



Workshops for Teams and Small Groups – Physical Activity for Health Promotion

Share this intervention with your team or small group one of three ways:

- Level 1 – Facilitate a short / micro learning session for your team
 - (Max 10 minutes)
- Level 2 – Lead or participate in a workshop for your team
 - (Max 1 hour)
- Level 3 – Adapting, improving or creating a workshop specific for your team using the intervention
 - (Max 1 hour, with more prep time involved)

Guidance on how to offer the session and resources are provided below.

Disclosures for RenewU materials:

- This material is for informational purposes only. It does not replace the advice or counsel of a health care professional. You should consult with and rely on the advice of your physician or health care professional for the management of your health. Never disregard professional medical advice or delay in seeking it because of something you have learned in this course.
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Level 1- Facilitating a just-in-time / micro learning session for your team (team meetings, team lunch, etc.).

Estimated Time to Complete: 10-minute max.

Pre-requisites: Interest and skills to facilitate such discussion with provided evidence-based materials.

Instructions:

- Review the module (<https://rise.articulate.com/share/EyDF3oRVUjWAur3SMKChYf246vwkHps1>) and complete the activities to gain knowledge, experience and skill in Physical Activity.
- Design a small group session appropriate for your audience, setting and timeframe, using the materials from the module.
 - o Audience (e.g. department, night shift team, etc.):
 - o Setting (e.g. meeting, lunchtime, etc.):
 - o Timeframe (e.g. 10 minutes, etc.):
- Present small group session.
- Share QR code for post-session feedback to participants.



Level 2 – Lead or participate in a workshop for your team (I.e. professional development session, lunch and learn, etc.).

Estimated Time to Complete: 1-hour max.

Pre-requisites: Interest and skills in Physical Activity and leading a workshop on the topic with provided evidence-based materials.

Instructions for leading a workshop:

- Review the module (<https://rise.articulate.com/share/EyDF3oRVUjWAur3SMKChYf246vwkHps1>) and complete the activities to gain knowledge, experience and skill in Physical Activity.
- Review the evidence-based articles in the module references to familiarize yourself with the evidence.
 - o References document
- Review workshop and print necessary materials/handouts.
- Facilitate workshop.
- Share QR code for post-session feedback to participants.

Instructions for participating in a workshop:

- Participate in the workshop for your team on Physical Activity.
- Complete participant feedback form.



Level 3 – Adapting, improving or creating a workshop on the intervention specific to your team.

Estimated Time to Complete: 1-hour max.

Pre-requisites: Education in Physical Activity or participation in a Physical Activity workshop.

Instructions:

- Using your expertise and the needs of your organization, develop a resource specific for your team on how to utilize the Physical Activity for your team's health promotion.
 - o **Suggested topics:** How to incorporate new moderate or vigorous intensity physical activities into their daily routines and/or discuss MET levels and MET levels regularly achieved.
- Present workshop.
- Share QR code for post-session feedback to participants.

Workshop Outline – Physical Activity for Health Promotion

Session description:

- This workshop is meant to encourage the acquisition of knowledge and skills related to Physical Activity as an intervention for health promotion, using evidence-based resources and an informed facilitator.

Participants:

- Any worker in a healthcare setting

Session materials:

Note - Facilitator will present on Physical Activity using either the provided PPT presentation or using the slides as a source. Handouts can be presented as is to participants or adapted for the needs of the session.

Downloadable documents on Renew My Team:

- Renew Your Mind: Physical Active PPT, with presenter notes (Clinical)
- Renew Your Mind: Physical Active Participant Handout (Clinical)
- Renew Your Mind: Physical Active PPT, with presenter notes (Non-Clinical)
- Renew Your Mind: Physical Active Participant Handout (Non-Clinical)

Session outline

1. Introduction

- a. Present relevant content using full PPT presentation or a selection of slides

2. Small group activity

- a. Participants will be split into small groups of 3-4.
- b. Small groups will be instructed to discuss one or more of the following topics:



- i. Technique for taking heart rate.
 - ii. Formula for calculating target heart rate.
 - iii. Identifying activities that would be considered light, moderate and vigorous intensity.
 - iv. Estimate level of moderate and vigorous activity participants are already achieved in a typical week.
 - v. Discuss reaching or maintaining recommended levels through reflection questions
 - c. Facilitators will walk amongst the groups and participate as needed.
 - d. Groups will be asked to take notes on their conclusions and choose a group leader to share with the large group.
- 3. Large group activity**
 - a. Each group leader will take turns presenting the conclusions from their group with the large group.
- 4. Take home**
 - a. Facilitator will conclude the session with a take home summary from the group discussion and encourage participants to participate in other resilience sessions.
 - b. Take-home points:
 - i. The recommended guidelines for physical activity are 150 minutes of moderate intensity activity per week or 75 minutes of vigorous intensity activity per week.
 - ii. If you are unable to meet the recommendations, do what you can. Any physical activity is better than no physical activity.
 - iii. If you have any pre-existing conditions, discuss your change in activity level with your healthcare provider.
 - c. Share and summarize group findings.