

Title: Skill-Building Course: Working Your Body

Description: This course will assist a Whole Health Coach or other Whole Health educator working with Veterans who are interested in incorporating “Working Your Body” into their Personal Health Plans. It reviews six different “subtopics” related to this aspect of self-care designed to give Veterans additional ideas, insight, and resources.

Objectives and Key Points

- Define “Working Your Body”
- Discuss the health benefits of physical activity
- Understand key safety issues related to Working Your Body
- Learn about and create a Personal Activity Plan
- Practice a mindful awareness exercise related to body awareness
- Understand history, research, and what it is like to experience yoga and tai chi
- Participate in a demonstration of a Working Your Body activity
- Name some key apps and devices that can help with Working Your Body
- Identify local resources and professionals who can support Veterans with Working Your Body
- Work with a partner to set a Working Your Body goal and plans for following through with it

Sample Agenda (total time 60-75 minutes)*

- Introductions (5 minutes)
- Group Discussion: Working Your Body and what it means (5 minutes)
- Define “Working Your Body,” explore safety issues, and describe research (5 minutes)
- Nuts and Bolts of Personal Activity Plans (5 minutes)
- Body scan meditation and discussion, tai chi and yoga discussion (10 minutes)
- Resources: Classes, app’s, and professionals (5-10 minutes)
- Demonstration of an activity (10 minutes)
- Partner activity: Setting a Working Your Body Goal, large group sharing (15 minutes)
- Wrap up, questions, and evaluations

**For a shorter course, can shorten discussions and refer them to their handouts for additional information.*

Preparation

1. Pre-Reading for Instructors

- *Passport to Whole Health*, Chapter 5. Working the Body. Available at <https://wholehealth.wiscweb.wisc.edu/wp-content/uploads/sites/414/2018/09/Passport-to-Whole-Health-3rd-Edition-2018.pdf>. (Pay particular attention to the three Whole Health Tools.)
- See also the list of resources designed to accompany the course

2. Prepare course materials and handouts

- Each participant will receive a copy of the two-page Veteran Handout designed to accompany this course
- You may wish to provide some of the Veteran handouts related to Working the Body, available at <https://www.va.gov/PATIENTCENTEREDCARE/veteran-handouts/index.asp#working-the-body>
- It may be easiest to have handouts at their seats, or you can pass them around later. Review the handout in advance, so you can be ready for questions
- Be sure to have the evaluation form ready to give them at the end as well. You can use the one created by the Office of Patient Centered Care & Cultural Transformation

3. Set up AV equipment







- Be prepared to share the PowerPoint slides related to this course (A guide to each of the individual slides is featured below.)
- Connect with the AV support person at your site
- A flip chart and markers, or a dry erase board, may be helpful
- If you do not have a slide projector, you can simply take them through the Veteran handout after you give each person a copy. Alternatively, you can print out the slides and give them copies. Then, just take them through the slides, following the faculty guide

4. Identify local and other resources

- Decide who can help you with the demonstration section and invite them to help you out
- Modify the slide set (and Veteran Handout) to include local resources, including
 - Any exercise-type classes offered locally
 - PT, RT, OT, and other personnel Veterans should know
 - Other options, such as facility gardens, walking paths, etc.
- Develop your own list of favorite app's and other activity related tools to share. Remember that the VA cannot endorse sites that require payment for their resources


Slide-By-Slide Guide







	<ul style="list-style-type: none"> • Change this slide to incorporate your name, as well as the date and location of the presentation • This is a good time to introduce yourself. Be sure to share your own title/role related to the VA and perhaps your experiences with teaching • Note that “Working Your Body” is one of the most commonly mentioned topics that people want to work with when creating a health plan. • Mention the importance of being fit when in the military – it’s important after too!
	<ul style="list-style-type: none"> • This is the list of learning objectives for the course. You may want to review these in detail, or go quickly over them depending on time • As you move through, it is best not to focus too much on the word ‘exercise,’ which can have negative connotations for people. Working Your Body can include all sorts of activities, and ‘activity’ is the preferable word.
	<ul style="list-style-type: none"> • Make this a large group discussion. Give them time to reflect before answering • Might be helpful to have them provide examples of some of the things they do or have done • Be sure to share some of your own experiences –and challenges – as well • Can read the Aristotle quote or not as you see fit
	<ul style="list-style-type: none"> • Key point: Remind them that we aren’t only talking about strength or cardio exercises. We are talking about many other aspects of physical well-being as well, including all those listed • Can they think of others? • Can ask them to raise their hands in terms of which ones are their top priorities at the moment (recognizing all of them are important) • Be sure to account for how these relate to people with disabilities as you have this conversation

