



# No Time To Train

## Short Lessons for School Nutrition Assistants

### Physical Activity!

#### Lesson Overview

**Lesson Participants:** School Nutrition Assistants/Technicians, School Nutrition Managers, Child and Adult Care Food Program Staff, Teachers

**Type of Lesson:** Short, face-to-face training session

**Time Needed to Conduct the Lesson:** 15 minutes

**Lesson Description:** This lesson explains the recommendations for physical activity found on the MyPlate website. Participants will learn why physical activity is an important part of their daily lives and some possible ways to be more active. Nutrition professionals will be able to apply the information presented in this lesson to the school menu. MyPlate and related resources developed by USDA are helpful tools for child nutrition program staff to use when providing nutrition education to children of all ages.

#### Lesson Objectives:

At the end of this lesson, the participant will be able to:

1. Discuss why daily physical activity is important.
2. Identify moderate to vigorous physical activities.

#### Get Ready to Train

**Note:** This lesson should be taught following the No Time to Train lessons on the *Dietary Guidelines for Americans 2010* and *MyPlate – The “New Generation” Food Icon*.

The format for the **No Time to Train** lessons includes an overview, preparation checklist, lesson at a glance with a timeline for conducting the lesson, references, handouts, and an instructor’s script. The manager/instructor will use the script to present the lesson to the participants. The script gives directions to the manager/instructor—**DO, SAY, ASK, LISTEN, AND ACTIVITY**—for delivering the lesson.

No special audiovisual or electronic equipment is needed to conduct the lesson. The lesson can be presented in the cafeteria, media center, or classroom.

Teachers and others in the school or child care setting may wish to participate. This lesson also could be used to integrate nutrition education into the classroom. With some modifications, the lesson could be used with middle and secondary students.

## Preparation Checklist

**Directions:** Use the Preparation Checklist to prepare for the training session. Track your progress by checking off tasks as they are completed.

Done	Lesson Tasks
<input checked="" type="checkbox"/>	<b>Lesson Tasks</b>
	<b>Gather Materials</b>
	Materials Needed:
<input type="checkbox"/>	<ul style="list-style-type: none"> <li>• Instructor’s Script</li> </ul>
<input type="checkbox"/>	<ul style="list-style-type: none"> <li>• Handout 1: Why Is Physical Activity Important? (one for each participant; accessible at <a href="http://www.choosemyplate.gov/foodgroups/physicalactivity_why.html">http://www.choosemyplate.gov/foodgroups/physicalactivity_why.html</a>)</li> </ul>
<input type="checkbox"/>	<ul style="list-style-type: none"> <li>• Handout 2: Moderate to Vigorous Physical Activity (one for each participant)</li> </ul>
<input type="checkbox"/>	<ul style="list-style-type: none"> <li>• Pencils (one for each participant)</li> </ul>
<input type="checkbox"/>	<ul style="list-style-type: none"> <li>• Session Evaluation form (one for each participant)</li> </ul>
	<b>Prepare for Lesson</b>
	Before the Training:
<input type="checkbox"/>	<ul style="list-style-type: none"> <li>• Make copies of Handouts 1 and 2 (one for each participant).</li> </ul>
<input type="checkbox"/>	<ul style="list-style-type: none"> <li>• Make copies of Session Evaluation form (one for each participant).</li> </ul>
	On Training Day:
<input type="checkbox"/>	<ul style="list-style-type: none"> <li>• Place pencils on tables (one for each participant).</li> </ul>
<input type="checkbox"/>	<ul style="list-style-type: none"> <li>• Distribute Handouts 1 and 2 to each participant.</li> </ul>
	On the Instructor’s Table:
<input type="checkbox"/>	<ul style="list-style-type: none"> <li>• Instructor’s Script</li> </ul>
<input type="checkbox"/>	<ul style="list-style-type: none"> <li>• Handout 1: Why Is Physical Activity Important?</li> </ul>
<input type="checkbox"/>	<ul style="list-style-type: none"> <li>• Handout 2: Moderate to Vigorous Physical Activity</li> </ul>
<input type="checkbox"/>	<ul style="list-style-type: none"> <li>• Session Evaluation forms</li> </ul>

## Lesson at a Glance (15 minutes)

Time	Topic	Task	Materials
2 minutes	Introduction and Overview	Introduce topic and relate it to the <i>Dietary Guidelines for Americans 2010</i> and <i>MyPlate–The “New Generation” Food Icon</i> No Time to Train lessons.	Instructor’s Script
4 minutes	Objective 1: Discuss why daily physical activity is important.	Use Handout 1 to relate the importance of daily physical activity to a healthy lifestyle.	Handout 1: Why Is Physical Activity Important?
5 minutes	Objective 2: Identify moderate to vigorous physical activities.	Use Handouts 1 and 2 to identify moderate to vigorous physical activities.  Participants will complete the activity and brainstorm ways to encourage students to be physically active.	Handout 1: Why Is Physical Activity Important?  Handout 2: Moderate to Vigorous Physical Activities
2 minutes	Wrap up and Review	Instructor encourages participants to ask questions and to make comments.	Handout 1: Why Is Physical Activity Important?  Handout 2: Moderate to Vigorous Physical Activities
2 minutes	Session Evaluation	Conduct a short evaluation of the lesson.	Session Evaluation form

### Note to Instructor:

Answer questions to the best of your ability. If there are questions you can’t answer, tell the participants you will find out the answer and let them know later. If you need assistance in finding answers, please call the National Food Service Management Institute at 800-321-3054.

