

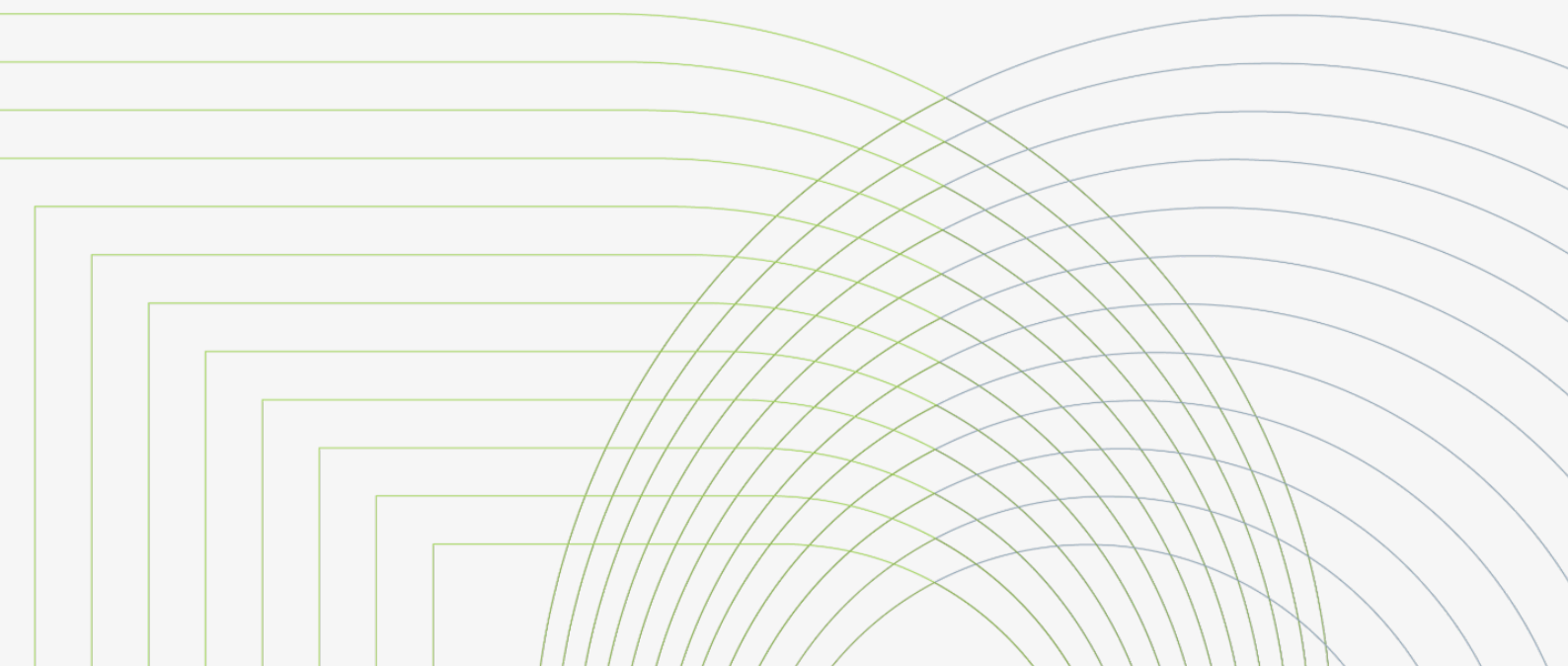
# Module 3.4

# Physical Activity:

# Activity Planning

Keeping the Body in Mind – Resources

Consumer Learning Module



# Module 3.4: Activity Planning

## Content:

Revision.....	3
Prioritising Exercise.....	7
Incidental Exercise.....	10
Cardio Exercise.....	11
Strength Exercise .....	12
Lee's Story .....	22

## Revision



### Activity: Revision from 'Activity training' module

**Cardio exercise such as walking, cycling, and rowing are important for improving fitness and for weight loss.**

**What are some of the aerobic exercises you completed in the last 2 weeks?**

1

---

2

---

3

---



**Strength exercises involve muscles contracting to help improve strength.**

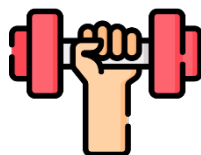
**What are some of the strength exercises you completed in the last 2 weeks?**

1

---

2

---



**Name 3 benefits of cardio exercise:**

1

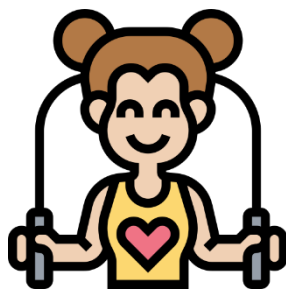
---

2

---

3

---



**Name 3 benefits of strength exercise?**

1

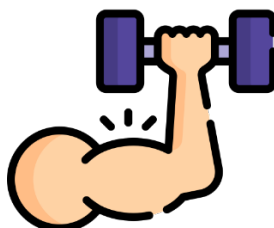
---

2

---

3

---



**In Module 1 you created some goals for your physical activity. List these goals:**

**1**

---

**2**

---

**3**

---

**Were you able or will you be able to achieve these goals? Why / Why not?**

---

---

---

In this module we will use the information you learnt in the first three Physical Activity Modules to plan exercise and physical activity into your week. Remember that physical activity needs to be enjoyable and manageable, otherwise it may be hard to complete.

