
Take Charge of What's Around You

Objectives:

In this session, the participants will:

- Learn about activity cues and ways to change them.
- Mentally search their homes and work places, looking for problem cues and discussing ways to change them.
- Learn ways to add positive cues for activity and get rid of cues for inactivity.
- Develop an activity plan for between this and the next session.

To Do Before the Session:

Get materials ready:

- Keeping Track books
- Pages for the participant notebooks

Update logs and graphs. Collect Keeping Track booklets. Distribute materials.

Ask the participant to update his or her own log and graphs.

Collect completed Keeping Track records. Distribute blank ones and those with your comments, plus session handouts.

Review the last session, including home activities. Discuss successes and difficulties in meeting the program goals.

Did you have any trouble Keeping Track since the last session?

Were you able to follow your plan for physical activity, including lifestyle activity?

[Remind participants to graph their activity if they have not yet done so.]

[Praise all progress, no matter how small. Discuss barriers and problem solve with the participants.]

Introduce the concept of activity cues.

Today we're going to talk about **taking charge of what's around you**, or **how to make what's around you support your goals** to be more active.

First, we'll talk about cues, go on to activity cues. **What "cues" you not to want to exercise?**

Cues and habits are not harmful by themselves. But they can be a problem if they get in the way of your efforts to be more physically active.