### References:

National Food Service Management Institute. (2005, Rev. 2011). *Nutrition 101: A taste of food and fitness*. University, MS: Author.

U.S. Department of Agriculture. (2011). ChooseMyPlate.gov Website. Washington, DC. Why is physical activity important?  
<http://www.choosemyplate.gov/foodgroups/physicalactivity.html> Accessed July 27, 2011.

U.S. Department of Agriculture and U.S. Department of Health and Human Services (2011). *Dietary Guidelines for Americans 2010* 7<sup>th</sup> Edition, Washington, D.C., U.S. Government Printing Office, December 2010.  
<http://www.cnpp.usda.gov/Publications/DietaryGuidelines/2010/PolicyDoc/PolicyDoc.pdf>  
Accessed July 27, 2011.



## Instructor's Script



### SAY:

In previous lessons, we learned about the *Dietary Guidelines for Americans (DGA) 2010* and MyPlate and other related resources. Medical research shows that being physically active can help people attain and maintain a healthy weight, reduce their risk of chronic disease, and promote overall health. Today, we are going to talk about the recommendations for your physical activity. We are going to discuss physical activities for adults aged (18-64 years), why physical activity is important in our daily lives, and why we should engage daily in some moderate to vigorous physical activities.



### DO:

Distribute copies of **Handout 1: Why Is Physical Activity Important?**



### SAY:

The MyPlate.gov website includes information on physical activity, and the website links to other sources of information on physical activity.



### DO:

Refer participants to **Handout 1: Why Is Physical Activity Important?**



### ASK:

Why do you think physical activity is an important part of our daily lives?



### LISTEN:

Listen to individual responses.



### SAY:

Physical activity is a key element in living a longer, healthier, happier life. It can help relieve stress and provide an overall feeling of well-being. Physical activity can also help you achieve and maintain a healthy weight and lower your risk for chronic diseases, such as heart disease, type 2 diabetes, high blood pressure, and high cholesterol.

Being physically active can also help you:

- Feel better about yourself and decrease your chances of becoming depressed
- Sleep well at night
- Move around more easily
- Have stronger muscles and bones
- Spend time with friends or meet new people
- Enjoy yourself and have fun

There are several different types of physical activity that are beneficial to our health:

- Aerobic activities—walking or running, playing sports, swimming, etc.
- Muscle-strengthening activities—lifting weights, push-ups, etc.
- Bone-strengthening activities—jumping rope, running, etc.
- Balance and stretching activities—stretching, yoga, dancing, etc.



**DO:**

Distribute **Handout 2: Moderate to Vigorous Physical Activities**.



**SAY:**

On your handout, you'll see that the physical activity may be classified as moderate or vigorous. It is important to remember that for optimal health benefits, physical activity should be moderate or vigorous. Physical activity for an adult should add up to at least 30 minutes each day or 150 minutes per week.

Some physical activities are not intense enough to help you meet the common recommendations. Although you are moving, some activities do not increase your heart rate; therefore these activities do not count towards the 30 or more minutes a day that you should strive for. Such activities include walking at a casual pace, such as while grocery shopping, and doing light household chores.



**ASK:**

What are some examples of moderate to vigorous physical activity? Take a few minutes to complete the activity on **Handout 2** and think about what kinds of physical activities our customers should be participating in for optimal health benefits. How will you encourage the students to be more physically active?



**ACTIVITY:**

Participants will complete **Handout 2** and brainstorm what physical activities could be added and how they can encourage each other and students to choose to be more physically active.

Some suggestions could be to:

- Walk or bicycle instead of riding in a car or bus.
- Play a game outside instead of watching television or playing video games.
- Encourage students to participate in organized sports.
- Encourage staff to walk during break time.



**SAY:**

Thank you for all of these great ideas! I'll schedule some time for us to make a plan to implement some of these ideas.

Today we have talked about the importance of physical activity. Physical activity and nutrition work together to achieve better health. Being active increases the amount of calories burned.

As people age their metabolism slows, so maintaining energy balance requires moving more and eating less as we get older. It is important that we encourage our students to be more physically active as well.



**ASK:**

Do you have any questions about physical activity?



**LISTEN:**

Listen to individual responses. Answer questions to the best of your ability. If there are questions you can't answer, tell the participants you will find out the answer and let them know later. If you need assistance in finding answers, please call the National Food Service Management Institute at 800-321-3054.



**DO:**

Distribute the Session Evaluation form.



