Let’s Get Physical
Get active—at least 150 minutes of moderate activity or, 75 minutes of vigorous activity (or a combination of both) each week

Resource List
The lesson provides suggested American Heart Association/American Stroke Association resources. You can tailor the lesson to your specific community needs. Add more resources or substitute different ones to make the lesson work best for your community.

Are mostly families attending? Pick at least one activity that engages children. For ideas, check out the American Heart Association’s Healthier Kids resources (http://bit.ly/1Hwez4p).

Is the program aimed at adults? Keep participants interested by breaking them into small groups to review a resource. Ask each group to share what they learned with the full group.

No audiovisual equipment? No worries. Make copies of printed handouts. Ask participants to take turns reading aloud key messages.

Have a projector? Great. Use the slides to guide your talk. And download an American Heart Association video for one of your interactive activities.

Have a good Internet connection? Show one of the American Heart Association videos, break participants into groups to take an online quiz or give a demo of an online tool.

Think about which formats best teach the health messages to your community members. Consider what type of information is most motivating for your community.
The icon in front of each resource tells you the format of that activity. Below are tips on how to incorporate that activity into the lesson and how much time to budget for it.

**Video:** Play the video and engage participants in a discussion after the viewing.

**Printed Handout:** Ask volunteers to take turns reading the information on the handout.

**Group Discussion:** Break participants into small groups. Ask each group to review the resource and report what they learned to the full group.

**Online Tool:** Give a short demonstration of the tool. Encourage participants to make a note of the URL so they can access it from home.

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**Heart Walk**
Designed to promote physical activity and heart-healthy living, the Heart Walk creates an environment that’s fun and rewarding for the entire family. It’s the American Heart Association’s premiere event for raising funds to save lives from this country’s No. 1 and No. 5 killers — heart disease and stroke.

Learn more at [www.heartwalk.org](http://www.heartwalk.org).

**Worksite Wellness**
The American Heart Association’s Worksite Wellness Kit encourages companies to give employees an excuse to get away from their desks.

It’s a pretty simple concept: Your company can set up walking routes around the office and celebrate and reward employees who use them to become more active. It’s a great way to fit in some physical activity, take a break and reenergize to improve your productivity.

Point #1: The risks of inactivity are scary—the benefits of activity ARE thrilling.

- Exercising More, Sitting Less Reduces Heart Failure Risk in Men
  (3-5 minutes—pick sections to read aloud)

- Walking May Lessen the Influence of Genes on Obesity By Half
  (5-10 minutes for small group discussion)
  http://bit.ly/1Gs9c7M

- Physical Activity Improves Quality of Life
  (5-10 minutes for small group discussion)
  http://bit.ly/1Ep1nNP

- The Benefits of Walking
  (5 minutes—open page online and review online; if time permits, highlight features of this site)

- Physical Activity in Older Americans
  (3-5 minutes–pick sections to read aloud)
  http://bit.ly/1daWtcY

- Sharon Shields: Walking Toward Inspiration
  (5-10 minutes for small group discussion)
  http://bit.ly/1QrjuYu

Point #2: Get active—at least 150 minutes of moderate activity, or 75 minutes of vigorous activity (or a combination of both) each week. Kids need at least 60 minutes per day of activity that is developmentally appropriate, enjoyable, and involves a variety of activities.

- American Heart Association Recommendations for Physical Activity—Infographic
  (3-5 minutes to read aloud)
  http://bit.ly/1DlaAMz

- American Heart Association Recommendations for Physical Activity in Kids—Infographic
  (3-5 minutes to read aloud)
  http://bit.ly/1Gs9M5m
From the Couch to the Pavement – A Plan to Get You Moving
(5-10 minutes for small group discussion)
http://bit.ly/1OPHFwb

Types of Fitness
(5-10 minutes, open page online and review the key sections of this page. If
time permits, highlight subsections, too.)
http://bit.ly/1Gs9TxJ

Power Fitness Plan
(5-10 minutes for demo of Fitness Plan options)
http://bit.ly/1EnAabc

Workouts & Music: Get That Heart Moving!
(1 minute, 12 seconds)
http://bit.ly/1I5iAgL

Moderate to Vigorous – What is Your Level of Intensity?
(3-5 minutes to read aloud)
http://bit.ly/1aYX9Ra

Exercise TV/ Start Walking at Home – 1 Mile With Leslie Sansone
(5 minute preview of video, also available in 2-, 3- and 4-mile programs)
http://bit.ly/1L6rTNN

Just Move: Our Guide to Physical Activity Brochure
(English or Spanish, order ahead of program)
(10 minutes to review highlights)
http://bit.ly/1GgrnYB

Find a Walking Path
(5 minutes, open page online and demo how to find a path in your area)

National Walking Day
(3-5 minutes to read aloud)

American Heart Association Heart Walk
(5 minute demo)
Point #3: Set clear goals to help motivate YOU.

- Identifying Your Fitness Goals
  (3-5 minutes to read aloud)

- Tips to Stay Active
  (1 minute, 18 seconds)

- Health Tips to Get Active, Exercise, Dr. Don Lloyd-Jones
  (1 minute, 37 seconds)

- 5 Steps to Loving Exercise… or at Least Not Hating It
  (5-10 minutes for small group discussion)
Walk This Way! With AHA Walking Paths
(5-10 minutes for small group discussion; ask groups to report back what they learned, emphasize value of fitness buddy)
http://bit.ly/1EApqLC

Share Your Story and Find Other Women Like You
(Pick 3-5 stories, budget 10 minutes for volunteers to read stories aloud; reinforce value of working out with a buddy)
http://bit.ly/1FkFY9g

Printable Tracker
(Scroll down the page, launch PDF and print for participants)
(5 minutes to review)

Seasonal Fitness
(10-15 minutes for a quick walk-through of high level features)
http://bit.ly/1PwDIyN