



Healthy Living Peer Leader Training Manual

June 2010

Prepared by Karrie Cumming, Michelle McGray and Joy Walker



Prepared with funding from the Ministry of Health Promotion.

Background

The Healthy Living Peer Leader Project was created by Guelph CHC in partnership with the Onward Willow and Brant Avenue Neighbourhood Groups. The project is also being supported by a grant from the Ontario Ministry of Health Promotion.

Guelph CHC is committed to working with our community to provide access to health programs and services and to create opportunities for people to improve their well-being. We would like to welcome you to the Healthy Living Peer Leader Project and thank you for your participation!

This manual contains information and guidelines for the Healthy Living Peer Leader Project. Sections of this manual have been adapted from other peer manuals. Special thanks to Susan Bird and the Hamilton Family Health Team for providing permission to use and adapt the Hamilton Diabetes and Depression Primary Care Peer Support Program peer leader manual. We also appreciate the assistance of Susan Roach from the Haldimand-Norfolk Resource Centre for providing permission to adapt the Active Buddy Training Program peer program manual.

When you see the title of a resource **UNDERLINED, BOLDED, AND IN CAPITALS** it means it is included with this package. Refer to it for valuable information. You may also contact Guelph CHC for additional information or resources.

Guelph CHC
76 Wyndham Street North, Guelph, ON, N1H 8N9
(519)821-6638
info@guelphchc.ca
www.guelphchc.ca

Chronic Diseases

Overview of Chronic Diseases

Chronic diseases are diseases that generally last a long time and slowly get worse. Chronic diseases are the major cause of disability and death in the world. Some examples include: ⁱ

- cardiovascular diseases (heart disease and stroke)
- cancer
- chronic respiratory diseases
- diabetes

The causes (also called risk factors) of many chronic diseases are well known. A small set of common risk factors are responsible for most of the main chronic diseases. They include: ⁱⁱ

- unhealthy diet
- physical inactivity
- tobacco use

Substance misuse and poor mental health can also affect your ability to choose health-promoting behaviours.

The most important thing to note about these risk factors is that they are all things you can **change** about your lifestyle. In these training sessions, you will learn how physical activity and healthy eating can help reduce chronic diseases. We will give you the basic skills and knowledge to help increase physical activity levels in your community and to help others make healthy eating choices. The following diagrams show the relationship between risk factors and your health.

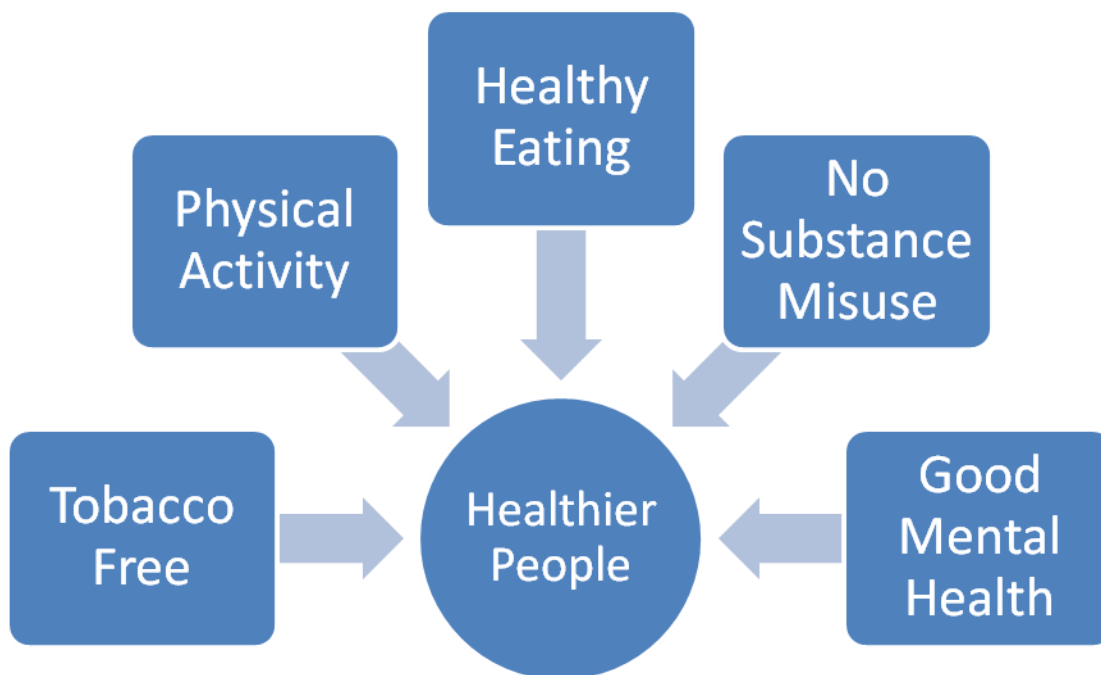
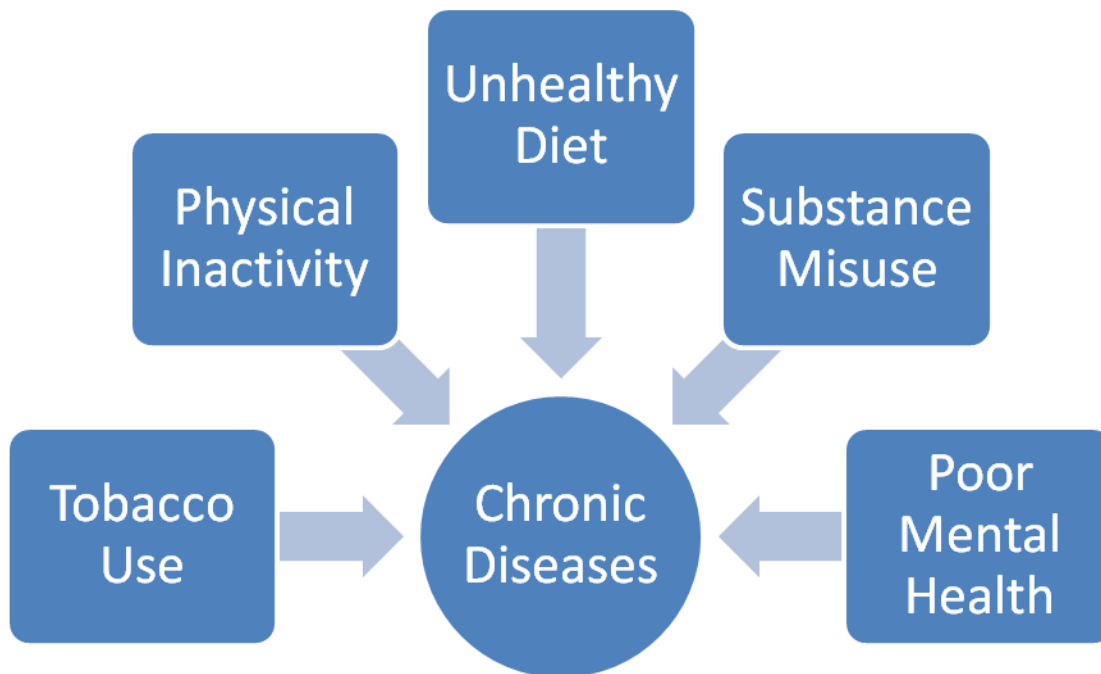


