

# e-Healthy Older Adults Modification

## Diabetes Prevention Program

**WEEK #8**

Step Up Your  
Physical Activity!

# Group Opening Discussion

WELCOME BACK! HOW WAS LAST WEEK?

1. Did you track every meal?
2. Did you weigh every day, & record your weight today?
3. Did you practice positive thinking?
4. Did you attempt to solve any problems?
5. Did you email the Intervention Team and review the response?
6. What were your unique challenges and successes?

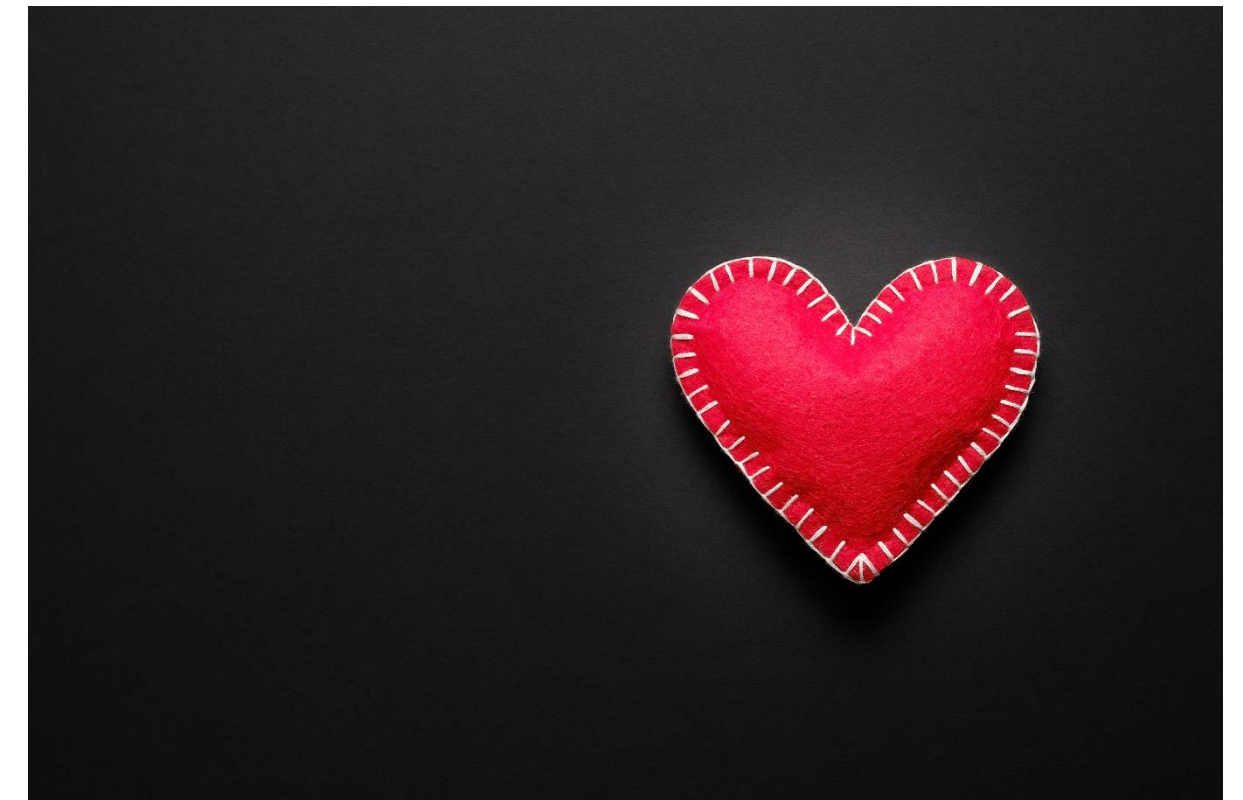


**REMINDER: CHARGE  
YOUR FITBIT & SCALE  
DURING THIS MEETING!**

# How do you feel?

How do you feel about your current health level? (select one)

- ☐ My health is not good currently
- ☐ My health is ok
- ☐ My health is mostly good
- ☐ My health is good
- ☐ My health is very good



# How do you feel?

How do you feel your weight is improving? (select one)

- My weight is much worse
- My weight is worse
- My weight hasn't improved
- My weight is fluctuating
- My weight has gotten better
- My weight has gotten much better



