



**a team building program that promotes  
healthy lifestyle behaviors for aging adults**

# Lifelong Improvements Through Fitness Together ©

## **Program Manual Citation:**

Harden SM, Wilson ML, Estabrooks PA, and Members of the Physical Activity Leadership Team of Virginia Cooperative Extension. (2018). Lifelong Improvements through Fitness Together Program Manual. Blacksburg, VA: Virginia Tech.

## **Citation for Process of Adapting Previous Interventions to LIFT:**

Wilson ML, Strayer TE 3rd, Davis R, Harden SM. Informed Adaptations of a Strength-Training Program through a Research-Practice Partnership. Front Public Health. 2018 Mar 2;6:58. doi: 10.3389/fpubh.2018.00058. eCollection 2018.

## **Citation for Initial Reach and Effect of LIFT:**

Wilson ML, Strayer TE 3rd, Davis R, Harden SM. Use of an Integrated Research-Practice Partnership to Improve Outcomes of a Community-Based Strength-Training Program for Older Adults: Reach and Effect of Lifelong Improvements through Fitness Together (LIFT). Int J Environ Res Public Health. 2018 Jan 31;15(2). pii: E237. doi: 10.3390/ijerph15020237.

*This guidance is educational in nature and is not meant to take the place of medical services which may be needed. Not all exercises are suitable for everyone. It is recommended that you consult with your physician before beginning this program. When participating in physical activity, there is always risk of injury or soreness. If at any point during your workout you begin to feel faint, dizzy, or have physical discomfort, you should stop immediately. If you engage in this exercise program, you do so at your own risk, you are voluntarily participating in these activities, and you assume all risk of injury to yourself and release any LIFT instructor from any and all liability.*

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**Session-by-Session Guide**  
**for**  
**Class Instructors**



# SESSION 1

## **Session Objective:**

- Introduction to program components
- Introduction to group members

## **Preparation:**

- Provide chairs for participants and weights for instructor.
- Remind participants to bring water and a regular-sized bath towel.
- Print Physical Activity (PA) and Fruit/Vegetable (F/V) trackers for everyone.
- Read through orientation.

## **Session Outline:**

- Orientation overview (10 minutes)
- Warm up: **Active Name Game** (15 minutes)
- Demonstration of eight exercises with no weights (25 minutes)
- Cool down and stretch (five minutes)
- Homework and reminders (five minutes)

## **Group Activity:** *Active Name Game*

- All participants should stand in a circle. Facilitator should instruct group members to begin walking in place. Ask the group for volunteers for the first few rounds of this activity beginning with the instructor. Each participant creates a movement that alliterates with their name (e.g., High-knees Henry, Jumping Jane). Each time a person introduces himself or herself, the entire group says their name and performs the exercise given. This is a great warm-up for participants to begin moving and getting to know one another.

## **Homework and Reminders:**

- During the first week of class, let participants know they may feel sore in some muscle groups that have not been recently exercised and remind them to keep moving.
- We encourage accumulating up to 30 minutes of walking this week.
- Be sure to remind participants to begin tracking their PA and F/V.
- Let's begin thinking of a group name, and we will decide at the beginning of class next week.
- See you on (day) at (time)!

**Session Objective:**

- Continued group development
- Establish group name to build group identity
- Introduction to *More Matters* fruits and vegetables

**Preparation:**

- Provide chairs and weights for participants.
- Remind participants to bring water and a regular-sized bath towel.
- Print *I Can, I Will, I Must* cards for all participants.

**Session Outline:**

- Warm up: **decide on a group name** (e.g., Aged Avengers, Gladiators, etc.)
- Be sure to have group walking in place to keep their bodies moving.
- Complete full-body routine (45 minutes) with two counts up, four counts down and **without weights** for anyone previously sedentary (45 minutes). Discuss **Nutrition Basics** (see below) while completing.
- Cool down and stretch (five minutes)
- Discuss and complete **Group Activity**
- Homework and reminders

**Nutrition Basics** (examples):

- Be sure to drink water before, during, and after all sessions.
- We encourage the consumption of fruits and vegetables; try replacing one sugary or salty snack with a cup of fruits or vegetables.

