

Strengthening and Resistance 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 what I am doing well and what I can improve on in terms of exercise for bone health Briefly explain the significance of strength exercises in managing my bone health Perform strengthening exercises safely and correctly Create a personal exercise routine for bone health by setting a SMART goal for strength training
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 a Strengthening and Resistance 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 Strengthening and Resistance 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 Strengthening and Resistance Exercises - Workshop Guide
3	<p>Part 1 - Exercise Guidelines [Slides 7-16]</p> <ul style="list-style-type: none"> Review the Canadian Physical Activity Guidelines and Osteoporosis Canada guidelines and have the group compare these guidelines with their own routines and ideas Encourage participants to discuss what strength training means to them with the person beside them [Slide 10] Review key points on the Slides 11-16 and have volunteers read the bullet points to the group
15	<p>Part 2 - Lower Body Exercise Routine [Slides 17-20]</p> <p>Activity</p> <ul style="list-style-type: none"> 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 Encourage participants to work in pairs to help coach each other through the exercises and follow the instructions on each slide for each exercise Participants should follow along with the directions on the slide and practice the exercise with their partner Give the group a couple of minutes per exercise before proceeding to the next slide Circulate the room to help guide participants and provide feedback where needed

15	<p>Part 3 - Upper Body and Upper Back Strength Routine [Slides 21-24]</p> <p>Activity</p> <ul style="list-style-type: none"> ● 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 ● Encourage participants to work in pairs to help coach each other through the exercises and follow the instructions on each slide for each exercise ● Participants should follow along with the directions on the slide and practice the exercise with their partner ● Give the group a couple of minutes per exercise before proceeding to the next slide ● Circulate the room to help guide participants and provide feedback where needed
5	<p>Part 4 - SMART Goal Setting [Slides 25-28]</p> <p>Activity [Slide 26]</p> <ul style="list-style-type: none"> ● Encourage participants to complete the activity in their Strengthening and Resistance 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 strengthening and resistance exercises ○ identify how you will take action to benefit from the information you have learned ○ identify goals that will help you stay motivated <p>Activity - Fill-In-The-Blank [Slide 27]</p> <ul style="list-style-type: none"> ● Encourage participants to complete the fill-in-the-blank for the SMART goal system
5	<p>Cool-down Activity [Slide 29]</p> <ul style="list-style-type: none"> ● 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 Strengthening and Resistance Exercises - Workshop Guide <ul style="list-style-type: none"> ○ What changes do you need to make to your daily routine? ○ How can you make these changes? ○ Which area 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 <p>Resources:</p> <ul style="list-style-type: none"> ● Strengthening and Resistance Exercises - Facilitation Guide ● Strengthening and Resistance Exercises - Presentation ● Strengthening and Resistance Exercises - Workshop Plan ● Strengthening and Resistance Exercises - Workshop Guide ● Get Active Questionnaire ● Workshop Sign-In Sheet ● Workshop Evaluation Form <p>Other Resources Needed:</p> <ul style="list-style-type: none"> ● pens/pencils ● tables ● chairs ● resistance bands ● stairs or exercise step platforms