# How do you feel?

How do you feel your activity level has improved? (select one)

- My activity level is much lower than when I started
- My activity level is lower than when I started
- My activity level is about the same
- My activity level is higher than when I started
- My activity level is much higher than when I started

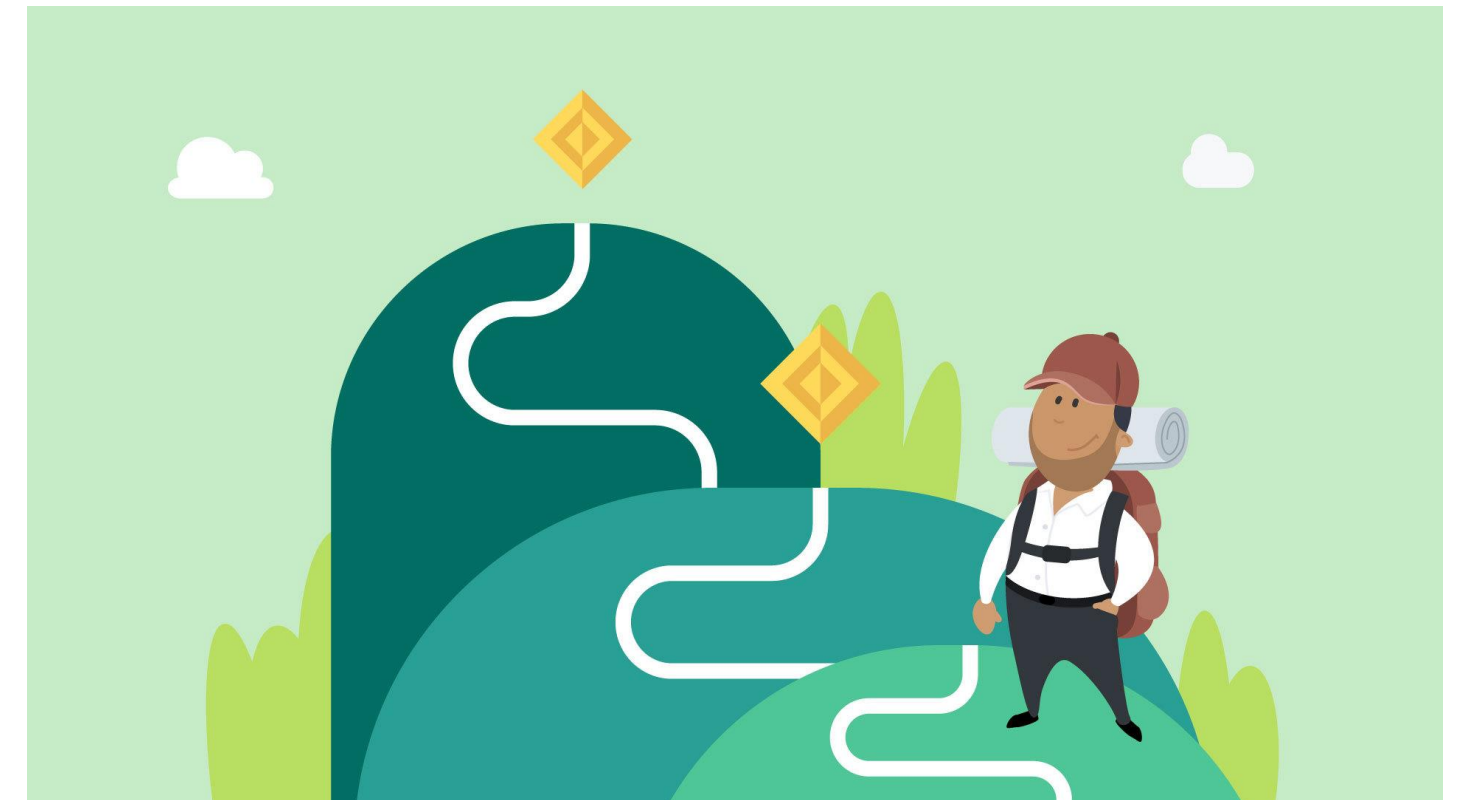




# How do you feel?

## How do you feel about your progress? (select one)

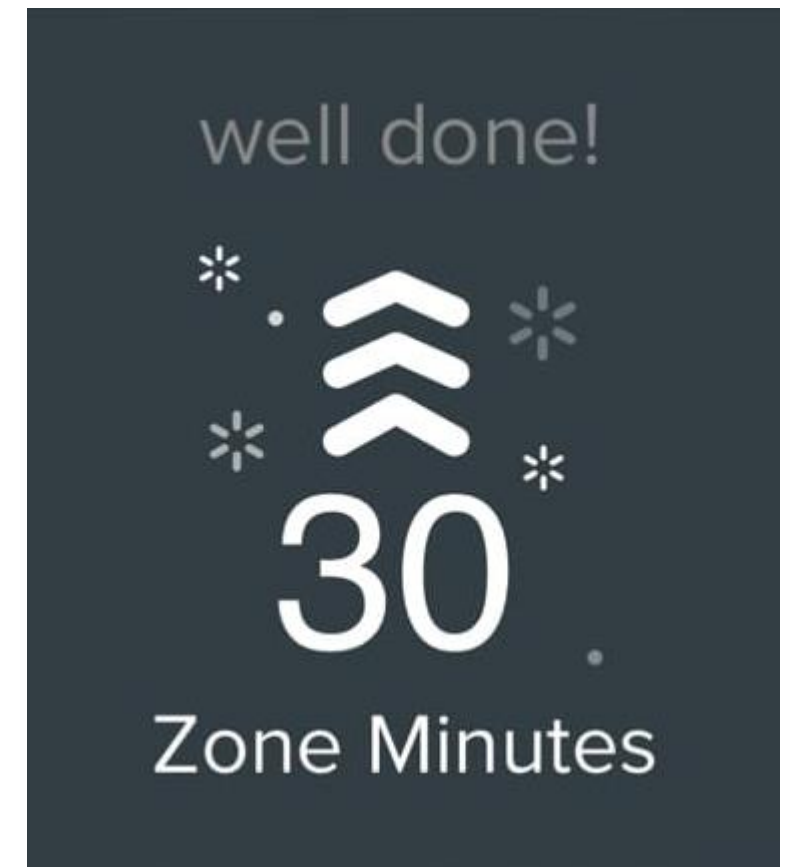
- I'm not progressing and feel close to giving up
- I'm not feeling optimistic and need more help
- I don't know if I am making progress
- I've had a little progress
- I've had progress but need help reaching my goals
- I have had good results
- I am close to reaching my goals
- I have reached my goal and set a new goal



# Getting the most out of your Fitbit

The Fitbit has a pedometer, which counts your steps, but does so much more

- Fitbit Pedometers track all activity
  - Steps on a walk
  - Steps around your house