**Group Activity:** *Phone Tree*

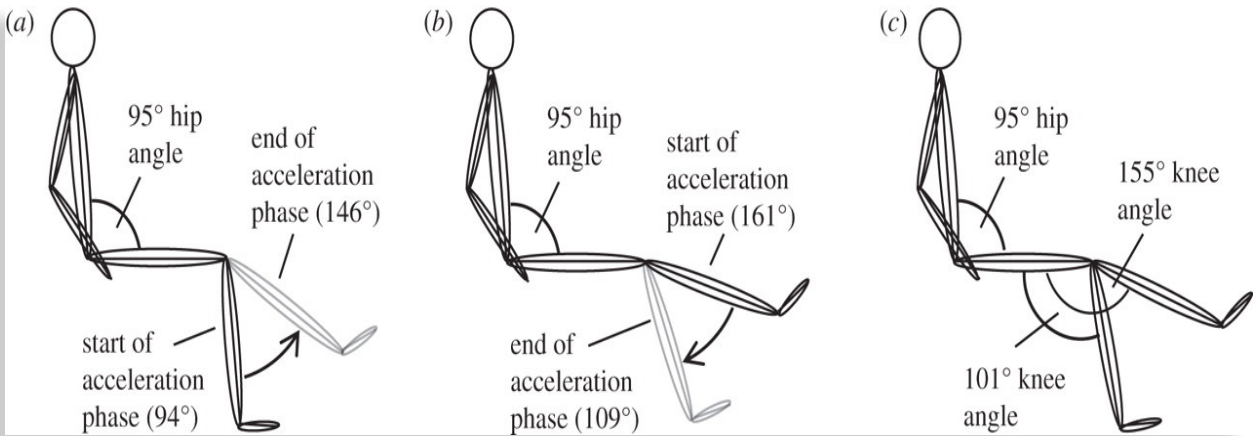
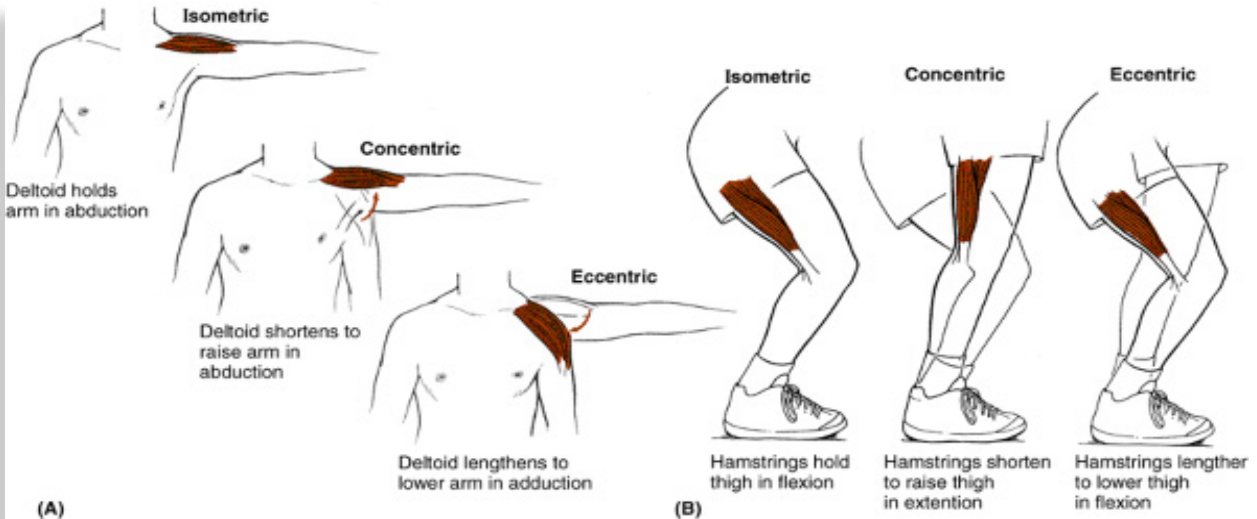
- Ask participants to share their first name and best contact method (phone or email) on a class roster. Assign people to call someone if an individual misses more than two classes without a known absence; this develops a role for the caller and a sense of accountability for the person who didn't attend.

**Homework and Reminders:**

- During the first week of class, let participants know they may feel sore in some muscle groups that have not been recently exercised and remind them to keep moving.
- We encourage accumulating up to 30-minutes of walking this week, as well as one day of practicing the class exercises without weights on their own.
- Have participants take home and fill out their first *I Can, I Will, I Must* card and encourage them to place these where it will be seen everyday (e.g., bathroom or bedroom mirror, front door, above the kitchen sink, etc.).
- We will decide on a group goal next week.
- Be sure to track activity and fruit and vegetable consumption.
- See you on (day) at (time)!

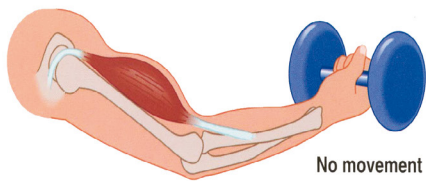
**Concentric Muscle Contraction:** The muscle is shortening while contracting

**Eccentric Muscle Contraction:** The muscle is lengthening while contracting

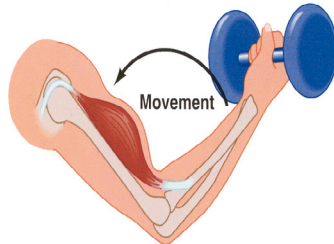


**Isometric contraction**

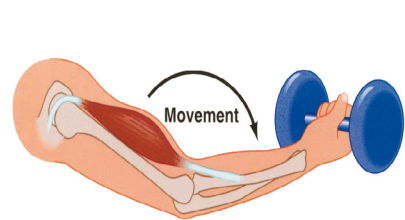
Muscle contracts but does not shorten



**Concentric contraction**



**Eccentric contraction**



<https://humananatomylibrary.co/photos/1783311/muscle-actions-concentric-and-eccentric-teamripped-facebook.asp>

**Session Objective:**

- Collaborative group goal setting

**Preparation:**

- Provide chairs and weights for all participants.
- Remind participants to bring water and a regular-sized bath towel.
- Print *Fruit and Vegetable Serving Size* resource for participants.