On the following page is a blank schedule which you can use to develop your own schedule with the help of this step-by-step guide. Use a pencil to fill it out as you may need to make changes as you go along.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning							
Midday							
Afternoon							
Evening							

## Prioritising Exercise

It is important that exercise doesn't replace activities that you need to do, such as attend work or school. Often these essential activities involve long periods sitting down. However, there are many ways to add short bursts of activity and incidental exercise to incorporate more physical activity into your day. Taking the stairs, having active breaks, and standing instead of sitting on a chair are just a few examples.



**Activity: Add in the important activities that you would normally do each week into the blank schedule. These should include work, school, university, shopping, hobbies, social activities etc.**

For example

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning						Grocery Shopping	Soccer Game
Midday	Work		Work				
Afternoon						Work	
Evening				Soccer Training			

**Do any of these activities involve long periods of sitting (sedentary time)?**

Yes

No

Sitting for long periods of time increases the likelihood of weight gain and the risk of chronic diseases such as diabetes and heart disease.

Strategies to break up sitting periods may include simply standing or taking active breaks after every 20 – 30 minutes of sitting.

This can be as simple as walking around for 30 seconds or jogging on the spot. Set a reminder in your phone or write it on a sticky note to prompt you to stand up and move.

**What are some types of activities you can use as active breaks?**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**Did any of the activities you entered into the schedule involve physical activity, either unplanned (e.g. walking around when grocery shopping) or planned (e.g. going for a jog)?**

Yes

No



**What type of activities were they? i.e., were they cardio, resistance (strength), flexibility or mixed?**

Activity	Type

## Incidental Exercise

In Module 1 we looked at different types of physical activity.

Incidental (unplanned) activities are those you do in your everyday life and often you don't even realise you are doing any activity.

**Add in some incidental activities that you can complete in the week.**

For example:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	Walk to bus		Walk to bus			Grocery Shopping	Soccer Game
Midday	Work		Work			Walk to bus	
Afternoon	Walk to bus		Walk to bus			Work	
Evening				Ride bike Soccer Training		Walk to bus	

## Cardio Exercise

Cardio exercise is important for health and fitness. It includes a variety of activities such as cycling, swimming, walking, jogging and interval training, and is a good way to add excitement to your program, helping you to stay motivated.

**Interval training** is a fun and time effective way to improve aerobic (cardio) fitness. More information on interval training can be found in Module 2.

Aim to include cardio exercise on at least 5 days, although you may choose to build up to this amount gradually.

**Add cardio exercises into your schedule. For example:**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	Walk to bus	Bike ride	Walk to bus		Bike ride	Grocery Shopping	Soccer Game
Midday	Work		Work			Walk to bus	
Afternoon	Walk to bus		Walk to bus	Ride bike		Work	
Evening			Sports group	Soccer Training		Walk to bus	

## Strength Exercise

Strength exercises help build muscle, tendon and bone strength and also help you to manage diseases such as diabetes. It is recommended that you perform strength exercises at least twice a week.

**Add resistance exercises into your schedule. For example:**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	Walk to bus	Bike ride	Walk to bus		Bike ride	Grocery Shopping	Soccer Game
Midday	Work		Work			Walk to bus	
Afternoon	Walk to bus		Walk to bus		Outdoor Gym Session	Work	
Evening		Home Strength	Sports group	Ride bike		Walk to bus	

### **When should I stretch?**

The best time to stretch is when your body is warm. Stretching should also be done regularly. Add stretching to the end of as many of your cardio or strength sessions as you like.

For more information on how to stretch check our Module 3.2 – Physical Activity – Active Training



### **When should I work on my balance?**

Balance work can be done at any time. It can be included at the start of any of your cardio or strength sessions or even incorporated into your daily activities. Such as standing on one leg while your food heats up in the microwave or waiting for the kettle to boil or during an ad break while watching TV.