  - Movement in your daily life
  - Exercise, called “Active Zone”, where your heart is pumping →
- The Fitbit also tracks:
  - Heartrate
  - Sleep
- Fitbit connects to:
  - your phone app
  - the web dashboard
  - Your wireless scale

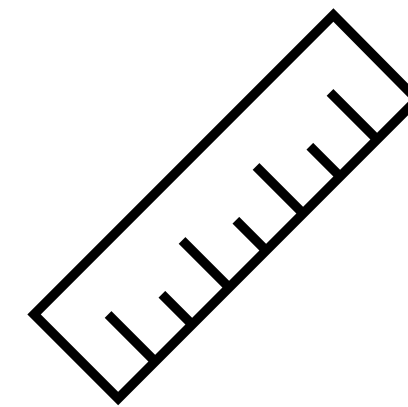


**Fitbit can help you find out more about what you do!**

These tools can give you valuable insights. For example, you may be hungrier on a day after a poor night's sleep, and you may burn more calories on a walk with a higher heart rate.

# Calibrating your steps

- 1) Write down how many steps are on your FitBit
- 2) Walk 100 steps on a straight flat sidewalk or path, while counting aloud or in your head to keep track
- 3) Write down how many steps the FitBit says immediately after
- 4) Compare your 100 steps counted to the difference between the starting and ending number on the Fitbit

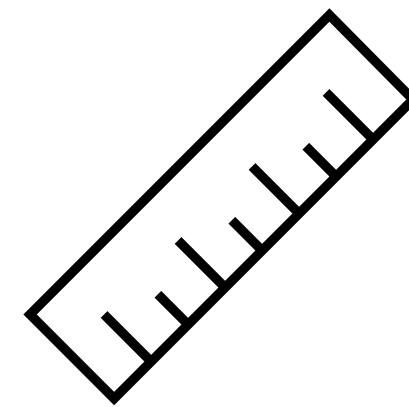


If the step counter is WAY OFF please contact the intervention team!