**Session Outline:**

- Review and reminder of tracking forms
- Warm-up: decide on a **Group Goal** (see below for examples) during warm-up exercises
- Complete full-body routine (45 minutes) with two counts up, four counts down and **Group Activity** (see below). Everyone should be using the weights provided.
- Cool down (five minutes) and discuss **Nutrition Basics** (see below).
- Homework and reminders

**Group Goal Examples:**

- Have 90 percent attendance for 80 percent of the program (initiate phone tree if attendance drops)
- Accumulate \_\_\_\_ minutes of PA as a group.

**Group Activity:** *Discussion during exercises about increasing PA at home, facilitated by instructor.*

- Leader begins: Share your favorite physical activity done at home and how you could make it more challenging. *Example:* Margie tells the class that she folded and put away the laundry in one sitting; next week she will incorporate standing and squatting (one rep every two minutes for 20 minutes) while she does the laundry.

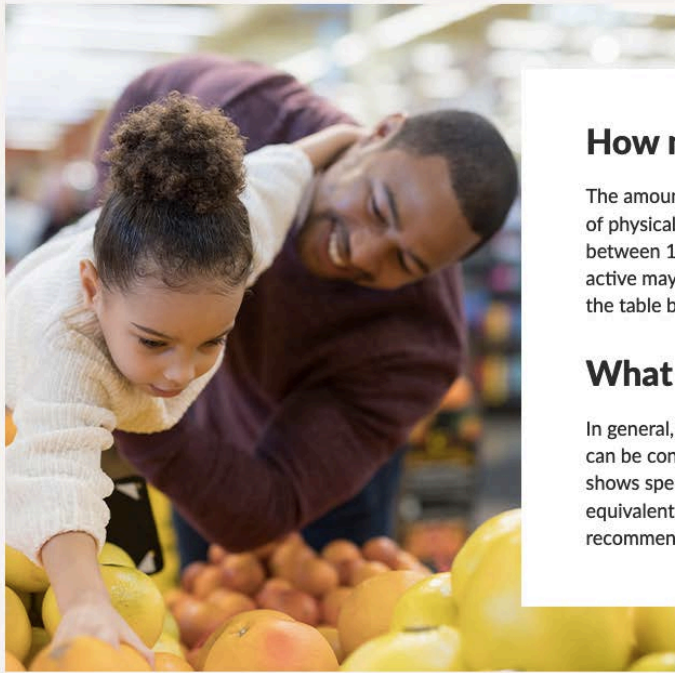
**Nutrition Basics:**

- Continue increasing consumption of fruits and vegetables.
- Does everyone know what one cup of fruits and vegetables looks like? Refer to pages 26/27.

**Homework and Reminders:**

- Be sure to use your tracking sheet for walking minutes and fruits and vegetables consumed.
- Encourage the group to continue incorporating walking and other PA into their routines.
- We will discuss progress next week.
- See you on (day) at (time)!

## FRUIT AND VEGETABLE SERVING SIZES



### **How much fruit is needed daily?**

The amount of fruit you need to eat depends on age, sex, and level of physical activity. The amount each person needs can vary between 1 and 2 cups each day. Those who are very physically active may need more. Recommended daily amounts are shown in the table below.

### **What counts as a cup of fruit?**

In general, 1 cup of fruit or 100% fruit juice, or  $\frac{1}{2}$  cup of dried fruit can be considered as 1 cup from the Fruit Group. The table below shows specific amounts that count as 1 cup of fruit (in some cases equivalents for  $\frac{1}{2}$  cup are also shown) towards your daily recommended intake.

Image from [myplate.gov](https://myplate.gov)





### **How many vegetables are needed?**

The amount of vegetables you need to eat depends on your age, sex, and level of physical activity. The amount each person needs can vary between 1 and 3 cups each day. Those who are very physically active may need more. Recommended total daily amounts and recommended weekly amounts from each vegetable subgroup are shown in the two tables below.

### **What counts as a cup of vegetables?**

In general, 1 cup of raw or cooked vegetables or vegetable juice, or 2 cups of raw leafy greens can be considered as 1 cup from the Vegetable Group. The table below lists specific amounts that count as 1 cup of vegetables (in some cases equivalents for  $\frac{1}{2}$  cup are also shown) towards your recommended intake.

Image from [myplate.gov](http://myplate.gov)

## SESSION 4

### **Session Objective:**

- Motivators of healthy lifestyle choices

### **Preparation:**

- Provide chairs and weights for all participants.
- Participants need water and a regular-sized bath towel.

### **Session Outline:**

- Oral review of tracking forms
- Warm up: engage in whole body warm-up of choice (five minutes)
- Complete full-body routine (45 minutes) with two counts up, four counts down and **Group Activity** (see below).
- Cool down (five minutes)
- Homework and Reminders

### **Group Activity:** *Activity Timeline*

Discussion during exercises, facilitated by class instructor:

- Start by sharing an answer to one of the topic areas below. Then, the person on the right shares a voluntary answer to the same topic area while everyone continues the full body exercise routine. Once the last person responds, the instructor should introduce the next topic area and provide an answer. *Example:* Betty starts by saying, “When I was a young girl, I worked in the garden with my grandmother.” The next person might say, “I used to deliver newspapers.” Try to encourage them to move around the circle quickly as there are several **Topic Areas** (next page) to address. Sharing these activities develops a connection for the participants.

