



JUMP-START: FINDING THE MOTIVATION TO EXERCISE

FACILITATOR GUIDE

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This facilitator guide is a companion document to the Jump-start Workshop and corresponding materials. It is intended to guide facilitators in the presentation preparation and facilitation. This guide includes preparation tasks, suggested materials, high-level outcomes, the agenda and presentation outline. The outline includes suggested talking points. These are only suggestions and subject to change based on the facilitator's needs, available presentation time, audience, etc.

Session length: 1 hour

Course description

This one-hour course is designed to help participants understand the fundamentals of exercise and devise a simple plan that will motivate them to get started.

Outcomes

Upon completion of this course, participants will be competent in these areas and will have knowledge to do the following:

1. Learn how our values affect long-term exercise adherence.
2. Determine our "why."
3. Develop realistic goals and rewards plan.
4. Identify ways to keep exercise fun and engaging.

Planning and materials

Below is a list of materials and event tasks that may be appropriate for events. Not all materials and tasks are suitable for every event. Specifics about the materials and tasks will be communicated by the field engagement specialist. Please reach out to your field engagement specialist if you have questions.

Pre-event tasks	✓
✓ Review materials. <ul style="list-style-type: none">• Facilitator Guide• Workshop worksheet• Generic and co-branded mailer templates• Promotional poster• Promotional flyer• Workshop Sign-in Sheet• Follow-up email	
✓ View practice exercise video.	
✓ If there will be a booth, confirm booth items have been received: <ul style="list-style-type: none">• Tablecloth• Holder for flyers	
✓ Confirm location contact's name and contact information.	
✓ Set up event booth (if needed).	
✓ If applicable, set up screen and computer with projector. <ul style="list-style-type: none">• Program Champions (PC) are not expected to bring a computer, screen or projector. If needed, items will be provided.	
✓ Set up room with chairs. <ul style="list-style-type: none">• Consider how you want the room to be during the presentation and during the exercise component. You will want to make sure members can move freely and that they can easily see you. We recommend placing the chairs in a honeycomb pattern.	

Workshop agenda		✓
Welcome	<ul style="list-style-type: none"> • Greeting by Participating Location (PL) staff and SilverSneakers® representative • Remind participants to sign in. Share the sheet with PL staff for eligibility check. 	<i>5 min.</i>
Presentation	<ul style="list-style-type: none"> • Introduction by territory manager / PC • Jump-start Presentation • PL staff check member eligibility during presentation • Optional: PL staff prepare Facility Enrollment Packets • PL staff return Sign-in Sheets to Tivity Health representative 	<i>50 min.</i>
Wrap-up	<ul style="list-style-type: none"> • Thank members for their time and participation. • Remind members to take home information and follow up on next steps. • Direct members to PL staff, who should be available for enrollment. • Suggested options – not required: <ul style="list-style-type: none"> ▪ PL staff can provide tours of location. ▪ Direct members to an area where they can socialize and speak with any vendors we invite. 	<i>5 min.</i>

Presentation outline

This workshop uses a worksheet, not a PowerPoint slide deck, to guide the discussion. The tone should be conversational and inclusive.

Time	Talking points	Notes
3 min.	Welcome and introductions <ul style="list-style-type: none">• Introduce yourself and welcome participants.	
7 min.	Activity and Agenda <p><i>Lead white board activity and review agenda.</i></p> <ul style="list-style-type: none">• Ask participants to share the reasons they are attending the session. If a white board is available, write the answers for the group to see.• There are many reasons people need a little boost, motivation or a “jump-start” for their exercise routines. If the group doesn’t offer many reasons for needing a “jump-start,” you can offer some. For example:<ul style="list-style-type: none">▪ Other people want me to exercise (medical doctor, spouse, child).▪ I feel like it’s something I should do.▪ I believe I need to lose weight or be healthier.▪ I used to exercise, and I miss it.▪ I want to be able to do the things I used to be able to do (sports, travel, move without pain).▪ My job requires me to be able to do certain physical activities.▪ I just can’t seem to exercise regularly.• Review the agenda:<ul style="list-style-type: none">▪ Learn how our values affect long-term exercise adherence.▪ Determine our “why.”	

	<ul style="list-style-type: none"> ▪ Develop realistic goals and rewards plan. ▪ Identify ways to keep exercise fun and engaging. <ul style="list-style-type: none"> • If you can, relate some of the group members' answers to the agenda items – for example, their “why” or their goals. 	
<p>10 min.</p>	<p>“Jump-start” worksheet, Activity 1</p> <p><i>Ask participants to refer to their worksheet (“Jump-start: Finding the Motivation to Exercise”).</i> <i>Following your copy of the worksheet, lead discussion and core values activity.</i></p> <ul style="list-style-type: none"> • Values and purpose: What matters to you? • Discuss the importance of aligning our goals with our values. • Explain that by doing this, we come to understand our “why.” This “why” is what will motivate us short- and long-term. Refer participants to the Core Values list for common examples of values. • <i>Long-term change requires us to focus on aligning our choices with our values.</i> • Core Values Activity: From the list, or from their own ideas, have participants identify their top three values and write them in the blank spaces provided. These are the values participants feel are the most important to them. These are also the values that may drive many of the decisions in their lives. 	
<p>10 min.</p>	<p>Core Values discussion and worksheet activity</p> <p><i>Lead core values discussion and exercise activity.</i></p> <ul style="list-style-type: none"> • Next, let’s determine if and how exercise relates to one or more of your values. • Here are examples to help explain the idea: 	