# Converting Steps into Distance

- 1) Measure a 20 foot distance in your home or neighborhood where it is easy to walk straight for 20 feet
- 2) Write down how many steps are on your FitBit when you start
- 3) Walk the measured distance normally at a comfortable pace
- 4) Write down how many steps the FitBit says immediately after walking the 20 feet, and subtract it from your starting number. That number X 264 is how many steps you take for a mile.



To see how accurate your FitBit is, count your steps for the 20 feet and write down the difference!

# Keeping Physical Activity Fun

- Where are your favorite places to go for walks?
- Who do you like to go walking with?
- Who haven't you asked to go walk with you yet?
- Do you listen to music when you walk?
- What visits or meetings can be 'walking meet ups'?
- Does increasing the challenge make it more fun?



# F.I.T.T. Principle

## FREQUENCY

How often you walk can help you get more steps, more distance and burn more calories.

## INTENSITY

How fast you walk, how fast your heart beats, and how much you sweat are all good indicators of how much energy you are burning.

## TYPE

A leisurely walk, versus a power walk, versus a jog will all result in different results. It is good to vary up your walking speeds to take advantage of the different types.

## TIME

Stay active continuously for at least 10 minutes at a time and do at least some “Active Zone” minutes a day



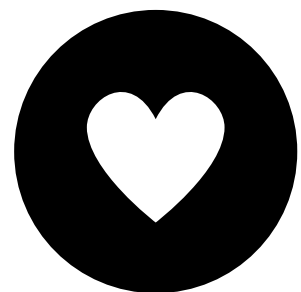
The FitBit will track ALL your activity through the day, but your weekly tracker should only track the physical activity you do for 10 or more continuous minutes. Spontaneous activity around your daily life can help your health but doesn't burn as much energy.

# Exercise Intensity

You can usually tell in INTENSITY in two ways:

- 1) speed of heartbeat
- 2) how hard you breathe
- 3) Rating Perceived Exertion

- **Getting the most out of your workout: MODERATE**
  - Breathing should increase to the point that you can talk but not sing.
  - If you have trouble talking while walking, slow down a bit.
  - Heart rate: 90-130 beats per minute



Your Fitbit constantly monitors your heart rate, but don't push yourself to work out harder than feels comfortable. If your heart rate goes above 140 please sit and have a rest until it does down below 130. Always consult and stay consistent with your healthcare providers guidance about the safe comfortable range for your heart rate.

# How hard are you working?

## Intensity is also measured using: RATING OF PERCEIVED EXERTION (RPE)

(PAGE 11 of the Handout has an example)

- On the scale from 1-10, from VERY EASY to VERY VERY HARD, you can observe how hard you are working while walking.
- This may change over time as you increase your activity level
- It may also change when walking up hill, going faster, or when you are more tired



# Put it into Practice

## Step Up Your Physical Activity!

1. Track those meals and take your weight EVERYDAY!
  - Monitor your progress and identify areas for improvement towards YOUR GOALS
2. Aim to get in 90 min of exercise this week
  - Already at 90 minutes? Can you make it to 100 minutes? How about 120?
  - Use your activity planner and record your 10min+ successes!
3. Do the 100 Step and 20 Feet tests
  - Compare the measurements on Fitbit to the ones you calculate
  - Reach out to the intervention team if anything looks wrong.



### THIS WEEK'S TIP: **Explore the Fitbit!**

From mindfulness to recipes, motivational messages, and more your Fitbit can help keep things interesting. Take a look around the “Explore” and “Community” tabs to discover all the resources you have available.

# Questions?

## For next week:

1. Increase your physical activity!
2. Track your food and exercise and **Weigh Every Day**
3. Remember your calorie, fat, and step count targets
4. Email your logs and progress to the Intervention Team and Review the response!



## FOOD FOR THOUGHT

- It's getting cold outside, what's your cold weather walking plan?
- Learning new tools takes time, but will make it easier for you in the long run!