**Topic Areas:**

- Activities I did growing up
- Activities I enjoyed in the 1960s...1970s...1980s...1990s...2000s...2010s
- Barriers to activities
- Motivators for activities
- Fruits and vegetables I enjoy or look forward to each season

**Homework and Reminders:**

- Our goal is to \_\_\_\_\_.
- Be sure to use your tracking sheet so we can discuss progress next week.
- Continue walking up to 30 minutes and engage in an alternative PA one time a week (e.g., gardening, raking).
- See you on (day) at (time)!



## SESSION 5

### **Session Objective:**

- Share coping plans to overcome PA barriers

### **Preparation:**

- Provide chairs and weights for all participants.
- Remind participants to bring water and a regular-sized bath towel.
- Print *I Can, I Will, I Must* cards.

### **Session Outline:**

- Quick discussion on use of tracking forms; stay positive and emphasize their importance (two minutes).
- Warm up (five minutes): ask the group (voluntary responses) if they have been actively making efforts to improve their **Nutrition Basics** (see next page for reminders) while engaging in a full body warm up of choice.
- Complete full-body routine (45 minutes) with two counts up, four counts down and **Group Activity** (see below).
- Cool down (five minutes): continue **Group Activity** if incomplete
- Homework and reminders

### **Group Activity:** *Coping Plans*

- Instructor will begin the group activity by answering the questions below. Encourage the group to go around the circle and answer number one, and once all participants have done so (if they wish), ask number the next question.
  1. What were some barriers keeping them from being physically active prior to the LIFT program (e.g., time, energy, motivation, weather, etc.)?
  2. Were they successful in overcoming barriers? Discuss strategies for coping with these (e.g., making personal time, getting a good nights sleep, eating healthy snacks, etc.).

**Nutrition Basics:**

Are you making a conscious effort to:

- Consume at least two cups of fruits and two and a half cups of vegetables?
- What new types of vegetables and fruits have you introduced into your diet (e.g., butternut squash, Brussels sprouts, asparagus, kale, etc.)?
- Replace one salty or sugary snack with a fruit or vegetable?

**Homework and Reminders:**

- We have achieved \_\_\_\_\_ of our group goal thus far.
- Continue utilizing tracking sheets for next week's discussion.
- Keep moving and stay active even if you are experiencing soreness in certain muscles.
- Continue walking up to 30 minutes and incorporate one full body workout outside of class participation.

**Pass out *I Can, I Will, I Must* cards:**

- Encourage participants to fill them out again, as their goals may have changed, and to put them in a visible spot. Remind everyone that these individual goal cards contributes to the overall group goal as this creates clarity and accountability.
- See you on (day) at (time)!



***I CAN***  
***I WILL***  
***I MUST***

## SESSION 6

### **Session Objective:**

- Resource sharing

### **Preparation:**

- Provide chairs and weights for all participants.
- Remind participants to bring water and a regular-sized bath towel.

### **Session Outline:**

- Oral review of tracking forms
- Warm up (five minutes): engage in an open discussion and ask participants if they completed their *I Can, I Will, I Must* cards. Did they need to adjust their goals? Remind them of their group goal and progress towards meeting that goal.
- Complete full-body routine (45 minutes) with two counts up, four counts down and **Group Activity** (see below). Everyone should be using weights.
- Cool down (five minutes) with discussion continued
- Instructor should provide additional examples of community resources and exercises for the group (see the next page for examples).
- Homework and reminders

### **Group Activity:**

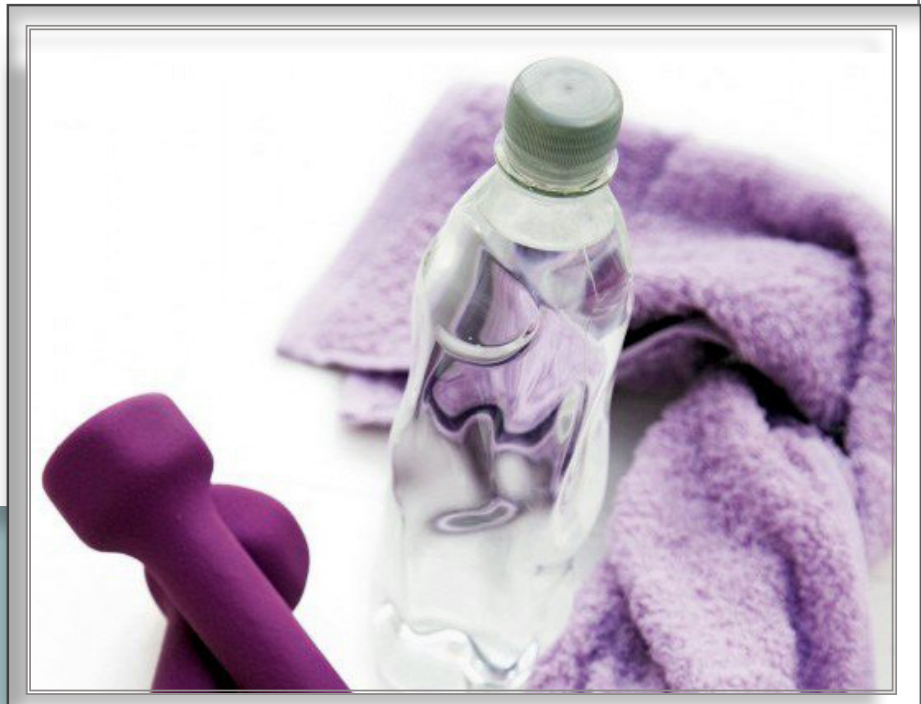
- Instructor should start by sharing a community resource that is helpful to them for engaging in physical activity (e.g., local park, trails, free community programs). Provide an activity that may be done using that resource. Then, the person on the right shares a voluntary response while everyone continues the full body exercise routine.

