

Exercise and You - Workshop Plan	
Learning Objectives:	<p>Participants will be able to</p> <ul style="list-style-type: none"> <li>Assess my personal activity level in relation to both the Canadian Physical Activity Guidelines and the Osteoporosis Canada recommendations for bone health</li> <li>Identify what I am doing well and what I can improve on in terms of exercise for bone health</li> <li>Demonstrate proficiency in performing a basic routine of everyday strength exercises</li> <li>Create an activity plan for bone health by setting a SMART goal for a personal exercise routine</li> </ul>
Time: (min)	Workshop Details
2	<p><b>Workshop Sign-In</b></p> <ul style="list-style-type: none"> <li>Circulate the <b>Workshop Sign-In Sheet</b> while everyone is getting settled and during the introductions for the workshop</li> <li>Prior to the start of the workshop, place an <b>Exercise and You - Workshop Guide</b> on every desk/wherever participants will be seated</li> </ul> <p><b>Starter</b> [Slide 2]</p> <ul style="list-style-type: none"> <li>Participants should complete the Get Active Questionnaire handout</li> <li>They will return to this quiz at the end of the workshop as part of the Cool-down Activity</li> </ul>
2	<ul style="list-style-type: none"> <li>After the starter activity, review the Agenda and Learning Objectives for the workshop [Slide 3, Slide 4]</li> <li>indicate that the learning objective for each slide will be located at the bottom of that slide [Slide 5]</li> <li>encourage participants to complete their <b>Exercise and You - Workshop Guide</b> during the workshop as this will provide them with a useful resource [Slide 6]</li> <li>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 <b>Exercise and You - Workshop Guide</b></li> </ul>
3	<p><b>Part 1 - Exercise Guidelines [Slides 7-11]</b></p> <p>Activity - Think-Pair-Share</p> <ul style="list-style-type: none"> <li>Participants should discuss what their weekly physical activity routines look like and what types of exercises they should include and why they should include them</li> <li>Request volunteers to share their responses with the group</li> <li>Review the Canadian Physical Activity Guidelines and have the group compare these guidelines with their own routines and ideas</li> </ul>
2	<p><b>Part 2 - Why Should I Exercise? [Slides 12-14]</b></p> <ul style="list-style-type: none"> <li>Ask the group the following question and have them offer them respond to the group <ul style="list-style-type: none"> <li>Question: <b>Why Should I Exercise?</b></li> </ul> </li> <li>Review the Importance of Exercise content by briefly summarizing or having volunteers read the bullet points to the group <ul style="list-style-type: none"> <li>have participants consider what was previously stated in response to the question asked previously</li> </ul> </li> </ul>
15	<p><b>Part 3 - Let's Begin... Exercise Tips! [Slides 15-27]</b></p> <ul style="list-style-type: none"> <li>Review key points on the Slides 16-19 and have volunteers read the bullet points to the group</li> <li>Direct the group to spread out with their chairs for the subsequent slides which will have the participants engaged in some exercises [Slide 21]</li> </ul>

5	<p>Activity [Slides 22-27]</p> <ul style="list-style-type: none"> <li>● Remind participants that the goal for these exercises is to ensure that everyone is engaging in the correct movement and they should only be doing enough repetitions until they are comfortable with the movement necessary for the exercise</li> <li>● Encourage participants to work in pairs to help coach each other through the exercises and follow the instructions on each slide for each exercise</li> <li>● Participants should follow along with the directions on the slide and practice the exercise with their partner</li> <li>● Give the group a couple of minutes per exercise before proceeding to the next slide</li> <li>● Circulate the room to help guide participants and provide feedback where needed</li> </ul> <p><b>Part 4 - SMART Goal Setting [Slides 28-31]</b></p> <p>Activity [Slide 29]</p> <ul style="list-style-type: none"> <li>● Encourage participants to complete the activity in their <b>Exercise and You - Workshop Guide</b> by writing down their ideas in relation to the following ideas <ul style="list-style-type: none"> <li>○ decide how you want to continue with safe movement and bone health exercise</li> <li>○ identify how you will take action to benefit from the information you have learned</li> <li>○ identify goals that will help you stay motivated</li> </ul> </li> </ul> <p>Activity - Fill-In-The-Blank [Slide 30]</p> <ul style="list-style-type: none"> <li>● Encourage participants to complete the fill-in-the-blank for the SMART goal system</li> </ul>
5	<p><b>Cool-down Activity</b>[Slide 32]</p> <ul style="list-style-type: none"> <li>● Encourage participants to review their Get Active Questionnaire from the starter activity</li> <li>● Participants should consider the following questions and record their responses in their <b>Exercise and You - Workshop Guide</b> <ul style="list-style-type: none"> <li>○ What changes do you need to make to your daily routine?</li> <li>○ How can you make these changes?</li> </ul> </li> <li>● 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</li> </ul>
<p><b>Resources:</b></p> <ul style="list-style-type: none"> <li>● Exercise and You - Facilitation Guide</li> <li>● Exercise and You - Presentation</li> <li>● Exercise and You - Workshop Plan</li> <li>● Exercise and You - Workshop Guide</li> <li>● Get Active Questionnaire</li> <li>● Workshop Sign-In Sheet</li> <li>● Workshop Evaluation Form</li> </ul> <p><b>Other Resources Needed:</b></p> <ul style="list-style-type: none"> <li>● pens/pencils</li> <li>● tables</li> <li>● chairs</li> </ul>	