Figure 1: Chronic Disease Risk Factors

Becoming A Healthy Living Peer Leader

Job Description

To become a volunteer peer leader, you must first attend three full-day training sessions:

- physical activity training (June 5th)
- healthy eating and group facilitation training June (12th)
- first aid & CPR (June 19th)

After you have successfully completed the training, Guelph CHC staff will work with you to match you with opportunities in the community to be a peer leader. You will be expected to:

- lead healthy living activities within the community
- keep track of activities completed
- attend follow up meetings and training with Guelph CHC staff as needed

Keeping track of the activities you do as a peer leader will allow Guelph CHC to measure how successful the program is. You will be using a **CONTACT LOG** to record your information. You'll be expected to keep it up-to-date and bring it to your monthly meetings.

Your ongoing time commitment will be about one hour per week, plus a one hour monthly meeting with Guelph CHC staff and other peer leaders. We ask that volunteers commit to at least one year of volunteering after completing the training.

Your supervisor will be Karrie Cumming, Health Promoter and Program Coordinator. If you need support to solve an issue related to this project please contact her at (519) 821-6638 X 303 or kcumming@guelphchc.ca.

Examples of Peer Leader Activities

These training sessions will give you the knowledge and tools to do one-to-one mentoring or lead group programs on the topics of physical activity and healthy eating.

One-to-one mentoring happens when a peer leader is connected with a community member to share knowledge and lend support. The person you are assigned to help is called your "match". Please refer to the tip sheet **BUILDING POSITIVE MENTORING RELATIONSHIPS** for more information.

Examples of mentoring activities include:

- connecting your match with programs and services within the community

- helping your match fill out subsidy forms
- going to a walking group with your match
- providing support and encouragement to your match as they become more physically active and start to eat healthier
- sharing healthy eating tips

Group activities can provide lots of fun and can be a way to socialize with others who are interested in healthy eating and being active. Examples of group activities you could do as a peer leader include:

- leading a DVD exercise class
- leading a walking group
- assisting Guelph CHC staff with healthy living presentations
- sharing healthy eating tips with community members at exercise groups

Please refer to the tip sheets **HOW TO LEAD A DVD EXERCISE CLASS** and **HOW TO LEAD A WALKING GROUP** for ideas on leading group activities.

Throughout the training we will brainstorm peer leader activities you would like to see happen in your community. Due to limited capacity we will not be able to do all the activities suggested, but we will prioritize them as a group. Guelph CHC staff will help organize and promote the activities.

Limits of a Peer Leader

As a peer leader, you must be aware of your limits. Your role will be to share the information you learn from the training sessions with others. You are not a health care professional, and your contact with community members will not take the place of visits to their family doctor, nurse practitioner or other health care professionals (such as their physiotherapist, kinesiologist or registered dietitian). It will not be your job to provide direct health care, or any advice about medications.ⁱⁱⁱ The Healthy Living Leadership Program and Guelph CHC cannot be liable for you or any community members you are working with if you act outside of your role as a volunteer.

If an issue ever comes up that is outside of what you learned, tell a Guelph CHC staff member. They will arrange additional support or referral to other services.