	<ul style="list-style-type: none"> ▪ If I determine that family is one of my main values, I may find motivation to exercise through understanding that exercise will help me live a healthier and more independent life so I can be around longer, and I can take part in more activities with my family. ▪ If I determine that nature is a core value, I may find it motivating to exercise outside. Nature walks or learning a new outdoor sport are examples of things I may enjoy. • Core Values Activity: Have participants write down what type of exercise they feel relates to one or more of their values. Use the space next to each value. • Lead discussion and, if there is time, have participants share their ideas. 	
<p>10 min.</p>	<p>“Jump-start” worksheet, Activity 2</p> <p><i>Choice and flexibility discussion and activity</i></p> <ul style="list-style-type: none"> • Referring to the back of the worksheet, lead discussion on choice and flexibility activity. • Let participants know that it’s natural to want to have some choice and flexibility. Who wants to, or can, do the same thing every day? • By providing options, participants can overcome many common barriers as well as keep exercise interesting and fresh. <i>(Sobel, 2018)</i> • Ways to offer choice and flexibility may include: <ul style="list-style-type: none"> ▪ Types of music when exercising ▪ Learning different exercises for the same body part ▪ Using different types of equipment – elliptical or treadmill ▪ Option for weather conditions 	

	<ul style="list-style-type: none"> ▪ Options for time crunches – video at home vs. class at the gym ▪ Accepting that some days you may need to be flexible regarding the length of your workout and have an express option ▪ Building in more activity on days you cannot exercise ▪ Instead of one 30-minute session, breaking exercise session up into 10-minute sessions throughout the day ▪ Understanding that rest is important too and days off can be beneficial • Have participants take a moment and write down 1 to 3 ways in which they can add some flexibility and choice into their exercise routines. 	
<p>9 min.</p>	<p>Successes and rewards discussion and worksheet, Activity 3</p> <p><i>Lead discussion on small successes and rewards.</i></p> <p>Note to facilitator: <i>Another important part of creating an exercise plan that is motivating is setting people up for small successes, therefore increasing self-efficacy. People need to learn to view themselves as capable. This is important because people carry their failures with them – and these failures weigh them down. It is important for you to be observant and help the person bite off only as much as she or he can handle. (Sobel, 2018)</i></p> <ul style="list-style-type: none"> • Ask participants to identify 1 to 3 realistic goals and find simple ways to reward themselves for meeting goals. • Example: <ul style="list-style-type: none"> ▪ Goal: Take part in 30 minutes of exercise 3 days a week for four weeks. 	

	<ul style="list-style-type: none"> ▪ Reward: A 30-minute massage, a pedicure or a night out with spouse or friend • Core Values Activity: Give participants time to complete the corresponding activity on the worksheet. If there is time, have 1 or 2 people share their ideas. If no one wants to share, try giving an example to get the conversation going. 	
<p>8 min.</p>	<p>Making exercise feel good discussion and worksheet, Activity 4</p> <p><i>Lead discussion and activity on ways to make exercise feel good.</i></p> <ul style="list-style-type: none"> • Research shows there may be certain things that generally increase feelings of happiness. <ul style="list-style-type: none"> ▪ Nature ▪ Touch ▪ Mindfulness ▪ Laughter ▪ Giving back ▪ Relationships (<i>Sobel, 2018</i>) • Since we're more likely to take part in activities that increase feeling of happiness, encourage participants to include some of these items in their exercise routines. • For example: A person may want to strengthen relationships by inviting family or friends to go for a walk. Other ideas: <ul style="list-style-type: none"> ▪ Walking shelter dogs ▪ Using mindful apps ▪ Raising money for a special cause by walking a 5k ▪ Joining a team ▪ Exercising outside on nice days • Core Values Activity: Have participants write down 1 to 3 of their ideas on the worksheet. If there is time, ask 1 or 2 participants to share their ideas. 	

3 min.	<p>Conclusion</p> <p><i>Lead closing.</i></p> <ul style="list-style-type: none"> • Bring the sessions to a close. • Review how you met the session agenda: <ul style="list-style-type: none"> ▪ Learned how our values affect long-term exercise adherence ▪ Determined our “why” ▪ Developed realistic goals and rewards plan ▪ Identified ways to keep exercise fun and engaging • Remind participants that long-term motivation is found by making exercise meaningful and enjoyable. • Open the session up for questions. 	
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References

Clear, J. (2018). *Core Values List*. Retrieved from James Clear: <https://jamesclear.com/core-values>

Sobel, D. (May, 2015 18). *Behavior change and beyond: health, confidence and healthy pleasures (Video file)*. Retrieved from YouTube: <https://www.youtube.com/watch?v=Ypql16sjZWY>