

Plan to spend 5-10 minutes on this section.

Encourage participants to review last week's goals and self-monitoring log.

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

- "How did you do with your goals?"

- "What got in the way of reaching goals?"
- "What helped you to reach your goals?"

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

☞ Scripture ☞

"And let us consider how to provoke one another to love and good deeds, not neglecting to meet together, as is the habit of some. Let us not give up meeting together, as some are in the habit of doing, but encouraging one another and all the more as you see the Day approaching." *Hebrews 10:24-25*.

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

Nobody's perfect. It may be hard to start being more physically active and making healthy dietary choices. However, this is normal. We all face barriers to being physically active and eating healthy foods. The challenge is to find ways around our personal barriers. Importantly, we must have faith to overcome them.

☞ Barriers to Physical Activity & Healthy Eating ☞

Plan to spend 10-15 minutes on this section. This section will help participants understand barriers that make it difficult to be physically active and choose healthy foods. To overcome barriers, first we have to identify them. Then we need to make a plan to overcome them.

- Use the handouts "*Personal Barriers to Physical Activity & Healthy Eating*" in this section.
 - Encourage participants to discuss and to write down the barriers that stand in the way of PA and eating healthier.
 - Encourage them to give examples of how these barriers get in their way (refer to the handout for an example).

Encourage a discussion about common barriers to physical activity and healthy eating, using the following handouts as guides:

- "*Common Barriers to Physical Activity & Helpful Tips*"
- "*Common Barriers to Eating Healthy & Helpful Tips*"

- Encourage participants to discuss these obstacles and their thoughts about the tips to overcome them.

🌀 Strategies for Overcoming Barriers 🌀

Plan to spend 15-20 minutes on this section. The next section is designed to help participants develop strategies for getting over, under and around the barriers they identified.

The following handouts are provided to help participants think creatively about the most effective solutions to their barriers.

- *"Reach for the STARS"*
 - Encourage participants to identify their most significant personal barrier to PA and eating healthy.
 - Encourage them to be creative and develop a list of ways to overcome the barrier they identified. Encourage them to write down possible ways to overcome this barrier. They should begin the list in the session and add to it during the week.
 - Then ask participants to evaluate their list and select one solution to try. Encourage them to develop a specific plan for how and when to put it to the test.
 - Encourage participants to get feedback from the group about their solutions.
 - Encourage participants to try their plan over the next week and analyze how well it worked.

🌀 Homework 🌀

- Encourage participants to be conscious of anything that seems to get in the way of PA and healthy eating throughout the week using the simple problem-solving *"Reach for the STARS"* sheet.
- Participants should continue to keep their PA and healthy eating logs and complete the PA and healthy eating goals on the *"Personal Barriers to Physical Activity & Healthy Eating"* handout.

🌀 Physical Activity Component 🌀

End the session with 15 minutes of PA.



Personal Barriers to Physical Activity & Healthy Eating
Participant Handout

Identify your major barrier(s) to physical activity.

1. Ex. I have a full time job, with a two year old baby girl and have to take care of my mother --- I don't have time to be physically active.
2. _____
3. _____
4. _____
5. _____

Identify your major barrier(s) to healthy eating.

1. Ex. I'm a full time student, have a part time job, and have two boys --- I don't have time for breakfast.
2. _____
3. _____
4. _____
5. _____

Physical Activity & Healthy Eating Log and Goals

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

Weekly physical activity goal: _____

Weekly healthy eating goal: _____



Common Barriers to Physical Activity & Helpful Tips

Participant Handout

I DON'T HAVE ENOUGH TIME...

Staying active isn't about a strict exercise program; it's about moving your body more! **TIP:** You can meet the physical activity recommendation by doing three 10 min. bouts of activity per day.

I'M FEELING TIRED...

There will be times when you feel too tired to be active, but many find that activity increases their energy. **TIP:** Try building a few simple activities into your day by walking for 10 minutes or going to a yoga class. If you enjoy what you do you, will discover more energy.

I'M GETTING ENOUGH EXERCISE AT WORK...

Being active at work may not be intense enough for health benefits. **TIP:** Use a pedometer to see how active you are. **TIP:** Strive for moderate-intensity activities like brisk walking.

I DON'T LIKE TO SWEAT...

Sweating is your body's way of cooling you off. **TIP:** Try walking in the early morning or evening when it is cooler. **TIP:** Walk in an air-conditioned environment. **TIP:** Carry a towel.

IT'S A CULTURAL THING ...