Setting Boundaries ^{iv}

Boundaries are limits that you set on the relationships you develop. Setting boundaries as a peer leader will help make expectations clear for both you and community members. Here are some guidelines to follow:

- It is okay to talk about your personal life a little bit but try to have a balance between talking and listening.
- If don't know the answer to a question, it's okay. Make note of the question in your **CONTACT LOG** and offer to get back to the person. If you need help finding the answer, call Karrie Cumming, Program Coordinator.
- You may think it is okay to gently touch someone's hand or shoulder, but not everyone is comfortable with this. Ask if it is okay, or to be safe, do not touch at all. During your volunteer time, you should not start a romantic relationship with your match or a member of their family.
- A small token of appreciation may be okay, but giving your match a gift may make it seem that something is expected in return. If you really want to give a gift, keep it small (a card, a cup of tea, or something homemade).

Volunteering with Guelph CHC

As a peer leader you are working as a volunteer for Guelph CHC. You must have attended a volunteer orientation session and completed all of the required paperwork and a criminal record check before you can work as a peer leader.

As you begin projects and activities in the community, there are certain rules that you must follow as a volunteer of Guelph CHC. To protect everyone's safety:

- All peer leaders and community members must fill out a **GUELPH CHC PHYSICAL ACTIVITY QUESTIONNAIRE** before starting any physical activity.
- All meetings and activities must take place in a public location approved by Guelph CHC.
- You must keep a record of all your meetings and activities.
- Do not transport people you are working with.
- Only give advice based on the information you learned in your trainings.
- Only administer first aid that you have learned through a certification course.
- Tell a Guelph CHC staff member immediately if you have any problems.
- Know your responsibilities for reporting suspect child abuse.

As a peer leader you are a role model to others in your community. You must always be aware that how you act and what you say will reflect upon Guelph CHC and the project.

Confidentiality^v

All information discussed between a peer leader and any community member should be kept confidential. It should not be shared with anyone else. Confidential information is that which is meant for one person (or group of people) and no one else. Confidential information may include:

- a community member's name
- a community member's address or contact information
- conversations between you and a community member
- a community member's medical information

When it comes to dealing with issues related to confidentiality, remember the ABC's:

- "A"** **Act in a way that shows you respect your match.**
You can do this by keeping their information private. For example do not tell others the community member's name or information that would reveal their identity.
- "B"** **Be accountable for what you say.**
Ask yourself if what you are telling others is public knowledge. When you stick to your principles and respect others, you show integrity. When people feel respected and safe, a trusting relationship develops.
- "C"** **Cannot promise to keep their secret.**
If a community member reveals information about someone being hurt, you must inform the Program Coordinator, Karrie Cumming. It is your duty to report any information about a community member who is being physically, emotionally, or sexually hurt, is threatening to hurt themselves or someone else, or is in an abusive situation.

Disclosure of Abuse^{vi}

Abuse can take many forms. Abuse can be physical, sexual, emotional, or it can be through neglect. If any of these issues are raised by a community member you are working with:

- Listen to them and let them talk. Let them know that what they have shared is important and that you believe them.
- Tell them that their safety is important. Encourage them to speak to a counsellor or their family doctor to get help. Offer to help them make the call.

- Share the **WELLINGTON-DUFFERIN MENTAL HEALTH RESOURCES: OPEN MIND** pamphlet with them. It has phone numbers for crisis management, abuse and distress hotlines, and women's shelters. Offer to help them make the call.
- Tell the program coordinator immediately.
- Do not do anything that could put your own safety at risk.

Child Abuse^{vii}

If you notice anything in your work as a peer leader that suggests a child is involved in an abusive situation, you have legal responsibilities. This includes a child who is witnessing the abuse of another person in their home. If a child is being harmed in any way, you must:

- Report the situation to Family and Children's Services of Guelph and Wellington County at (519) 824-2410 or 1 (800) 265-8300. This is not a choice, it's the law.
- Complete **GUELPH CHC's SUSPECTED CHILD ABUSE REPORT**.
- Tell the Program Coordinator, Karrie Cumming (519) 821-6638 X 303.

For more information please read these resources from Family and Children's Services: **CHILD ABUSE, WHEN TO CALL, WHAT IF A CHILD TALKS TO ME ABOUT ABUSE, WHAT HAPPENS AFTER I CALL F&CS**, and **WORKING WITH OUR COMMUNITY**.

Physical Activity

Why is Physical Activity Important?

Being active is very important to our health and wellbeing. We need to be active in order to prevent chronic diseases. Unfortunately, our modern culture has made it very easy for us to sit a lot! We have vehicles to take us from place to place, we play video games and we work, shop and visit with friends all while seated at computers. Health Canada notes that physical inactivity is as dangerous to our health as smoking^{viii}.

Local Statistics

Many Canadians are not getting enough physical activity in their lives to keep them healthy. Consider the following:

- 52% of Canadians are inactive.^{ix}
- 60% of Guelph & Wellington County adult residents do not accumulate enough moderate to vigorous physical activity.^x
- In 2008, 17% of the residents in Wellington, Dufferin and Guelph were considered obese.^{xi}
- Only 8% of WDG residents bike or walk to work^{xii}
- In Canada, our time spent playing video games is among the highest in the world.^{xiii}

These statistics show the need for peer leaders like yourself to get involved with your community and help raise physical activity levels!