**SAY:**

Thank you for participating in the lesson today. Please take a couple of minutes to complete the Session Evaluation form. Thank you for your input.

## Handout 1: Why Is Physical Activity Important?

Regular physical activity can produce long term health benefits. People of all ages, shapes, sizes, and abilities can benefit from being physically active. The more physical activity you do, the greater the health benefits.

### Being physically active can help you:

- Increase your chances of living longer
- Feel better about yourself
- Decrease your chances of becoming depressed
- Sleep well at night
- Move around more easily
- Have stronger muscles and bones
- Stay at or get to a healthy weight
- Be with friends or meet new people
- Enjoy yourself and have fun

### When you are *not* physically active, you are more likely to:

- Get heart disease
- Get type 2 diabetes
- Have high blood pressure
- Have high blood cholesterol
- Have a stroke

Physical activity and nutrition work together for better health. Being active increases the amount of calories burned. As people age their metabolism slows, so maintaining energy balance requires moving more and eating less.

### Some types of physical activity are especially beneficial:

- *Aerobic activities* make you breathe harder and make your heart beat faster. Aerobic activities can be moderate or vigorous in their intensity. Vigorous activities take more effort than moderate ones. For **moderate activities**, you can talk while you do them, but you can't sing. For **vigorous activities**, you can only say a few words without stopping to catch your breath.
- *Muscle-strengthening activities* make your muscles stronger. These include activities like push-ups and lifting weights. It is important to work all the different parts of the body — your legs, hips, back, chest, stomach, shoulders, and arms.
- *Bone-strengthening activities* make your bones stronger. Bone strengthening activities, like jumping, are especially important for children and adolescents. These activities produce a force on the bones that promotes bone growth and strength.
- *Balance and stretching activities* enhance physical stability and flexibility, which reduces risk of injuries. Examples are gentle stretching, dancing, yoga, martial arts, and t'ai chi.

Source: U.S. Department of Agriculture. (2011). *Choose My Plate website: Why is physical activity important?* Retrieved from

[http://www.choosemyplate.gov/foodgroups/physicalactivity\\_why.html](http://www.choosemyplate.gov/foodgroups/physicalactivity_why.html)

## Handout 2: Moderate to Vigorous Physical Activity

To achieve the health benefits of exercise, the physical activities we engage in each day should be of moderate to vigorous intensity. Below are some examples of this. Are there any more activities that would be classified as moderate or vigorous that you can think of? How can you encourage customers to be more physically active?

### **Moderate Physical Activities**

Walking briskly (about 3.5 miles per hour)  
Gardening/yard work  
Dancing  
Golf (walking and carrying clubs)  
Bicycling (less than 10 miles per hour)  
Weight training (light workout)  
Water aerobics  
Tennis (doubles)

### **Vigorous Activities**

Running/jogging (5 miles per hour)  
Bicycling (more than 10 miles per hour)  
Swimming (freestyle laps)  
Aerobics  
Walking very fast (4.5 miles per hour)  
Weight lifting (heavy workout)  
Basketball (competitive)  
Tennis (singles)

Source: U.S. Department of Agriculture. (2011). *Choose My Plate website. What is Physical Activity?* Retrieved from <http://www.choosemyplate.gov/foodgroups/physicalactivity.html> Last Modified: June 4, 2011. Accessed July 27, 2011.







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## Session Evaluation

**Instructions:**

*Completely fill in the circle of your answer. Use a #2 pencil.*

Please select only one response for each statement. Do not fold or crease this sheet.

Title of Meeting: _____	Trainer's Code: _____
Session Topic: _____	Date: _____
Time Slot: _____	Location: _____
Length of Event (hrs/min): _____	

**Attendee Status:**

- |  |   |  |
|--|---|--|
| <input type="radio"/> District director  | <input type="radio"/> Major city director       | <input type="radio"/> Private consultant/trainer |
| <input type="radio"/> State agency staff | <input type="radio"/> Site-level manager        | <input type="radio"/> Foodservice assistant      |
| <input type="radio"/> Educator           | <input type="radio"/> Other (please list) _____ |  |

<b>Reaction to this Session</b>		Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
Please read the following statements related to the session. Rate your level of agreement by using the scale 5 (Strongly Agree) to 1 (Strongly Disagree).						
1.	The session objectives were clearly presented.	⑤	④	③	②	①
2.	The session objectives were achieved.	⑤	④	③	②	①
3.	I can apply what I learned in this session to my job.	⑤	④	③	②	①
4.	Attending the session increased my skill on the topic.	⑤	④	③	②	①
5.	Attending the session increased my knowledge on the topic.	⑤	④	③	②	①
6.	I would recommend this session to others.	⑤	④	③	②	①
7.	Overall, the session met or exceeded my expectations.	⑤	④	③	②	①

Comments about this Session
<p><b>The information I found MOST useful was:</b></p> <hr/> <hr/> <hr/>
<p><b>Please share any additional comments:</b></p> <hr/> <hr/> <hr/>

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