



American Heart Association.

EmPOWERED to Serve™

# Get Active!

## LESSON PLAN

### Call to Action

Establish a physical activity plan for yourself that complies with the American Heart Association's physical activity recommendations.

### Community Needs

- Staying active is one of the most important things everyone can do to prevent heart disease and improve their well-being.
- Adults should take responsibility for helping ensure children get their recommended amount of regular physical activity.
- Being more active can help all people think, feel and sleep better – and perform daily tasks more easily.



### Three Important Points

- The American Heart Association recommends adults get at least 150 minutes per week of moderate-intensity aerobic activity or 75 minutes per week of vigorous aerobic activity (or a combination of both).
- Children 3-5 years old should be physically active and have plenty of opportunities to move throughout the day.
- Kids 6-17 years old should get at least 60 minutes per day of moderate- to vigorous-intensity physical activity, mostly aerobic.

### Preparing for the Lesson

- Budget at least 30 minutes to present the lesson.
- Review the speaker notes prior to the lesson to be familiar with the information and know what additional resources are used.
- View the YouTube video featured in the lesson at <http://bit.ly/2P1vdTS>.



- If handouts are referenced in the presentation, we recommend distributing the pages prior to beginning the lesson.
- Additional resources are available on the Resources List pdf. These could be added to lengthen the presentation or provide ideas for small group discussion. You may also provide the Resources List pdf to the attendees so they have links to information discussed in the lesson.

## Program Materials

*No access to a computer projector? Print the slides and use them as a script to deliver your health lesson.*

- Flip chart and markers.
- Handouts (one copy per participant):
  - How to Be More Active Infographic <http://bit.ly/HowToBeMoreActive>
- Goody bags (optional): Reach out to local businesses, such as hospitals, wellness centers, local clinics and other health organizations. Ask them about donating giveaways for participants. Also, check out the American Heart Association online store (ShopHeart.org).

## Audiovisual Needs

- Projector or monitor for PowerPoint slides.
- Internet connection (optional).

## Wrap-Up

*Reminder!* Once participants have left, be sure to complete the Questionnaire.

## Slide Program with Talking Points and Discussion Questions

The Speaker Notes section of the PowerPoint presentation includes scripted comments for the lesson. Use these to deliver the lesson. The notes also include discussion questions to engage participants. For your reference, here is a list of the discussion questions:

- Imagine some friends wanted to be physically active but weren't active yet. What would you say to them about how inactivity could harm their health?



- Who can tell me some barriers that may keep you from exercising?
- Here are some common barriers to being physically active that people mention. What are some of the ways to overcome barriers?
- Is walking an activity you could add to your daily schedule?
- If you're currently active, please share with the group one tip on how you successfully achieve your physical activity goals.
- What strategies for being active in 15-minute segments might you try out?