

Aerobic Exercises - Workshop Plan	
Learning Objectives:	Participants will be able to - Assess my personal activity level in relation to both the Canadian Physical Activity Guidelines and the Osteoporosis Canada recommendations for bone health - Identify how much aerobic exercise is needed for health benefits - Identify the difference between weight-bearing and non-weight-bearing aerobic exercise and why this is important for those with osteoporosis - Create a plan to continue or add aerobic exercise into my weekly routine
Time: (min)	Workshop Details
2	Workshop Sign-In - Circulate the Workshop Sign-In Sheet while everyone is getting settled and during the introductions for the workshop - Prior to the start of the workshop, place an Aerobic Exercises - Workshop Guide on every desk/wherever participants will be seated Starter [Slide 2] - Participants should complete the Get Active Questionnaire handout - They will return to this quiz at the end of the workshop as part of the Cool-down activity
2	- After the starter activity, review the Agenda and Learning Objectives for the workshop [Slide 3, Slide 4] - indicate that the learning objective for each slide will be located at the bottom of that slide [Slide 5] - encourage participants to complete their Aerobic Exercises - Workshop Guide during the workshop as this will provide them with a useful resource [Slide 6] - following these introductory slides, the facilitator will work through the PowerPoint slides with the participants, engaging the group in participant-centric activities while they complete the Aerobic Exercises - Workshop Guide
15	Part 1 - Exercise Guidelines [Slides 7-19] - Review the Osteoporosis Canada guidelines and review the definition of aerobic exercise - Encourage participants to discuss their personal experience with aerobic exercise with the person beside them [Slide 10] - Review the Canadian Physical Activity Guidelines and have participants compare these with their current regiment - Review key points on the Slides 13-19 and have volunteers read the bullet points to the group
5	Part 2 - SMART Goal Setting [Slides 20-23] Activity [Slide 21] - Encourage participants to complete the activity in their Aerobic Exercises - Workshop Guide by writing down their ideas in relation to the following ideas - decide how you want to continue with aerobic exercise - identify how you will take action to benefit from the information you have learned - identify goals that will help you stay motivated
2	Activity - Fill-In-The-Blank [Slide 22] Encourage participants to complete the fill-in-the-blank for the SMART goal system

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Cool-down Activity [Slide 24]

- Encourage participants to review their **Get Active Questionnaire** handout from the Starter Activity
- Participants should consider the following questions and record their responses in the appropriate section of their **Aerobic Exercises - Workshop Guide**
 - what changes do you need to make to your daily routine?
 - how can you make these changes?
 - which areas should you focus on first?
- Once they have completed this analysis, encourage participants to create a SMART goal for improving their exercise routine that they can work towards over the next week

Resources:

- Aerobic Exercises - Facilitation Guide
- Aerobic Exercises - Presentation
- Aerobic Exercises - Workshop Plan
- Aerobic Exercises - Workshop Guide
- Get Active Questionnaire
- Workshop Sign-In Sheet
- Workshop Evaluation Form

Other Resources Needed:

- pens/pencils
- tables
- chairs