

Aerobic Exercises - Workshop Plan	
Learning Objectives:	<p>Participants will be able to</p> <ul style="list-style-type: none"> Assess my personal activity level in relation to both the Canadian Physical Activity Guidelines and the Osteoporosis Canada recommendations for bone health Identify how much aerobic exercise is needed for health benefits Identify the difference between weight-bearing and non-weight-bearing aerobic exercise and why this is important for those with osteoporosis Create a plan to continue or add aerobic exercise into my weekly routine
Time: (min)	Workshop Details
2	<p>Workshop Sign-In</p> <ul style="list-style-type: none"> Circulate the Workshop Sign-In Sheet while everyone is getting settled and during the introductions for the workshop Prior to the start of the workshop, place an Aerobic Exercises - Workshop Guide on every desk/wherever participants will be seated <p>Starter [Slide 2]</p> <ul style="list-style-type: none"> Participants should complete the Get Active Questionnaire handout They will return to this quiz at the end of the workshop as part of the Cool-down activity
2	<ul style="list-style-type: none"> After the starter activity, review the Agenda and Learning Objectives for the workshop [Slide 3, Slide 4] indicate that the learning objective for each slide will be located at the bottom of that slide [Slide 5] encourage participants to complete their Aerobic Exercises - Workshop Guide during the workshop as this will provide them with a useful resource [Slide 6] following these introductory slides, the facilitator will work through the PowerPoint slides with the participants, engaging the group in participant-centric activities while they complete the Aerobic Exercises - Workshop Guide
15	<p>Part 1 - Exercise Guidelines [Slides 7-19]</p> <ul style="list-style-type: none"> Review the Osteoporosis Canada guidelines and review the definition of aerobic exercise Encourage participants to discuss their personal experience with aerobic exercise with the person beside them [Slide 10] Review the Canadian Physical Activity Guidelines and have participants compare these with their current regiment Review key points on the Slides 13-19 and have volunteers read the bullet points to the group
5	<p>Part 2 - SMART Goal Setting [Slides 20-23]</p> <p>Activity [Slide 21]</p> <ul style="list-style-type: none"> Encourage participants to complete the activity in their Aerobic Exercises - Workshop Guide by writing down their ideas in relation to the following ideas <ul style="list-style-type: none"> decide how you want to continue with aerobic exercise identify how you will take action to benefit from the information you have learned identify goals that will help you stay motivated
2	<p>Activity - Fill-In-The-Blank [Slide 22]</p> <ul style="list-style-type: none"> Encourage participants to complete the fill-in-the-blank for the SMART goal system

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Cool-down Activity [Slide 24]

- Encourage participants to review their **Get Active Questionnaire** handout from the Starter Activity
- Participants should consider the following questions and record their responses in the appropriate section of their **Aerobic Exercises - Workshop Guide**
 - what changes do you need to make to your daily routine?
 - how can you make these changes?
 - which areas should you focus on first?
- Once they have completed this analysis, encourage participants to create a SMART goal for improving their exercise routine that they can work towards over the next week

Resources:

- Aerobic Exercises - Facilitation Guide
- Aerobic Exercises - Presentation
- Aerobic Exercises - Workshop Plan
- Aerobic Exercises - Workshop Guide
- Get Active Questionnaire
- Workshop Sign-In Sheet
- Workshop Evaluation Form

Other Resources Needed:

- pens/pencils
- tables
- chairs