<p> Let's Discuss: Working Your Body- Why Bother?</p>  <p style="text-align: right;">7</p>	<ul style="list-style-type: none"> • Before a person sets a goal, it is important to have good reasons for doing it • At this point, you can ask the group to share why Working the Body is specifically important to them • Then, encourage them to share in general why it is important too. What do they know about the different health benefits of physical activity?
<p> Working Your Body Why Bother?</p> <p>“ What if there was one prescription that could prevent and treat dozens of diseases, such as diabetes, hypertension and obesity? ”</p>  <p style="text-align: center;"><small>-Robert E. Sallis, MD, MPH, FACSM Exercise is Medicine™ Task Force Chairman</small></p> <p style="text-align: right;">8</p>	<ul style="list-style-type: none"> • As this quotation highlights, activity is one of the most powerful therapies we can have. No drug or other intervention can do all that it can, for so many different issues
<p> Why Bother Working Your Body?</p> <ul style="list-style-type: none"> • Increases your lifespan • Helps prevent heart disease, strokes, type 2 diabetes, high blood pressure, obesity, and cancers • Helps you age more gracefully, so you can do more in your life for a longer time • Fights off dementia and helps you think better • Improves mental health – decreases depression and anxiety <p style="text-align: right;">6</p>	<ul style="list-style-type: none"> • Let's look at some examples. Take them through each of these • Again, you can ask them if there are others they know of that haven't been mentioned. This list is by no means comprehensive • People are often surprised about the research findings related to brain function and memory
<p> Group Discussion: Your Story</p> <ul style="list-style-type: none"> • Work with a partner • Take a couple of minutes each to talk about some of your favorite activities • Why do you like them? • What is one way to work your body that you would like to start doing more? <p style="text-align: right;">10</p>	<ul style="list-style-type: none"> • This discussion shifts the focus of the conversation from the “Why” of physical activity to the “What.” • This is a chance for people to begin sharing in small groups. You can have them work in groups of three or four, depending, but be sure to remind them to switch from one partner to another so that everyone has a chance to share. About 2-3 minutes per person should be enough • Can invite a few people to report back to the large group, as time permits





<div data-bbox="203 199 243 241" style="float: left; margin-right: 10px;"> </div> <h3 style="text-align: center;">Working Your Body: Safety</h3> <ul style="list-style-type: none"> • Get go-ahead from your care provider • Build up gradually • Be careful about falls • Listen to your body • Let your pain be your guide – to a point • Have fun. It helps! <p style="text-align: right; font-size: small;">11</p>	<ul style="list-style-type: none"> • Key point: Be sure to emphasize that safety is very important before they start a new activity. It is important to build up slowly and pay attention to your body’s signals • That said, if people have chronic pain, they may need to gently practice ‘working through’ their pain, so long as their clinical team has given them the go ahead • ALWAYS check with your provider before initiating a new exercise program, especially if you are at risk for heart attack or stroke or haven’t been active lately
<div data-bbox="203 588 243 630" style="float: left; margin-right: 10px;"> </div> <h3 style="text-align: center;">Zeroing in on Options</h3> <p style="text-align: right; font-size: small;">11</p>	<ul style="list-style-type: none"> • Now, it is time to zoom in on the Working the Body Circle in the Circle of Health. This will help them think more about their options • You’ll cover six different areas. They may have other ideas that aren’t included here, and that is fine. Think of this as a menu, and each person can decide what appeals to them most • At this point, it is worth it to read each of the subtopics, to orient them to what will be discussed for the remainder of the presentation
	<ul style="list-style-type: none"> • The first topic is Personal Activity Plans, also known in some courses as “Activity Prescriptions.” These are described in more depth in the <i>Passport to Whole Health</i>, Chapter 5, mentioned above
<div data-bbox="203 1375 243 1417" style="float: left; margin-right: 10px;"> </div> <h3 style="text-align: center;">Personal Activity Plans: Be FITT</h3> <ul style="list-style-type: none"> • FITT: <ul style="list-style-type: none"> – Frequency -How often? – Intensity - How hard will you work? – Type - What you will do? – Time – How long? <p style="text-align: right; font-size: small;">11</p>	<ul style="list-style-type: none"> • Some people like the FITT acronym, but you can simply talk about the four elements of a Personal Activity Plan if you prefer • This slide gives you a chance to do a quick intro of the four elements. The next slides go into more detail for each one • Encourage them to think about how they would answer these four questions based on the previous discussion of their favorite activities