Benefits of Physical Activity

Physical activity is good for adults, children and communities. The benefits of regular physical activity include:

- reduced risk of chronic diseases such as heart disease, obesity, high blood pressure, diabetes, osteoporosis, stroke, depression and cancer
- improved fitness
- better posture and balance
- better self esteem
- weight management
- stronger muscles and bones
- increased energy
- improved relaxation and reduced stress

- continued independent living in later life^{xiv}

Taking part in organized sports has also been linked to higher vocabulary, better communication skills, and improved number knowledge. This is particularly true for children in low-income families.^{xv}

The quote below helps us to understand the powerful benefits of being active:

“If exercise could be packaged into a pill it would be the single most widely prescribed and beneficial medication in the nation.”

- Dr. Robert Butler

Mental Health and Physical Activity

We often focus on the physical benefits of activity, like maintaining a healthy weight. However, there is definitely a positive link between the mind and the body. There is a connection between mental health and physical activity. Physical activity can have a positive impact on your mental health. Physical activity has been reported to help improve symptoms of depression and anxiety, as well as low self-esteem and social withdrawal^{xvi}. Physical activity can help you feel more energetic, increase relaxation and reduce stress^{xvii}.

According to the Canadian Mental Health Association, physical activity is starting to become part of the prescription for the treatment of depression and anxiety^{xviii}. Physical activity alone is not a cure all for mental health issues, but many people find it helpful as a self-help strategy or as added benefit to other treatments they are receiving^{xix}.

FITT Principles

Common questions when we start an activity are, “how much is enough?”, “how many days per week?”, and “what type of activities are best?”. An interesting way to learn about some of the answers to these questions is using the acronym “FITT”.^{xx}

F = Frequency
I = Intensity
T = Time
T = Type

The information in this section explains what is considered ideal. A person’s current activity level and health status will help determine their starting point. If you are working with a community member who is new to exercise, begin slowly and use caution^{xxi}. It is better to start gently than to overdo it and risk of injury or discourage someone. By starting out cautiously,

there is a better chance that the new exerciser will feel a sense of accomplishment and be more willing to build up to more challenging activities. Encourage new exercisers to do a little bit the first few sessions and see how they feel. If they are tired or sore, they may want to slow down. If they feel great, they can change one of the FITT principles in order to stay challenged and to continue to receive health benefits^{xxii}. Even if a non-exerciser starts with a low level of exercise they may still feel a little bit of muscle soreness or tightness the day after. This is normal when starting something new. Some stretching or a warm bath or shower should help.

Frequency

Frequency answers the question “How often should I exercise?”. Ideally we would be active every day!^{xxiii} However, this is difficult when you are just beginning. So, if you are new to exercise begin at 3 times per week, or whatever you can manage.

Intensity

Intensity answers the question “How hard should I exert myself?”. To enjoy physical activity, your level of intensity should match your fitness level. Activity does not have to be strenuous and painful to achieve health benefits. Increases to intensity should be done very gradually to prevent injury.

Ways to monitor your intensity include^{xxiv}:

- Breathing rate (how fast or how hard are you breathing).
- Talk test (your ability to carry on a conversation while exercising).
- Body temperature and sweat (how warm you are and how much are you sweating).
- Rate of perceived exertion (how hard feel you are working, measured on a scale of 1-10).
- Heart rate (how frequently your heart is beating).

You can use your index and middle fingers on your neck or your wrist to find your pulse. Count the number of beats within 10 seconds and multiply by 6 to determine your heart rate in beats per minute. People often wonder what heart rate they should be working at for safety and for health benefits. Here’s a simple way to find your maximum heart rate:

220 – your age = maximum beats per minute
maximum beats per minute X 0.6 = lower exercise level
maximum beats per minute X 0.8 = higher exercise level

Here's an example of this calculation for a 35 year old:

To calculate maximum heart rate:

$$220 - 35 = 185 \text{ beats per minute}$$

To find your lower exercise level:

$$185 \text{ beats per minute} \times 0.6 = 111 \text{ beats per minute}$$

To find your higher exercise level:

$$185 \text{ beats per minute} \times 0.8 = 148 \text{ beats per minute}$$

For more information on finding your target heart rate please refer to the **TARGET HEART RATE** sheet in your binder. The chart below^{xxv} summarizes these different ways to measure intensity of exercise.

Table 1: Intensity Levels

Intensity Rating Factors	Intensity of Effort		
	Light (ie. light waking, volleyball, easy gardening, stretching)	Moderate (ie. brisk walking, biking, raking leaves, swimming, dancing, water aerobics)	Vigorous ie. (aerobics, jogging, hockey, basketball, fast swimming, fast dancing)
Breathing Rate	Slight increase	Deep and regular	Rapid
Talk Test	Carry on a conversation	Can talk from time to time and need to catch your breath	No talking and out of breath
Body Temperature	warm	Warmer and light sweat	Very warm and sweating
Rate of Perceived Exertion (scale of 1- 10, 1 being very little exertion and 10 being maximum exertion)	3-5 on a scale of 10	6-7 on a scale of 10	8-10 on a scale of 10
Percentage of Maximum Heart Rate	55-64%	65-74%	75-90%

Time

Time answers the question “How long should I exercise?” Experts recommend that adults get at least 60 minutes of physical activity each day. Children should get 90 minutes or more. This does not need to happen all at once though. Building physical activity into your daily routine can be easier if you break it down into blocks of 10 minutes or more.^{xxvi}

The time needed for health benefits also depends on the intensity of effort. We need to be active for about 60 minutes if we are doing light effort activities. We need to be active for about 30 – 60 minutes if we are doing moderate effort activities. We need to be active for about 20-30 minutes if we are doing vigorous effort activities.