**Examples of using community resources:**

- Stairs with railings: use railings for balance to incorporate step-ups, standing or sitting knee extensions, standing leg curls, side hip raises, etc.
- Picnic tables: sit down for knee extensions, or use the table for balance for leg curls, wide-leg squats, weightless seated rows, or standing push-ups.

**Homework and Reminders:**

- Our goal is to \_\_\_\_\_.
- Remind them of the personal goals they set and have them take mental notes towards their progress.
- Continue using tracking sheet for discussion during the next session.
- Make a conscious effort to utilize community resources to increase physical activity throughout the day; record which activity was completed and where.
- Have participants use the phone tree to check in on members. Have them pick a group member and the date to call. Encourage saying something motivating and asking about their completed physical activity. The group will feel a sense of accountability for the week.
- See you on (day) at (time)!



## SESSION 7

### **Session Objective:**

- Discuss how dietary behaviors influence PA participation

### **Preparation:**

- Provide chairs and weights for all participants.
- Print healthy recipes to distribute for next weeks potluck.
- Print *MyPlate* guide to gage portion sizes for participants (page 36).
- Remind participants to bring water and a regular-sized bath towel.

### **Session Outline:**

- Warm up (five minutes): Quick oral review of tracking forms (two minutes). Are participants finding the form helpful? Is it helping them stay committed to their physical activity and fruit and vegetable consumption? Would they consider using the form outside of this program?
- Complete full-body routine (45 minutes) with two counts up, four counts down and **Group Activity** (see below).
- Cool down (five minutes)
- Reiterate the importance of fuel for the body.
- Homework and reminders

### **Group Activity:** *Nutritional Basics*

- Instructor should start by discussing how to fuel the body for physical activity before and after participating in physical activity (see *MyPlate* guide on page 36 for examples). Once the instructor shares the importance of doing so, ask participants to share what they eat before and after class. Encourage an open discussion among all members while completing the full body exercises.



**Nutritional Basics:**

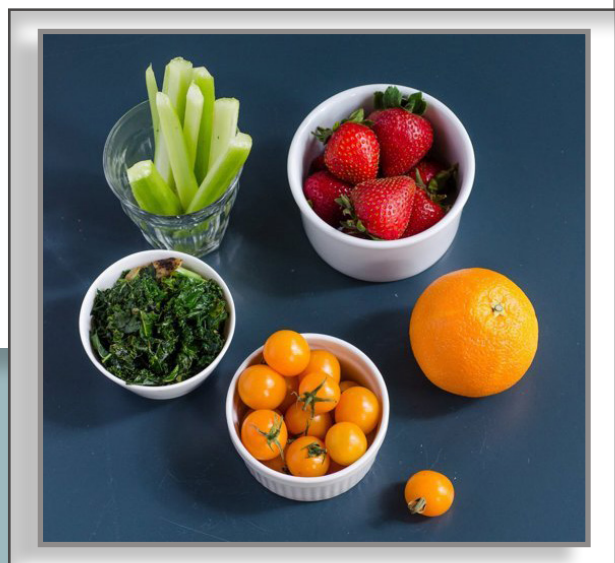
- Fruits (two cups a day) and vegetables (two and a half cups a day)
- Be conscious of portion sizes; refer to the serving size sheet given in Session 3.  
Encourage participants to refer to the *MyPlate* guide on page 36 when filling their plates at home.

**Fuel for the Body Examples:** simplify depending on audience

- During physical activity, the body utilizes stored carbohydrates for energy (glycogen). To allow muscles to recover and replace glycogen stores, eat protein and healthy carbohydrates within two hours of physical activity.
- Pre-workout snacks (an hour before physical activity) include bananas or other fresh fruits, yogurt, whole grains, low fat granola bars, or nut butters on whole grain bread.
- Post-workout snacks (within two hours after physical activity) include yogurt with fruit, nut butters on whole wheat bread, low fat milk and whole grain crackers, or fish or chicken with brown rice or whole grain pasta.

**Homework and Reminders:**

- Our goal is to \_\_\_\_\_.
- To encourage social interaction, plan for a first month completion potluck and ask everyone to bring a healthy dish (see guide for healthy snack ideas and recipes).
- See you on (day) at (time)!





**Session Objective:**

- Initiate group feedback loop
- Social integration
- Potluck

**Preparation:**

- Provide chairs and weights for all participants.
- Remind participants to bring water and a regular-sized bath towel.