**Activity: How much exercise should I be doing?**

**Do you think you can complete the physical activity included in your schedule?**

Yes

No

**If yes, what makes it achievable?**

**If no, what do you think will get in the way? How could you change the schedule to make it more achievable?**

---

---

---

**Do you think there are any barriers to you completing the physical activity?**

Yes

No

**If yes, list these barriers below.**

**1** \_\_\_\_\_

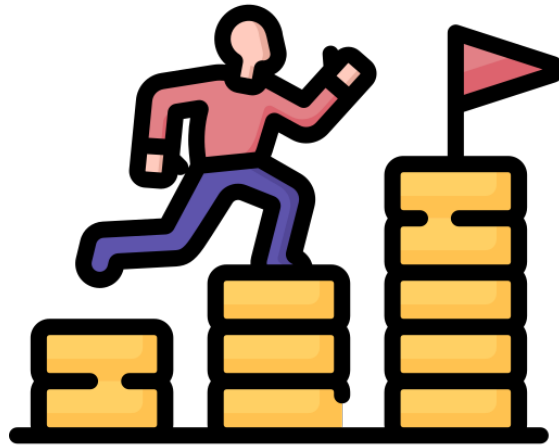
**2** \_\_\_\_\_

**3** \_\_\_\_\_

Explore strategies to overcome these barriers or consider changing the schedule to make it more realistic. Check out Module 3.1 for some examples of common barriers and some tips and ideas on how to overcome them.

## Motivation

Everyone has days when they don't want to exercise. It is important to have strategies to help with motivation and make the most out of your exercise sessions.



## Strategies to help

Here are just a few ways to help avoid low motivation:

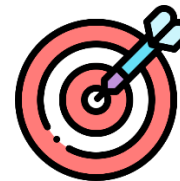
**1** Do something you enjoy. You are much more likely to exercise if it's something you like to do! It can be that simple



**2** Exercise with a friend or relative. Doing exercise together helps increase enjoyment and motivation.



**3** Create SMART goals to keep you on track and write them down. Achieving goals is a great way to improve mood and motivation. Looking back over your SMART goals when you feel low in motivation can also be a powerful reminder of why you decided to increase your exercise to begin with.



**4** Make exercise a habit by being consistent over time. Once exercise becomes a habit you begin to do it automatically and don't need to rely on day-to-day motivation as much. Like brushing your teeth!







**Your turn: Think of some strategies of your own to help you stay motivated!**

1

---

2

---

3

---

4

---

**Create your physical activity goals:**

In Module 3.1 you made some goals based on what you wanted to achieve by increasing your exercise and physical activity. It's now time to set some goals that focus on the schedule that you have created.

**Examples**

Try to take active breaks of 30 seconds of walking for every 30 minutes of sitting at work.

Ride your bike to and from work 2 days every week.

**My Physical Activity Goals :**

Goal

**Let's reflect on your physical activity goals:**

What were/are your goal(s)?

Goal Start Date	Date to complete	Goal	Steps to reach my goal




**Did you achieve your goals?**

Yes

No

**Are you happy with your progress?**

1 2 3 4 5 6 7 8 9 10

**Not Happy** **Neutral** **Very Happy**

**What barriers (if any) did you face?**

---

---

---

---

---

---

---

---

---

---

**How can you overcome these barriers?**

---

---

---

---

---

---

---

---

---

---

**Who can support you?**

---

---

---

---

---

---

---

---

---

---

**If you have experienced these barriers before, what worked well in the past?**

---

---

---

---

---

---

---

---

---

---

## Lee's Story

Lee is a 60-year-old man and wants to plan his physical activity, schedule it, and set up habits. He decides to try some planning basics and see how they work for him. Here is his journey:

- He plans his physical activity. He thinks about what he wants to achieve and why he wants to be more physically active. He writes down his goals and makes them SMART (specific, measurable, achievable, relevant, and time-bound). He also thinks about what he likes to do and what he can do. He chooses activities that are fun and suitable for him.

- He schedules his physical activity. He looks at his calendar and finds time slots that he can dedicate to physical activity. He tries to be consistent and realistic. He also considers the weather, the location, and the equipment he needs. He writes down his plan and puts it somewhere he can see it every day.
- He sets up habits for his physical activity. He creates cues and rewards that help him to stick to his plan. He uses cues such as alarms, reminders, or clothes to prompt him to start his physical activity. He uses rewards such as music, praise, or treats to motivate him to finish his physical activity. He also finds a buddy or a group that can support him and keep him accountable.

Lee feels more organised and in control after trying these tips. He notices that he plans, schedules, and sets up habits for his physical activity. He also follows his plan and achieves his goals. He decides to continue planning basics and enjoy the benefits.



**Congratulations! You've now completed module 3.4 Physical Activity –  
Activity Planning**



**Scan the QR code or visit the link for online access to all of the modules and a complete list of references or visit the link below:**  
**[mindgardens.org.au/KBIMResources](https://mindgardens.org.au/KBIMResources)**



Developed by the Mindgardens Neuroscience Network and the Keeping the Body in Mind Team 2023.

Funded by the Mental Health Commission of New South Wales