CANADA’S PHYSICAL ACTIVITY GUIDE has a good diagram to show the relationship between time and intensity of effort.

Type

Your body needs three different types of activities to keep it healthy. They are:

- 1) Endurance^{xxvii}
 - Endurance activities are continuous activities for your heart, lungs and circulatory system.
 - They should be done 4-7 days per week.
 - Examples of endurance activities include; walking, biking, skating, dancing, low impact aerobics.

- 2) Flexibility^{xxviii}
 - Flexibility activities are gentle reaching, bending and stretching activities to keep your muscles relaxed and joints mobile.
 - They should be done 4-7 days per week.
 - Examples of flexibility activities include; yoga, stretching, gardening, T’ai Chi.

- 3) Strength^{xxix}
 - Strength activities are activities done against resistance to strengthen muscles and bones and improve posture.
 - They should be done 2-4 days per week.
 - Examples of strength activities include; weight training, heavy yard work, exercises like ab curls and push ups.

Doing a variety of activities from each group will help you get the most health benefits. Every step counts. Building physical activity into our daily lives is a great way to accumulate the

activity we need. We can be active at home, school, work, play or on the way! For tips on how to build physical activity into our everyday lives please refer to pages 23 – 25 of the **HANDBOOK FOR CANADA’S PHYSICAL ACTIVITY GUIDE.**

Safety

Safety is a very important part of any physical activity. Here are some tips to share with community members:

- Before starting exercise complete a physical activity screening questionnaire.
- If you have not been exercising, do not start off too fast or too hard. If you overdo it, you are likely to end up feeling discouraged and quit. You may also cause strain, pain or injury to yourself.
- Be sure to warm up and cool down for about 5 minutes before and after exercise. Walking is a great warm up and will circulate blood to your muscles. Walking around and stretching will help bring blood back from arm and leg muscles to the rest of your body for a cool down.
- Begin gradually. Set realistic goals when starting out, such as exercising 10 minutes every other day for the first week. Add 5 minutes to your workout time each week until you reach 30 minutes.
- Avoid exercising in very hot or humid weather.
- Drink water before, during and after exercise to keep hydrated.
- Wear comfortable clothing that fits well and is supportive (for example, a good pair of shoes, supportive bra, stretchy, loose fitting clothing).
- Stretching should be done in a slow, controlled way with no bouncing or jerky movements.
- Do not hold your breath or overexert yourself.
- Wear protective equipment. For example if you are going for a bike ride wear a helmet.
- If you are doing intense endurance activities, monitor your heart rate to ensure you are working within a safe level.
- Avoid intense exercise 90 minutes before a meal^{xxx}. This will give your body time to digest food before it redirects energy to exercise. This will make your work out much more comfortable.
- Exercise with a friend and in a well-lit place. Exercising with others may help you feel safer and will also help you stay motivated.

In the “Intensity” section we discussed normal responses to physical activity. They included things like increased breathing rate, heart rate and body temperature. It is normal to feel some initial discomfort when starting a new exercise program. Minor aches and pains should pass as you grow in strength and endurance. See your health care provider if pain seems excessive or lasts more than a few days.

Some things that are not considered normal responses to physical activity include:

- the inability to talk or breath
- pain
- dizziness
- muscle cramping
- nausea
- numbness
- a heart beat that is too fast or uneven
- pain in the chest or down the arm
- swelling beyond what is normal for you (ie. sprained ankle)

Anyone experiencing any of these symptoms should stop exercising immediately and rest. Follow emergency procedures as explained in the Emergency First Aid and CPR course. If emergency medical procedures were needed please call Karrie Cumming.

Physical Activity Screening Questionnaire

Physical activity is fun, healthy and very safe for most people. But for some people physical activity may put them at risk of injury or illness. For this reason, each peer leader and every community member must complete a **GUELPH CHC PHYSICAL ACTIVITY QUESTIONNAIRE**. It is a tool that can help to determine whether there are concerns that should be reviewed by a health care provider before activity is started or increased. If the individual answers “yes” to any of the questions, you should recommend that they contact their health care provider before any new or additional physical activity is begun.

It is also recommended to delay being active if you are not feeling well because of a temporary illness such as a cold or a fever^{xxxii}. In addition, anyone who may be pregnant should also consult their health care provider before becoming more active^{xxxii}.

The **GUELPH CHC PHYSICAL ACTIVITY QUESTIONNAIRE** contains personal information. Completed forms should be kept confidential and returned to Karrie Cumming as soon as possible.

Motivation and Overcoming Barriers

There are many factors that motivate people to participate in physical activity. The main ones are to gain health benefits, for enjoyment or pleasure and for self-image^{xxxiii}.

Health Benefits^{xxxiv}

Earlier in the manual we described the many health benefits that can be gained by being physically active. Some of these benefits include increased energy, improved fitness, weight management, better posture and balance, better self esteem, weight management, stronger muscles and bones, increased energy, improved relaxation, reduced stress and continued independent living in later life.

The desire to achieve health benefits is a great motivator for becoming active. People may come to this decision in many different ways. Sometimes people are motivated by the advice of their health care provider, or by reassessing their lifestyle after a serious illness or the death of a loved one. Others are inspired by watching someone they know lead a positive example.

