

# Walk this Way

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**Who:** Postpartum Women

**Why:** Many postpartum women want to lose the excess weight gained during pregnancy

**Time:** 20 minutes

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**Objectives:** By the end of this session, participants will:

- Understand the benefits of walking
- Understand how to increase walking gradually
- Identify walking groups that exist in the community

## Lesson

**Overview:**

1. Introduction
2. Concept: Walking Offers Many Health Benefits
3. Concept: Increasing Walking Activity can be Easy
4. Concept: Walking Groups
5. Closing

**Materials:** Handouts: “Love Shoes?”, “Shoes Were Made for Walking”, “It’s Easy to Walk with a Friend”  
Pedometers  
Ball  
Dry-Erase Board or Flip Chart  
Markers

## Introduction

- Welcome Participants
- Give overview of class session
- Introductions

**Example:** “Good morning everybody! Welcome to Walk this Way. This class talks about walking as a way be healthy. The class is about 20 minutes long and we will use this time to share some ideas about walking. Let’s introduce ourselves. I’m going to use this ball to help us with introductions. I will pass the ball around and when you get it say your name and what is your favorite TV show of all times. I’ll start: my name is \_\_\_\_\_ and my favorite TV show is \_\_\_\_\_ (pass the ball)”

👉 If preferred another icebreaker can be used



**TIP:** Use introductions as an icebreaker. Throw a silly question out there that is not related to the subject that you will be talking about. People will laugh and relax and this will increase class participation. Some examples of questions you can use are: “if you were ice cream, what flavor you would be?”, “what is your favorite movie?”, “if you could have any super-power, what power would you chose?”

## Concept: Walking Offers Many Health Benefits

- **Essential Questions:**
  - “What kind of health benefits do you think that walking offers to you?”
  - “Which one of these benefits do you like the most? Why?”

- **Affirm answers from participants (i.e. “yes”, “that is very true”, “that’s a good one”, etc)**
- **Write answers on dry-erase board or flip chart**



#### **FACTS ABOUT WALKING:**

Walking offers many health benefits. It also is a very affordable and easy way to exercise and keep fit. Some of the health benefits of walking are: decreasing risk of heart attack, boosting good cholesterol, reducing risk of breast cancer, controlling blood pressure, reducing risk of type 2 diabetes, lowering risk of stroke, weight management, lowering stress and improving mood. (All of these health benefits can be found in the handout “Love Shoes?”)

- **Ask open-ended question:**
  - “What kind of health benefits do you think that walking offers to you?”
- **Be sure to include some of the well documented health benefits of walking in the list you wrote on the dry-erase board or flip chart**
- **Ask open-ended question to participants:**
  - “Which one of these do you like the most?”
- **Put check marks next to the ones selected**
- **Mention the one that was the most popular selection**
  - **Example:** “it looks like weight loss is by far the benefit that most of us like!...and look at all the benefits that walking gives to us!...but how much walking do you think the average American does in one day?”

### **Concept: Increasing Walking Activity Can be Easy**

- **Essential Questions:**
  - “How much do you think the average American walks every day?”
  - “How much walking do you think is recommended to stay healthy?”
- **Listen and affirm participants answers about how many steps the average American walks a day**
- **State how much is the actual number**
  - **Example:** “well, actually the average American walks 3,000-5,000 steps a day”
- **Ask open-ended question:**
  - “How much walking do you think is recommended?”
- **Listen and affirm participants answers**
- **State how much is actually recommended**
  - **Example**” “you guys were close, but it is recommended to walk 10,000 steps a day to stay healthy”



#### **FACTS ABOUT WALKING:**

The average American walks 3,000 - 5,000 steps a day. Current research shows that 10,000 steps a day are enough to get all the benefits of walking. An individual should walk 12,000 – 15,000 steps a day to achieve substantial weight loss

- **State that most of us need to increase our walking**
- **Show pedometer and explain how to use**
- **Talk about counting steps and setting a goal of increasing a little bit each week until we reach our target**
- **Example** “most of us probably are not meeting our 10,000 steps goal. This is a step counter or pedometer (show). This is used to keep track of each step we take each day. You clip it to your waistband or belt near your hip bone and it will keep track of your steps. So, let’s say that you wear it one day and you realize that you only walked 1,500 steps. You can set your own goal and try to walk 1,700 steps the next day. You can increase it as much or as little as you want. Here

is a sheet (distribute "Shoes Were Made for Walking") that shows an example of a walking program you can try. And each of you can take a pedometer (distribute pedometers) to keep track of your steps and try and increase your walking"



#### **FACTS ABOUT WALKING:**

Pedometers only work properly when placed on a belt or waist band in line with the center of the thigh. If they are not placed correctly they will not keep track of the steps taken which can be very discouraging for a person that has been trying to increase their walking

### **Concept: Walking Groups**

- **Essential Questions:**
  - "Do you think that it would be easy for you to get a walking buddy?"
  - "What kind of obstacles do you think could keep you from walking?"
- **Identify barriers to walking**
- **Suggest walking groups as a possible way of eliminating some of those barriers**
- **Distribute handout "It is Easier to Walk with a Friend"**
- **Example:** "I think we all know walking is good for us. Why do you think we don't walk more? (listen to answers and affirm)...you know? I think that accountability is very important too, if we had a walking buddy that is waiting for us to go walk with them we would be more likely to go and walk, don't you think?...that is why I have this list of walking groups available (distribute "It is Easier to walk with a Friend" handout)...we have two groups right here in town...what do you guys think about these?"



**TIP:** All the walking groups in the "It is Easier to Walk with a Friend" handout are free and are in many locations throughout the State of Nevada.

### **Closing**

- **Ask participants if they found the information about walking and walking groups helpful**
- **Ask if they have any questions**
- **Thank them for attending the class**
- **Example:** "what did you think about the walking groups?...do you think some of the information we covered is helpful?...any one has any questions about walking or walking groups?...it was really great having you here, thank you very much for your participation in class. I look forward to seeing you again!"