**Session Outline:**

- Quick review of tracking forms (two minutes). Is everyone keeping up with these?
- Warm up (five minutes): discuss progress made toward group goal. Does it need to be modified? What plan of action needs to be put in place to achieve overall group goal?
- Complete full-body routine (45 minutes) with two counts up, four counts down. Go through exercises only once (if time is restricted), since the potluck is at the end of class.
- Cool down (five minutes): Engage in an open discussion about participant's feedback regarding the program so far. Ask if they are getting out of it what they were hoping to, and are they enjoying it? Are there any suggestions?
- Homework and reminders

**Group Activity:** *Potluck*

- Enjoy a group potluck following class completion. This event encourages socialization outside of class since building relationships enhances the exercise environment and increases participation and attendance.

**Homework and Reminders**

- Our goal is to \_\_\_\_\_.
- Be sure to use your tracking sheet all week so we can talk about our progress next week.
- Encourage participants to keep working toward goals, and if they are having feelings of doubt or defeat, emphasize the importance and benefits of the phone tree.
- We encourage a 30-minute walk and a full-body PA workout.
- See you on (day) at (time)!

## HEALTHY SNACKS



### Banana Boats

Leaving the banana in the peel, cut banana in half, lengthwise. Fill with your choice of raisins, nut butter, coconut, berries, nuts, etc. Wrap in foil and heat in the oven at 375° for 15 minutes.



### Apple Cookies

Remove core and slice. Add a thin layer of nut butter and top with shredded coconut, berries, nuts, raisins, and dark chocolate chips.



### Ants on a Log

Fill a celery stick with a nut butter, LOW FAT cream cheese, hummus, or guacamole and then top with raisins, nuts, olives, diced veggies or fruits, etc.!



### Greek Yogurt Bowls

Take four ounces of low fat Greek yogurt and add in your favorite mix-ins such as fruits (fresh, dried, or frozen), nuts, oatmeal, granola, chia seeds, etc. Be creative!

**Session Objective:**

- Develop a sense of confidence through rotating leaders

**Preparation:**

- Provide chairs and weights for all participants.
- Remind participants to bring water and a regular-sized bath towel.

**Session Outline:**

- Warm-up (five minutes): open discussion of group goal and tracking forms while engaging in a full body warm-up of instructor's choice.
- Complete full-body routine (45 minutes): **Group Activity** (see below) and remind each participant leader to verbally communicate the count of two counts up, four counts down.
- Cool down (five minutes): Share words of encouragement as participants took on a huge role of class leaders today.
- Homework and reminders

**Group Activity: / Lead**

- Instructor should lead the group through both sets of wide leg squats and encourage one participant at a time to lead the next exercise (both sets). Team leading is voluntary but recommended.
- Remind participants to count out loud for each rep, encourage other group members, and share words of motivation and inspiration.
- The goal is to build self-confidence and self-awareness of progress made, and having participants lead the team will give them a different, and hopefully positive, perspective of the program. They should feel a great sense of group cohesiveness and build self-efficacy.
- Note: There are no discussion points for this session since participants are leading the exercises while counting out loud.

**Homework and Reminders:**

- Our goal is to \_\_\_\_\_ and we have come so far!
- Be sure to use your tracking sheet all week so we can talk about our progress next week.
- Try increasing the number of minutes walked by setting achievable goals for the week.
- Emphasize the importance of sticking to the routine and using community resources to engage in PA.
- Ask participants to begin thinking about how their PA habits and F/V consumption has changed throughout the length of this program.
- Discussion about changes each participant has made in the next session.
- See you on (day) at (time)!

## SESSION 10

### **Session Objective:**

- Group sharing: What physical activity and fruit and vegetable consumption changes have been made? What changes would they still like to make?

### **Preparation:**

- Provide chairs and weights for each participant.
- Remind participants to bring water and a regular-sized bath towel.

### **Session Outline:**

- Warm up (five minutes): brief overview of tracking forms and discussion of goal progress (group and individual goals) while engaging in a full-body warm-up of choice. We will be revisiting goals next session.
- Full-body routine (45 minutes) with two counts up, four counts down and **Group Activity** (see below)
- Cool down (five minutes)
- Homework and reminders

### **Group Activity:** *Topic Question Discussion*

- Complete during exercises and facilitated by the instructor, start by sharing an answer to one of the topic questions below. Then, the person on the right shares a voluntary answer to the same topic area while everyone continues the full body exercise routine. Once the last person responds, the instructor should introduce the next topic question and provide an answer.

### **Topic Questions:**

- What are your current patterns of physical activity and fruit and vegetable consumption? Have there been increases or improvements in physical activity and fruit and vegetable consumption?
- Has your engagement in PA inspired others around them?
- What changes would you like to see yourselves make?

### **Homework and Reminders:**

- Our goal is to \_\_\_\_\_.
- Remind the class to warm-up and cool down before participating in physical activity outside of class.
- Continue using the tracking sheet and working towards the group and individual goals as we will be discussing goals and weight selections next week.
- Reminder: participants should be doing a full body physical workout and increasing minutes walked each week.
- See you on (day) at (time)!

**Session Objective:**

- Revisit group and individual goal setting
- Discuss gradually increasing weights

**Preparation:**

- Provide chairs and weights for all participants.
- Print *I Can, I Will, I Must* cards.
- Remind participants to bring water and a regular-sized bath towel.