Enjoyment or Pleasure^{xxxv}

While health benefits are often a big motivator to begin physical activity, chances are that the new routine will not last if the activity is not fun and enjoyable.

People have a greater chance of sticking with activity if they experience the 5 C's for activity enjoyment:

- 1) Competence – they feel good about themselves while doing it.
- 2) Challenge - they feel that their skills meet those needed to do the activity well.
- 3) Control - they feel they are in control of the activity.
- 4) Choice - they have a variety of activities to choose from. ^{xxxvi}
- 5) Commitment – by making sure the first 4 C's are in place they can develop a commitment to leading an active lifestyle.

Self Image^{xxxvii}

The desire for a slim or muscular body may motivate some people to begin being physically active. Although this can be positive, it is also important to set realistic and healthy goals. We each have individual body types and abilities. While we can strive to achieve realistic and healthy goals, we should also strive to accept ourselves along the way.

Barriers

While most Canadians understand the importance and benefits of physical activity, sometimes there are barriers to participation.^{xxxviii} Financial, social, physical and cultural challenges can all prevent people from being physically active. The following chart breaks down the various real

or perceived barriers people may face and presents some solutions or motivating tips for each^{xxxix}.

Table 2: Barriers and Motivators

Real or Perceived Barrier	Solution or Motivation
Lack of time	<ul style="list-style-type: none"> • Make an appointment for yourself, just like you would a make a doctor’s appointment. • Try short bouts of exercise, for example 10 minutes at a time, adding up to your 60 minutes. • Wake up a little earlier than usual to walk before breakfast. • Get off the bus 2 stops early. • Park your car further away when doing errands. • Replace your “coffee” break with a “walking break”. • Take the stairs instead of the elevator or escalator. • Walk around your house while you chat on the phone. • Exercise in front of the TV during commercials.
Lack of motivation	<ul style="list-style-type: none"> • Track your progress on a calendar. • A <u>WALK THIS WAY KIT</u> is a great tracking tool that is free. See Karrie if you would like one. • Reward yourself for reaching your goals. • Walk with a partner who can help you stick to a routine. • Walk with a pet, they need exercise too! • Use a <u>PEDOMETER</u> to track the number of steps you take each day. Many people find this very motivating. Guelph CHC has some to loan out.
Too busy with my family	<ul style="list-style-type: none"> • Make exercise a family activity. • Involve baby in postnatal exercise activities (carefully!). Have fun interacting with baby when doing exercises, ie. Push ups, sit ups. • Walk while your kids are at school. • Walk while your kids are at swimming lessons. • Start a walking program with friends. • Walk with a partner, family, friend or dog! • Make physical activity a social event. • Walk to pick up the kids from the bus/school. • Play with your kids. • Go for a family swim together.

Real or Perceived Barrier	Solution or Motivation
	<ul style="list-style-type: none"> • Learn some fun activity games with your child (ie. wheels on the bus) • Dance with your kids.
Too tired	<ul style="list-style-type: none"> • Exercise will actually increase your energy levels! When you feel tired and stressed your body will benefit from a nice walk.
I find exercise boring	<ul style="list-style-type: none"> • Exercise with friends or family. • Try different activities. • If you walk for exercise, try a different route. • Work in the garden. • Dance around the house. • Listen to music or pod cast.
It's too cold or hot out	<ul style="list-style-type: none"> • Dress for the weather. • Try mall walking. • Try an indoor exercise program.
Lack of childcare	<ul style="list-style-type: none"> • Babysit for a friend one day, then switch the next. • Try one of Guelph CHC exercise programs that offers childcare.
No facilities close by	<ul style="list-style-type: none"> • Try an activity that does not require a gym. For example, walking and biking can be done in your own neighbourhood.
Safety concerns	<ul style="list-style-type: none"> • Exercise with a buddy. • Take a cell phone with you. • Walk in safe, well-lit areas that are familiar to you. • Guelph CHC offers walking program in the Shelldale Gym during winter months. • See "Safety" section of this manual for more tips.
No transportation to get to activities	<ul style="list-style-type: none"> • Walk around your neighbourhood. • Guelph CHC offers programming in the Onward Willow and Brant Avenue neighbourhoods.

Real or Perceived Barrier	Solution or Motivation
Too Expensive	<ul style="list-style-type: none"> • Look for low or no cost programs. There are many. For example, see <u>GUELPH CHC's PHYSICAL ACTIVITY OPPORTUNITIES BROCHURE</u> • FAIR (Fee Assistance in Recreation) Program run by the City of Guelph. A copy of the <u>FAIR PROGRAM APPLICATION</u> is included in this manual. • There is a subsidy program for children in Guelph. A copy of the <u>CHILDREN'S FOUNDATION SUBSIDY</u> is included in this manual. • The YMCA-YWCA of Guelph offers a subsidy program. A copy of the <u>YMCA-YWCA SUBSIDY FORM</u> is included in this manual. • Go to the park and play a game of soccer, basketball, etc. • Guelph CHC has a Running Shoe Recycle program that can provide you with gently used, good quality running shoes.
Lack of culturally familiar activities	<ul style="list-style-type: none"> • Walking is a great form of exercise because it is a familiar activity for all cultures. • Translation can be provided during Guelph CHC's <i>in motion</i> Monday's program.
Physical condition that restricts participation	<ul style="list-style-type: none"> • Speak with your health care provider to learn what exercises may be right for you. • Try aquafitness.