<div data-bbox="203 199 243 241" style="float: left; margin-right: 10px;"> </div> <div data-bbox="289 210 612 243" style="background-color: #0056b3; color: white; padding: 5px;"> Frequency – How often? </div> <ul style="list-style-type: none"> Every little bit helps Choose an amount you can do – if it seems easy, you’ll do it Work toward most days of the week, if that seems right <div style="text-align: right; font-size: small;">12</div>	<ul style="list-style-type: none"> This is pretty self-explanatory, but encourage them to set a frequency that seems almost so easy as to be silly. Set yourself up for success How long would it take before they knew they have successfully created an activity routine, or a new ‘good habit?’
<div data-bbox="203 590 243 632" style="float: left; margin-right: 10px;"> </div> <div data-bbox="303 600 596 636" style="background-color: #0056b3; color: white; padding: 5px;"> Intensity – How hard? </div> <ul style="list-style-type: none"> Start gently “Can talk, can’t sing” More of a low-key exercise = less of an intense one <div style="text-align: right; font-size: small;">13</div>	<ul style="list-style-type: none"> Exercising hard enough that you can still talk to another person, but not sing (because you are too breathless to sing) is a good rule of thumb to know you are exercising at an effective but safe level of intensity Remind them that there is a point where intensity and time spent on an activity balance out. Doing a briefer period of an intense exercise can be the same as a longer period of a less intense one
<div data-bbox="203 980 243 1022" style="float: left; margin-right: 10px;"> </div> <div data-bbox="306 993 589 1029" style="background-color: #0056b3; color: white; padding: 5px;"> Type - What activity? </div> <ul style="list-style-type: none"> If you enjoy it, you’ll do it more Many options <ul style="list-style-type: none"> – A sport – Walking/wheeling – Classes (like tai chi or yoga) – Gardening – Dancing – Using the stairs – Stretching – Weights – Etc.... And you can do a combination! <div style="text-align: right; font-size: small;">14</div>	<ul style="list-style-type: none"> Any activity they like is fair game Be sure to point out that things like gardening, playing with a child, or walking a pet can count too Some people argue that work is more than enough activity for them. Ideally, we are going for increased “leisure time” physical activity. However, for people who do a lot of manual work, it may be they aren’t wanting to do a lot more, at least on work days
<div data-bbox="203 1371 243 1413" style="float: left; margin-right: 10px;"> </div> <div data-bbox="339 1386 573 1421" style="background-color: #0056b3; color: white; padding: 5px;"> Time - How Long? </div> <div data-bbox="203 1470 495 1638" style="border: 1px solid black; padding: 5px; margin-bottom: 10px;"> </div> <ul style="list-style-type: none"> It depends on you and your goals Start gently, build up slowly Even a little helps Don’t just count activity at work <div style="text-align: right; font-size: small;">18</div>	<ul style="list-style-type: none"> Research is pretty consistent in showing that even a small amount of exercise has benefits. The more you do, the more benefit, at least to a point Can certainly mention that 30 minutes a day, most days a week, is pretty standard. However, some people with fatigue or severe pain may only be able to be active for a minute or two at a time. Even so, research indications that they get benefit


