

EXAMPLE GROUP GOALS FOR LIFT

Group goal setting is a powerful behavior change strategy. It allows individuals to identify where they are on their health journey, and where they can be at the end of the eight-week program.

As the LIFT facilitator, you can share strengths and weaknesses identified by the group and/or share information about recommendations (e.g., recommendations for aerobic exercise or fruits/vegetables).

Example:

Let's be S.M.A.R.T. about our goals. S.M.A.R.T. goals started in worksite settings, but have been applied to changing healthy behaviors. Since its inception in the 1980s, S.M.A.R.T. goals have stood for a number of things and have even been expanded to S.M.A.R.T.S. goals as well.

For LIFT, the acronym stands for:

- S – Specific
- M – Measurable
- A – Attainable
- R – Realistic
- T – Time-bound
- S – Shared

INDIVIDUAL GOALS

Instead of:

"I am going to be more active."

Consider changing to:

"I am currently doing about 10 minutes of walking per day, but I just learned I should be getting about 30 minutes of aerobic activity each day... and do two days of strength training. It seems a bit overwhelming to get to 30 minutes a day, right now."

"Each week, for the next four weeks, I will DOUBLE my walking time to 20 minutes of activity per day."

“I have told other people in the LIFT program about my goals, and we are going to check in at the beginning of every class.”

GROUP GOALS

Group Dynamics/Cohesion

- Everyone remembers everyone's name by the end of the program.
- Everyone shares a walk with at least five people in the group.
- Everyone attends at least 14 of the 16 sessions.

Fruits and Vegetables

- Everyone consumes one more vegetable serving per day than currently eating.
- Everyone eats at least one fruit and one vegetable serving per day.
- Everyone eats the recommended fruits and vegetable servings, three days a week.
- Everyone eats the recommended fruits and vegetable servings every single day.

Cardio

- Everyone will try five new forms of cardio training.
- Everyone will work to raise their heart rate 20 beats per minute above their resting heart rate for five minutes daily.
- Everyone will add one day of intense cardio a week, moving to the point where talking and moving together is challenging.

Strength Training

- Each person will increase their arm weights during the 16 sessions.
- Each person will increase their muscle controlled range of motion (no momentum) in their legs.
- Each person will include core strength while using weights.

INTRODUCTION/WARM UP PROMPTS FOR LIFT

Depending upon how well the group knows each other and each other's names, you can use name prompts which the group will often repeat, or you can just have each participant contribute individually.

Movement matches the sound of the first letter of first name:

Participant: I am Sarah, and I like to squat.

Group: Group repeats action then person's name "Squatting Sarah," then the next person introduces themselves. Group repeats both names "Lunging Laurie, Squatting Sarah," and keep going until everyone is introduced. More examples:

- Squatting Sarah
- Lunging Laurie
- Kicking Cathy
- Calf-stretch Catherine
- Elevating Leg Ellen
- Tromp around Trixie

Name a heavy object you carry around in your life that helps you develop strength:

Participant: I am Sarah, and I carry around my granddaughter.

Group: Sarah carries her granddaughter.

- Grandchild
- Groceries
- Gardening tools
- Iron and ironing board

One sentence about eating vegetables as a child:

- I had to tend the garden which made me curious about vegetables.
- My mother made me sit at the table until I ate all my vegetables.
- My family didn't eat vegetables.

Name a vegetable that other people love that you think is not suitable for eating AND the vegetable you would rather eat:

- Brussels sprouts are awful, but I will eat green beans.
- Onions are not my favorite, but I do enjoy a yellow pepper.
- Iceberg lettuce is useless, and I prefer spinach.

Explain why you prefer fruits or vegetables.

- I prefer vegetables as they have fewer calories than fruits.

- I prefer fruits because they are sweeter.
- I like them both but prefer them to all be dark bold colors.

Do you like to exercise inside or outside? Why?

- I enjoy the fresh air outside, so I like to walk my neighborhood.
- I like to do yoga indoors, as they have solid floors inside.
- I like to walk indoors at the mall because there is so much to see!

What's your favorite word of praise?

This is a great one to do with names. Excellent Samantha! Wonderful Sarah! Fabulous Laurie!
Etc.

- Excellent!
- Spectacular!
- Wonderful!
- Fabulous!
- Awesome!

Name one activity you did last week, on purpose, to move more and sit less:

- I did step taps during commercials of my television shows.
- I stood up while folding laundry.
- I walked to the mailbox instead of picking up the mail in my car on the way home.

Name one thing you plan to do this week to move more and sit less:

- I did step taps during television show commercials.
- I stood up while folding laundry.
- I walked to the mailbox instead of picking up the mail in my car on the way home.

What is the most daring or exotic fruit or vegetable you've ever eaten?

- Mango
- Brussels sprouts
- Daikon radish
- Lychee
- Corn on the cob with my dentures in
- Pickled beets
- Kiwi
- Bean sprouts
- Dragon fruit