As a peer leader, here are some other tips that you can use to motivate others^{x1}:

- Provide low threat, low risk opportunities. Everyone needs to start somewhere and having a safe place to begin will allow community members to make their first efforts.
- Model behaviour. Community members with limited experience or low self-esteem will be encouraged if they see others participating in the activity they are considering.
- Use the person's first name. The personal support, positive suggestions and complements you provide will be encouraging and motivating.

- Respond to non-verbal cues. Fear, nervousness and worry are often displayed non-verbally. Respond to the cues community members give and support them.
- Involve community members to help them take “ownership”. Help them understand as much about the activity and the reasons to get involved as possible. Ownership encourages commitment, and committed people are more motivated.
- Get involved, don’t just coach from the sidelines.
- Assist with goal setting.

Goal Setting

Goal setting is another way to motivate people to start and stick with their plans to become physically active. In order to be effective, goals should be S.M.A.R.T.

- S** – Specific (Is the goal clear and detailed?)
- M** – Measurable (How do you know you reached the goal?)
- A** – Attainable (Is it possible? How will you make it happen?)
- R** – Realistic (Is it sensible and practical?)
- T** – Timely (When should the goal be reached?)

Here’s an example outlining a S.M.A.R.T. goal for becoming more active. In this case the overall goal is to walk for 30 minutes, 5 times per week.

- Specific:** Walk for 30 minutes 5 times per week.
- Measurable:** Keep track of the total number of minutes walked or number of steps taken each day using a pedometer.
- Attainable:** Call a friend to walk with.
- Realistic:** Start off with 10 minutes of walking each session. Walk in the morning before my day gets too busy.
- Timely:** Reach 30 minutes per session by 4 weeks.

Physical Activity In My Community

Check out [**GUELPH CHC’S PHYSICAL ACTIVITIES**](#) brochure for a variety programs offered in your neighbourhood. You can also explore activities offered through:

- the City of Guelph’s recreation centres

- your local neighbourhood group
- sports organizations
- the YMCA-YWCA of Guelph

Walking is a free activity that family and friends can enjoy together. Guelph has many trails that can be found on the city's website (www.guelph.ca). Pedometers are a fun tool that can be used to track your steps and help you reach your personal goals. They can also be used to create friendly competitions. For tips on using a pedometer and organizing a challenge, read the **PEDOMETERS** tip sheet.

Resources

More information about physical activity can be found at:

- www.wdglivewell.ca
Interactive lessons on physical activity and nutrition.
- www.wdginmotion.ca
Check under the "Communities" tab for a list of activities going on in Guelph.
- www.active2010.ca
Locate physical activity opportunities in Guelph using the "Resource Locator" tool. Read inspiring stories on how others became physically active. This site also contains lots of great activity tips.
- www.parc.ophea.net
Provides tools and support for physical activity promoters and community leaders. around healthy active living. Free "Walk This Way" kits can be ordered.
- www.canadawalks.ca
Resources to help promote walking as transportation for all age groups.

References

-
- ⁱ World Health Organization (2005) *Chronic Diseases and Their Common Risk Factors*. Geneva, Switzerland: World Health Organization. Retrieved from http://www.who.int/chp/chronic_disease_report/media/Factsheet1.pdf
- ⁱⁱ World Health Organization (2005) *Chronic Diseases and Their Common Risk Factors*. Geneva, Switzerland: World Health Organization. Retrieved from http://www.who.int/chp/chronic_disease_report/media/Factsheet1.pdf
- ⁱⁱⁱ Hamilton Family Health Team (2008) *The Hamilton Diabetes and Depression Primary Care Peer Support Manual: Peer Support Training Manual*. Hamilton, ON. Family Health Team
- ^{iv} Hamilton Family Health Team (2008) *The Hamilton Diabetes and Depression Primary Care Peer Support Manual: Peer Support Training Manual*. Hamilton, ON. Family Health Team
- ^v Hamilton Family Health Team (2008) *The Hamilton Diabetes and Depression Primary Care Peer Support Manual: Peer Support Training Manual*. Hamilton, ON. Family Health Team
- ^{vi} Hamilton Family Health Team (2008) *The Hamilton Diabetes and Depression Primary Care Peer Support Manual: Peer Support Training Manual*. Hamilton, ON. Family Health Team
- ^{vii} Hamilton Family Health Team (2008) *The Hamilton Diabetes and Depression Primary Care Peer Support Manual: Peer Support Training Manual*. Hamilton, ON. Family Health Team
- ^{viii} Public Health Agency of Canada (1998) *Handbook for Canada's Physical Activity Guide to Healthy Active Living*. Ottawa, ON: Public Health Agency of Canada.
- ^{ix} Canadian Fitness and Lifestyle Research Institute (2008) *Physical Activity Monitor*. Retrieved from http://www.cflri.ca/eng/levels/adult_levels.php
- ^x University of Guelph (2008) *Physical Activity Survey Report Findings For Adults 18 Years of Age and Over – WDG in motion*. Guelph, ON: WDG in motion.
- ^{xi} The Guelph Community Foundation (2009) *Vital Signs Report*. Retrieved from http://www.guelphcf.ca/newsroom_display.cfm?itemID=62672
- ^{xii} Statistics Canada (2006). *Community Health Profile*.
- ^{xiii} Ministry of Health and Long Term Care. (2004) *Chief Medical Officer of Health Report, Healthy Weights, Healthy Lives* (p. 35). Toronto, ON: Government of Ontario.
- ^{xiv} Public Health Agency of Canada (1998) *Handbook for Canada's Physical Activity Guide to Healthy Active Living*. Ottawa, ON: Public Health Agency of Canada.