<p>Remember...</p> <ul style="list-style-type: none"> Focus on what really matters Every little bit counts Start gently and slowly build up Do a combination of things Make it fun if you can! <p><u>Examples:</u> “Starting this week, I will walk with my dog twice a day, for 15 minutes each time. I will go fast enough that I can still talk but not sing.” “At least once a week I will park farther away from the store so I walk more.”</p> <p>16</p>	<ul style="list-style-type: none"> Some people benefit from hearing examples. Be sure to pause and focus on the two featured here. One is more detailed, the other more general Can also talk about framing these as SMART goals, if you feel that is appropriate. You can introduce the concept of SMART goals later in this presentation.
 <p>16</p>	<ul style="list-style-type: none"> Our next topic is mindful movement. Point out that any movement or activity can be done in a mindful way You may want to mention that Mindful Awareness is right around the “Me” at the center of the circle of Health It can be helpful to pause and have “mindful awareness moments” every so often
<p>Mindful Awareness- A Body Scan...</p> <ul style="list-style-type: none"> Can help you notice more about what is going on with your body Should feel safe and relaxing Will have you notice different parts of your body, one at a time Can be stopped any time, if you need a break <p><i>*If you note discomfort, try to simply watch it without getting caught up in it.</i></p> <p>21</p>	<ul style="list-style-type: none"> Body scans are an important way to focus your awareness on what is going on with the body Remind them it is about simply keeping your mind in the present and moving your awareness to different body parts. It is NOT about striving, or judging, or getting caught up in what you notice Be sure to remind them they can stop the exercise if they experience too much discomfort. A body scan script is available to accompany this course
<p>Mindful Movement: Yoga and Tai Chi</p> <ol style="list-style-type: none"> All VA’s will be offering them in some way starting in 2018 We know they help your health <ul style="list-style-type: none"> They help prevent heart attacks, improve mood, build balance, and more Best to take a class – see what your VA has to offer <p>22</p>	<ul style="list-style-type: none"> We will talk about yoga and tai chi as examples, because both are mandated to be covered services by the VA at all sites, in some form Both seem to have the benefits seen with other types of activity, and they may have additional benefits in terms of relaxation and stress reduction You can get some good background information to share about both in the <i>Passport to Whole Health</i> chapter at the beginning of this document. The link to that chapter was provided

<p> What do you know about yoga?</p>  <p style="text-align: right;">23</p>	<ul style="list-style-type: none"> • Encourage audience participation. How many people have done yoga? What do they know about yoga? • Many people don't realize that hatha yoga (what we usually see, with the poses), is only one of many different types of yoga • Be sure to highlight some of the research for yoga's benefits, as noted in the <i>Passport</i> • Now is a good time to share about what yoga offerings are available locally
<p> What about tai chi and qi gong?</p>  <p style="text-align: right;">24</p>	<ul style="list-style-type: none"> • Again, encourage audience participation. How many people have done tai chi? What do they know about it? • Emphasize that tai chi can have huge benefits in terms of stability, balance, and sense of overall well-being • Tai chi is one form of qigong, and they share several similarities • Be sure to review the tai chi materials in the <i>Passport to Whole Health</i> • Now is a good time to share about what tai chi offerings are available locally
	<ul style="list-style-type: none"> • Next comes the discussion about gadgets and apps people can use to help them see how they are doing with activity • You are strongly encouraged to seek out and play with some yourself, and then incorporate them into this slide set
<p> Apps and Pedometers</p> <ol style="list-style-type: none"> 1. Pedometers and wheelchair odometers can tell you how far you go 2. There are many different types of apps – pick ones that work for you. <ul style="list-style-type: none"> – <u>General Examples</u> (free, but have 'in-app purchases') <ul style="list-style-type: none"> • FIT Star • MyFitness Pal (tailors workouts by fitness level) – <u>For specific activities</u> – <ul style="list-style-type: none"> • Jefit for weight lifters • Cyclemeter for cyclists <p style="text-align: right;">23</p>	<ul style="list-style-type: none"> • These are simply some examples – VA does not endorse any particular corporation or institution (don't talk about pay sites that don't have free offerings). See the Veteran handout for some additional examples • Add your own suggestions – be sure you play with them yourself, so you can speak from personal experience. FitBits and such are also popular. • Are they already doing this? Ever tried it before? • There is a MOVE! resource related to wheelchair odometers. MOVE! has a number of other great activity resources as well and is worth a nod here