**Session Outline:**

- Brief oral discussion about tracking sheets
- Warm up (five minutes): Have an open discussion about the importance of gradually increasing weights in a slow and safe manner when doing physical activity.
- Full-body routine (45 minutes) with two counts up, four counts down and **Group Activity** (see below)
- Cool down (five minutes): Remind the group that it is acceptable and encouraged to change goals. If they are maintaining, or increasing physical activity and fruit and vegetable consumption, they are winning!
- Homework and reminders

**Group Activity: *Goals and Goal Setting***

- Ask participants to think back to their first *I Can, I Will, I Must* card.
- Beginning with the instructor, read and answer question one. Encourage the group to also answer, and once everyone has done so, move on to the next question, etc.
  1. What were/are your short-and long-term goals?
  2. Have your short-term goals made reaching your long-term goals easier or more feasible?
  3. Would you like to or do you need to change your goals? Did you reach too high or did you not challenge and push yourself enough?
  4. Has achieving your short-term goals impacted the overall group goal?
  5. What plan of action steps need to be taken individually and as a group to achieve the group goal? The aim is to encourage group motivation and support, so remind the group that it is okay to change or alter goals, as changing them helps participants stay on track.

**Homework and Reminders:**

- Have the group fill out a new *I Can, I Will, I Must* card and compare it with their original one to show them how far they have come.
- Reminder: participants should be doing a full body physical workout and increasing minutes walked each week.
- See you on (day) at (time)!

## SESSION 12

### Session Objective:

- Transition into long-term behavior change

### Preparation:

- Provide chairs and weights for each participant.
- Remind participants to bring water and a regular-sized bath towel.

### Session Outline:

- Warm-up (five minutes). Quickly discuss tracking sheets and goals. Encourage participants to engage in conversations among each other during a full-body warm-up of instructor's choice.
- Full body routine (45 minutes) with two counts up, four counts down and **Group Activity** (see below). Once the team leader completes the first exercise as an example, have the participants act as team leaders. Change leaders for each exercise to give everyone a few chances to lead the group to build cohesiveness and leadership.
- Cool down (five minutes)
- Homework and reminders

### Group Activity: *What's Next: Activity Timeline* (recall from session 3)

- Instructor begins and then asks for volunteers to start by sharing an answer to one of the topic areas (below) while doing the exercises. Next, the person to the right shares an answer (voluntarily), and once everyone answers, the instructor moves on to the next question.  
*Example:* Francis starts by saying; "I have been staying physically active by walking around the neighborhood with my husband for 30 minutes two times a week." This group activity can be done throughout the warm up and the workout if needed.

### Topic Areas and Questions: Everyone should be able to complete this group activity standing.

1. What and who motivates you to stay physically active (e.g., family, friends, career, personal, health, etc.)?
2. How have you been keeping up with physical activity outside of the sessions?
3. What are some activities that have or could be done as physical activity?
4. List examples of integrating other physical activities into your daily life.
5. How do you plan on keeping physically active outside of this program?

### Homework and Reminders

- Our goal is to \_\_\_\_\_, and we have come \_\_\_\_ (how far) already.
- Remind participants to consciously think of how their physical activity and fruit and vegetable consumption has changed and will keep changing as the sessions continue to progress.
- We encourage increasing walking minutes and completing an additional full body workout.
- Continue updating and keeping track of physical activity and fruit and vegetable consumption on tracking sheet.
- See you on (day) at (time)!



**Session Objective:**

- What to do when LIFT ends?
- Description of motivators for long-term health behaviors and changes

**Preparation:**

- Provide chairs and weights for each participant.
- Remind participants to bring water and a regular-sized bath towel.

**Session Outline:**

- Warm up (five minutes). Discuss tracking sheets. Is everyone still finding them useful? Open discussion during a full-body warmup of facilitators' choice.
- Full body routine (45 minutes) with two counts up, four counts down and **Group Activity** (see below)
- Cool down (five minutes): Ask the group to find a partner and commit to the phone tree this week. This develops a role for the individual calling and builds a sense of accountability for the individual receiving the call.
- Homework and reminders

**Group Activity:** *Relay for Life: Accountability*

- Instructor should start by asking volunteers to answer topic question number one. Instructor should then ask topic question two. If anyone responds with interest in continuing or leading LIFT, ask them to stay after class and discuss options for getting a group together. Continue with topic question three.

**Options for participants interested in continuing or leading LIFT**

- Attend a LIFT training hosted by PARCI lab. Provide participants with details about the training and direct them to a member of the PARCI lab to attend a training.
- If there are a lack of resources and facilities within your county, provide them with the Shared Use Agreement document located in Participant Materials and explain to them the importance and utility of a shared use agreement.

**Topic Questions:**

1. How do you plan on staying accountable for your own physical activity once the in-person sessions are complete?
2. Does anyone have interest in continuing LIFT or leading a LIFT group once this class ends?
3. How do you plan on continuing to consume fruit and vegetables once LIFT ends? Will you still use your tracking sheets?