^{xv} McCain, M.N., Mustard, J.F., & Shanker, S. (March 2007) *Early Years Study 2: Putting Science into Action*. Toronto, ON: Council for Early Child Development

^{xvi} Canadian Mental Health Association (2008) *Minding Our Bodies Newsletter*. December 2008, Issue 1. Retrieved from http://www.mindingourbodies.ca/sites/mindingourbodies.ca/files/Minding_Our_Bodies_Newsletter_December_2008.pdf

^{xvii} Public Health Agency of Canada (1998) *Handbook for Canada's Physical Activity Guide to Healthy Active Living*. Ottawa, ON: Public Health Agency of Canada.

^{xviii} Canadian Mental Health Association (2008) *Get Physical*. Retrieved from http://www.cmha.ca/bins/content_page.asp?cid=2-267-1320-1321

^{xix} Alberta Centre for Active Living (2007) *Wellspring Newsletter, Mental Health: Yet Another Reason to Promote Physical Activity*. August 2007, Volume 18, Number 3. Retrieved from <http://www.centre4activeliving.ca/publications/wellspring/2007/august.pdf>

^{xx} Act Now BC (2010) Physical Activity Guidelines. F.I.T.T. Retrieved from , http://www.actnowbc.ca/everyone/physical_activity_guidelines_f.i.t.t

^{xxi} Act Now BC (2010) Physical Activity Guidelines. F.I.T.T. Retrieved from , http://www.actnowbc.ca/everyone/physical_activity_guidelines_f.i.t.t

^{xxii} Act Now BC (2010) Physical Activity Guidelines. F.I.T.T. Retrieved from , http://www.actnowbc.ca/everyone/physical_activity_guidelines_f.i.t.t

^{xxiii} Act Now BC (2010) Physical Activity Guidelines. F.I.T.T. Retrieved from , http://www.actnowbc.ca/everyone/physical_activity_guidelines_f.i.t.t

^{xxiv} Act Now BC (2010) Physical Activity Guidelines. F.I.T.T. Retrieved from , http://www.actnowbc.ca/everyone/physical_activity_guidelines_f.i.t.t

^{xxv} Act Now BC (2010) Physical Activity Guidelines. F.I.T.T. Retrieved from, http://www.actnowbc.ca/everyone/physical_activity_guidelines_f.i.t.t and Public Health Agency of Canada (1998) *Handbook for Canada's Physical Activity Guide to Healthy Active Living*. Ottawa, ON: Public Health Agency of Canada.

^{xxvi} Public Health Agency of Canada (1998) *Handbook for Canada's Physical Activity Guide to Healthy Active Living*. Ottawa, ON: Public Health Agency of Canada.

-
- ^{xxvii} Public Health Agency of Canada. (1998). *Handbook for Canada's Physical Activity Guide to Healthy Active Living*. Ottawa, ON: Public Health Agency of Canada.
- ^{xxviii} Public Health Agency of Canada. (1998). *Handbook for Canada's Physical Activity Guide to Healthy Active Living*. Ottawa, ON: Public Health Agency of Canada.
- ^{xxix} Public Health Agency of Canada. (1998). *Handbook for Canada's Physical Activity Guide to Healthy Active Living*. Ottawa, ON: Public Health Agency of Canada.
- ^{xxx} Haldimand Norfolk Resource Centre, *Activities Buddies Training Manual*
- ^{xxxi} Canadian Society for Exercise Physiology (2002) *PAR-Q and You*. Retrieved from <http://www.csep.ca/CMFiles/publications/parq/par-q.pdf>
- ^{xxxii} Canadian Society for Exercise Physiology (2002) *PAR-Q and You*. Retrieved from <http://www.csep.ca/CMFiles/publications/parq/par-q.pdf>
- ^{xxxiii} Canadian Society for Exercise Physiology (2003) *The Canadian Physical Activity, Fitness & Lifestyle Approach*. Ottawa, ON
- ^{xxxiv} Canadian Society for Exercise Physiology (2003) *The Canadian Physical Activity, Fitness & Lifestyle Approach*. Ottawa, ON
- ^{xxxv} Canadian Society for Exercise Physiology (2003) *The Canadian Physical Activity, Fitness & Lifestyle Approach*. Ottawa, ON
- ^{xxxvi} Canadian Society for Exercise Physiology (2003) *The Canadian Physical Activity, Fitness & Lifestyle Approach*. Ottawa, ON
- ^{xxxvii} Canadian Society for Exercise Physiology (2003) *The Canadian Physical Activity, Fitness & Lifestyle Approach*. Ottawa, ON
- ^{xxxviii} Government of Alberta (2007) *Healthy U, Cultural Diversity: Including Everyone in Physical Activity*. Retrieved December 5, 2007 from <http://www.healthyalberta.com/HealthyPlaces/642.htm?pagerId=0>
- ^{xxxix} Physical Activity Resource Centre (2004) *Walk This Way Handbook*.
- ^{xl} Haldimand Norfolk Resource Centre, *Activities Buddies Training Manual*