<p> When Choosing an App, Ask:</p> <ul style="list-style-type: none"> • Is it easy to use? • Do you trust the info it gives? • Does it give you enough info? • Does it tailor activities to your level of fitness? • Does it want you to spend a lot on in-app purchases? <p style="text-align: right;">24</p>	<ul style="list-style-type: none"> • There are various criteria out there for choosing app's that are a good fit. Most of them focus on these areas (https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4376132/): <ul style="list-style-type: none"> ○ ***Information (Most important! Goals/purpose are clear, information is both good quality and right quantity) ○ Engagement (entertaining, interactive, right target group) ○ Functionality (easy to use, works well) ○ Aesthetics (Looks good, good layout) ○ Subjective (Would you recommend this, pay for it, use it a lot? How often would you use it?)
 <p>The diagram is a large green circle containing several smaller colored circles. In the center is a green circle with the text "Working Your Body" and "Energy & Flexibility" below it. Surrounding this are six other circles: "Make One Small Change" (purple), "Create a Personalized Activity Plan" (pink), "Mindful Movement" (orange), "Track Your Progress" (yellow), "Take a Class" (red), and "Work with an Expert" (blue).</p>	<ul style="list-style-type: none"> • And moving right on to classes • Some of this may have already been discussed in terms of yoga and tai chi • Again, be ready with a list of what is available at the local level
<p> Classes</p> <ul style="list-style-type: none"> • Know what is available at your site • VAs may offer Yoga, tai chi, recreational therapy, dance, Pilates, others • Some places have agreements with local YMCAs or other groups • Some VA's have gyms • Events – wheelchair games, “walk with a doc” <p style="text-align: right;">26</p>	<ul style="list-style-type: none"> • Be sure to point out that there are many varieties of possibilities, including activities that happen outside • See what is available at your local area • We'll talk more about some of the professionals who offer these classes in a moment • “Walk with a doc” programs include having clinicians lead a walk with colleagues or patients around the medical campus/facility
<p> Try it out!</p> <p style="text-align: center; font-size: 2em;">Demonstration</p> <p style="text-align: right;">29</p>	<ul style="list-style-type: none"> • This is often one of people's favorite parts of a presentation on Working Your Body. In advance, find someone who can attend and do a demo – chair yoga, simple stretches, or gentle tai chi are options to consider • Ideally, a demo takes about 5-10 minutes, with time for the instructor to introduce the activity and answer questions at the end • Always encourage people to only do what they are comfortable with, and make sure everyone is being safety-minded. Fine if they choose not to participate

	<ul style="list-style-type: none"> • At this point, you can transition into talking about Working the Body professionals. One way to shift gears is to ask them for ideas about who would be on their “Whole Health Team” when it comes to Working Your Body • Can ask them for examples of people whom they have worked with in the past 		
<div style="background-color: #0056b3; color: white; padding: 5px; text-align: center;">  Professionals </div> <ol style="list-style-type: none"> 1. Physical therapists (PT’s) 2. Occupational therapists (OT’s) 3. Recreational therapists (RT’s) 4. Fitness class instructors 5. Personal trainers 	<ul style="list-style-type: none"> • Be sure you have a sense of the differences in roles for PT’s, OTs, and RTs. You can go to the websites for their national organizations. RT is Recreational, <i>not Respiratory</i>, therapy. The Veteran handout for this course explains what each of these professions do • An exercise buddy can be an important team member too. It can help to have accountability to someone else 		
	<ul style="list-style-type: none"> • This last “Subtopic” is something of a catch-all. Basically, anything, no matter how simple or small, can be part of a Personal Health Plan. Encourage them to keep all the elements of SMART goals in mind. That includes being realistic and knowing how far to push themselves 		
<div style="background-color: #0056b3; color: white; padding: 5px;">  Set a Goal! </div> <p style="text-align: center; font-weight: bold; font-size: 1.1em;">Make One Small Change</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; vertical-align: top;"> <p>All the topics so far can guide you</p> <ul style="list-style-type: none"> • Personal activity plan (FITT) • Mindful movement • App’s and devices • Classes • Professional help </td> <td style="width: 50%; vertical-align: top;"> <p>Or set a different small goal</p> <ul style="list-style-type: none"> • Walk with a buddy 3 times a week • Park farther away • Get a standing work station • Use the stairs as able • Have a dumbbell by were you watch TV </td> </tr> </table>	<p>All the topics so far can guide you</p> <ul style="list-style-type: none"> • Personal activity plan (FITT) • Mindful movement • App’s and devices • Classes • Professional help 	<p>Or set a different small goal</p> <ul style="list-style-type: none"> • Walk with a buddy 3 times a week • Park farther away • Get a standing work station • Use the stairs as able • Have a dumbbell by were you watch TV 	<ul style="list-style-type: none"> • This slide recaps what has already been discussed and then provides a list of some other examples of simple, reachable, and helpful goals a person can set • Ask them if they have other thoughts, beyond this list
<p>All the topics so far can guide you</p> <ul style="list-style-type: none"> • Personal activity plan (FITT) • Mindful movement • App’s and devices • Classes • Professional help 	<p>Or set a different small goal</p> <ul style="list-style-type: none"> • Walk with a buddy 3 times a week • Park farther away • Get a standing work station • Use the stairs as able • Have a dumbbell by were you watch TV 		