**Homework and Reminders:**

- Our goal is to \_\_\_\_\_.
- Remind them that staying active will enable them to live independently longer.
- We encourage a 30 minute (or longer) walk and at least one full body workout weekly.
- Try incorporating an additional 30-minute walk into the week **in addition** to your regular physical activity.
- Don't forget the phone tree. We will discuss this assignment at the beginning of the next session.
- See you on (day) at (time)!

## SESSION 14

### **Session Objective:**

- Establish long-term coping and action plans.

### **Preparation:**

- Provide chairs and weights for each participant.
- Provide resistance bands for warm up.
- Remind participants to bring water and a regular-sized bath towel.

### **Session Outline:**

- Discuss tracking sheets. Is everyone staying on track by keeping them updated?
- Warm up (five minutes)
- Full body routine (45 minutes) with two counts up, four counts down and **Group Activity** (see below)
- Cool down (five minutes): How did everyone do with the homework assignment from last session? Did they use the phone tree drill and keep up with their PA?
- Homework and reminders

### **Group Activity:** *Topic Area Questions (next page; instructor begins game)*

- Instructor should start by sharing an answer to one of the topic questions and then asking someone else to answer the same question. Next, that person responds and asks someone else to share. Once the last person answers, the instructor introduces the next question and repeats the process. Having them call on each other will build a sense of bonding and unity.

### **Homework and Reminders:**

- Our goal is to \_\_\_\_\_.
- We encourage two 30-minute walks and a full-body weekly workout.
- Reminder to keep up with tracking forms.
- See you on (day) at (time)!

### Topic Area Questions:

- **When the program ends, how will you continue physical activity and F/V consumption (e.g., no meat Mondays, no treat Tuesdays, etc.)?**
- **Will the group set up times/days to get together on their own?**
- **How will you cope or change behavior if you find yourself off track?**
- **Who will you reach out to for support in your goals?**
- **Will you continue to meet up with other LIFT members once the sessions have ended, or will you find other resources?**



## SESSION 15

### **Session Objective:**

- Recognition of group member contributions

### **Preparation:**

- Provide chairs (place in a circle) and weights for all participants.
- Print healthy recipes to distribute for next week's potluck if more are needed.
- Remind participants to bring water and a regular-sized bath towel.

### **Session Outline:**

- Warm up (five minutes): brief discussion of tracking forms. Remind everyone this is the last week and the second-to-last in-person session, and there is only one more week to reach the group goal.
- Full-body routine (45 minutes) with two counts up, four counts down, allowing participants to lead exercises while completing **Group Activity** (see below).
- Cool down (five minutes): Discuss and reiterate **Nutrition Basics** talking points (next page).
- Homework and reminders

### **Group activity:** *Superlative Simon Says*

- While doing the exercises, have the group nominate themselves, or other members, who best fit the superlative category (see below). Begin with the first nominee, and once all members have been nominated, move on to the next category. There is no minimum or maximum number of nominees!

### **Superlative Categories:**

- Most enthusiastic!
- Most encouraging!
- Most physically active!
- Enjoys sessions the most!
- Always has a smile!
- First one to volunteer!
- Always does their homework!
- Never missed a session!

**Nutrition Basics:**

Are you making a conscious effort to:

1. Consume at least two cups of fruits and two and a half cups of vegetables every day?  
*Ask about their favorite fruits and vegetables based on seasons (e.g., corn and zucchini in summer versus kale and Brussels sprouts in fall/winter).*
2. Control portion sizes? Refer to the serving size guide provided in the first couple of weeks of LIFT.

**Homework and Reminders:**

- Our goal is to \_\_\_\_\_.
- We encourage two 30-minute walks and a full-body weekly workout.
- Remind them to keep up with tracking forms.
- To encourage social interaction, plan for a second-month completion potluck and ask everyone to bring a healthy dish (see page 38 for healthy snack ideas and recipes).
- See you on (day) at (time) for our last in-person session!



## SESSION 16

### **Session Objective:**

- Celebration of completion
- Acknowledge achieving group goal, individual goals, and completion of in-person sessions.

### **Preparation:**

- Provide chairs and weights for each participant.
- Print certificates, additional tracking sheets, and post-program surveys.
- Remind participants to continue engaging in physical activity and making healthy snack choices (increase fruit and vegetable consumption).

### **Session Outline:**

- Turn in tracking sheets; ask if they were useful and if they kept up with them on a consistent basis. Pass out additional copies if participants would like them.
- Warm up (five minutes): Open discussion of individual goals. Did everyone get what they wanted out of the in-person session? Were the goal setting cards beneficial?
- Full-body routine (45 minutes) with two counts up, four counts down. Allow class members to lead an exercise. Discuss group goals during the workout. Was the overall goal achieved? Is everyone satisfied with the progress and performance of the group?
- Cool down (five minutes)
- Homework and reminders

### **Group Activity:** *Potluck!*

### **Homework/Reminders:**

- Our goal was to \_\_\_\_\_ and we SUCCEEDED!
- Remind them that staying active will enable them to live independently longer
- Encourage 30-minute walks and multiple full-body workouts throughout the week.
- Keep up with tracking sheets and utilize them as an every day tool for working toward short- and long-term goals.
- Pass out a final *I Can, I Will, I Must* card.
- Encourage participants to set new short-term goals to help them reach long-term goals.
- Continue using the phone tree method to aid in staying accountable for physical activity and fruit and vegetable consumption.



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