

Curriculum for Session #6: Physical Activity and Other Resources

Activities can be done in a different order depending on schedule of the 30 minute Physical Activity demonstration.

Physical Activities from Road to Health Toolkit:

1. Review Welcome to the City of Excuses posters pages 63-65 in RTH Toolkit Activities Section. Ask participants to read aloud and raise their hands when facilitator asks: Is this your issue/barrier to exercise? Encourage participants to share their experiences.
2. Read pages 69-70, refer to PA Barriers Quiz and encourage them to take the quiz outside of class (time constraint). Read pages 60-61 to overcome barriers after reading City of Excuses poster.
3. Walk through activity in Road to Health Toolkit and hand out pedometers. Fill out goal sheet in participant binder and physical activity contract on page 49.

4. Physical Activity demonstration: 30 minutes

Play Movimiento or Step by Step CD to group while doing chair exercises or dancing (depends on program site and facilitator/resources). Classes at the YMCA are done with exercise instructors and can include chair exercises or group exercise depending on preference. Classes provided in other community centers can provide chair exercises and play CD and tell participants they each have a copy of the CD and exercise examples to take home with them as part of the class materials they receive at no cost.

5. Take pictures of those who filled out release form and can include all participants and those who received certificates of completion.
6. Encourage participants to visit the resource table (resembling a mini health fair) that includes handouts not originally included in binder.
7. Ask the Resource Person: Facilitator will answer questions and match persons with resources by using the Diabetes Resource Directory.
8. Distribute posttests to completers (participants who completed 4 of 6 sessions) during session 6 (final session).
9. Collect posttests
10. Raffle gift card incentive (if applicable).

Thank participants for attending free diabetes self management classes!