<div data-bbox="203 199 240 241" data-label="Image"> </div> <h2 data-bbox="386 210 516 241">Your Turn</h2> <ul data-bbox="219 279 446 514" style="list-style-type: none"> • Work with a partner • Take turns • Each person will come up with a Personal Activity Plan • You will be invited to share your plan with the group <div data-bbox="457 336 701 499" data-label="Image"> </div> <p data-bbox="604 501 695 514" style="font-size: small;">Photo: Military.com</p> <p data-bbox="685 564 701 579" style="text-align: right;">32</p>	<ul style="list-style-type: none"> • The temptation is always to spend more time on lecture and less on experiential activities or skill-building. Give this last exercise at least 10-15 minutes • Some people may be hesitant, but encourage them to work with someone else if at all possible. If not, they can still set a goal on their own, and you can check in with them while others are working in pairs • If there is an odd number of people, you can always jump into the mix and pair with someone yourself • Be sure to set a timer to remind them to switch who is doing the talking/planning • Take time for a large group discussion, and invite people to share • ***Be sure to focus on accountability – how can they check in with their partner (text, coffee, email, etc.)? When? Can you as the instructor check in with them at some point? Be sure to talk about their next steps with all of this work
<div data-bbox="203 884 240 926" data-label="Image"> </div> <h2 data-bbox="365 892 539 924">Setting Goals</h2> <div data-bbox="207 957 313 980"> <p>Seven steps</p> </div> <ol data-bbox="207 984 441 1213" style="list-style-type: none"> 1. Identify the goal 2. Know the benefits 3. Know obstacles 4. List skills and knowledge needed 5. Identify who can help 6. Develop a plan (SMART) 7. Set a timeline and next steps <div data-bbox="506 968 669 1171" data-label="Complex-Block" style="background-color: #ffffcc; padding: 5px;"> <p>SMART Goals</p> <ul style="list-style-type: none"> • Specific • Measurable • Action-based • Realistic • Time-bound </div> <p data-bbox="685 1247 701 1262" style="text-align: right;">33</p>	<ul style="list-style-type: none"> • You can leave this slide up while they are talking to their partner. It can help them create stronger goals • Up to you if you want to read through it or simply have them read to themselves • You can also hide this if preferred
<div data-bbox="203 1276 240 1318" data-label="Image"> </div> <h2 data-bbox="246 1285 657 1316">Working Your Body – Summing Up</h2> <ol data-bbox="219 1354 673 1606" style="list-style-type: none"> 1. Start with what matters 2. Any activity is great, and Working Your Body can mean many things 3. Tailor the plan to YOU! 4. Know resources, community programs, app's, and other options 5. Be safe 6. Ask for help and support <p data-bbox="685 1642 701 1656" style="text-align: right;">36</p>	<ul style="list-style-type: none"> • This is a chance to “tell ‘em what you told ‘em,” as the saying goes • Be sure to highlight all of these points – give each one time to sink in

 <p>Thank You!</p> <p>Photo: foodandnutrition.org</p>	<ul style="list-style-type: none">• As you finish, be sure to leave time for questions and comments• There is a simple one-page evaluation available for this course you can have them complete
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