African-American women may think it is culturally acceptable for them to be heavier. Others aren't active because it is a hassle to redo their hair. **TIP:** Whether or not you want to lose weight, exercise will make you healthier. Keep your hair and health in perspective. **TIP:** Put your hair in a ponytail or wear a headband.

I AM NOT DISCIPLINED...

Pick an activity that you like and can gradually fit it into your everyday routine. **TIP:** Begin slowly. Try different activities until you find ones that you enjoy and can sustain.

I DON'T HAVE ANYWHERE TO BE ACTIVE...

Sometimes your environment may keep you from being active. **TIP:** Walk in the house or go to the mall. Use the stairs instead of the elevator. **TIP:** Start a walking club in your church or neighborhood. **TIP:** Follow along with a workout video (try renting one from your library).

I DON'T HAVE A PARTNER...

It can be fun to be active with someone else, but don't quit because your regular partner does. **TIP:** Find another partner or take the time to talk with God, walk the dog, listen to music on a headset, or reflect on your day.

I HAVE A HEALTH CONDITION THAT MAKES IT HARD...

Health problems may make physical activity a little more difficult when you begin. But over time, these health conditions can actually improve. Be sure to check with your healthcare provider before beginning your program. **TIP:** Start slowly, build up, and each day it should become easier.



Common Barriers to Healthy Eating & Helpful Tips

Participant Handout

I DON'T HAVE TIME FOR BREAKFAST...

Start every day with breakfast. Breakfast fills your "empty tank" to get you going after a long night without food. Eating breakfast can also help prevent overeating during the rest of the day. **TIP:** Eat easy to prepare breakfasts such as cold cereal with fruit and low-fat milk, whole-wheat toast with peanut butter, yogurt with fruit, or whole-grain waffles!

I EAT ALL THE WRONG SNACKS...

Snack Smart. Snacks are a great way to refuel up the body in between meals. If you eat smart at other meals, it is OK to occasionally eat cookies, chips and candy. **TIP:** Choose snacks from different food groups -- a glass of low-fat milk and a few graham crackers, an apple or celery sticks with peanut butter and raisins, or some dry cereal.

I EAT TOO MUCH OF ONE THING...

Control your portion sizes. You don't have to completely give up foods like hamburgers, french fries and ice cream to eat healthy. You just have to be smart about how often and how much of them you eat. Your body needs nutrients like protein, carbohydrates, fat and many different vitamins and minerals such as vitamins C and A, iron and calcium from a variety of foods. **TIP:** Balance your food choices from the Food Guide Pyramid.

I DON'T EAT ENOUGH GRAINS, FRUITS AND VEGETABLES...

These foods give you carbohydrates for energy, plus vitamins, minerals and fiber. Besides, they taste good! **TIP:** Try whole-wheat breads, bagels and pita. Spaghetti and oatmeal are also in the grain group. Try whole wheat pasta. **TIP:** Bananas, strawberries and melons are some great tasting fruits. Also, buying fruits that are in season can help you save money! **TIP:** Try vegetables -- raw, on a sandwich or in a salad.

I EAT ALL THE WRONG FOODS...

A healthy eating style is like a puzzle with many parts. Each part -- or food -- is different. Some foods may have more fat, sugar or salt while others may have more vitamins or fiber. There is a place for all these foods. What makes a diet good or bad is how foods fit together. **TIP:** Foods aren't good or bad. Eat higher-fat foods in moderation. Eat a variety of foods. **TIP:** Fit in a higher-fat food, like pepperoni pizza, at dinner by choosing lower-fat foods at other meals. **TIP:** Balancing your choices is important. And don't forget about moderation!

Take advantage of physical activities you and your friends and family enjoy doing together and eat the foods you like. Be adventurous -- try new sports, games and other activities as well as new foods. Set realistic goals -- don't try changing too much at once.



Reach for the STARs
Participant Handout

S - Spot a barrier that keeps you from being active or eating healthy.

Physical activity

Healthy eating

T - Try to come up with a few creative solutions.

Physical activity

Healthy eating

A - Assess your list of possible solutions. Write a solution you are prepared to attempt, and write out exactly when you give it a try.

Physical activity

Healthy eating

R - Reassess: Look at how your plan worked and revise it if necessary. If you are happy with how your solution worked, give yourself a happy face. If it doesn't deserve a happy face, write out how you could change it to become a success. If your solution didn't work at all, take a look back at your list of solutions and give it another try. (Remember, just because a plan doesn't work, doesn't make it a complete failure. Our failures often point us in the right direction, toward the solution that will work.)

Physical activity

Healthy eating