

Name of session: Active Living

Aim of session: To introduce participants to incorporating Active living into daily life

Learning Outcomes: At the end of this unit participants will be able to:

- Explain the role of Health Related Activity in the promotion of positive health and wellbeing
- Identify the basic guidelines for healthy exercise
- Participate in an activity session
- Devise a Fit for Life Activity Contract

	Method of delivery	Duration
Introduction	Slides 1 & 2: Unit name and session outline.	2 min
Main section <i>(must include specifics regarding topics covered, group interaction and any physical activity session)</i>	Slides 3 & 4: What is “active living”? What is physical activity?	3 min
	Slide 5: Interactive activity: Active Living Quiz Slides 6-12. Brainstorm health benefits of Active living – note up on flip chart	5 min
	Slide 13: How can I become more active? Brainstorm suggestions, take into account fitness levels of group and any current activities preferred. Give examples of how to be more active during working day, short breaks, walk around desk, stretching and moving around as often as possible.	15 min
	Slide 15: explain “moderate intensity” Explain how the Talk test relates to intensity and other signs and symptoms of degrees of effort to watch out for	5 min
	Slide 16 Summary Guidelines Physical Activity session suggestions: <ul style="list-style-type: none"> ● Aerobic activity ● Body conditioning ● Combination of above ● Brisk walk around immediate area with varying intensities – option of adding in squats/lunges in intervals, adding in shoulder mobilisation and upper body stretches 	10 mins
Conclusion	Feedback on activity session Complete mini plan Summarise key points	3 min
		Total 45 mins– 1hr