



THE INSPIRATION TO EXCERCISE

**Leader's Guide, Fact Sheet
& Quiz**

This easy-to-use Leader's Guide is provided to assist in conducting a successful presentation.

PREPARING FOR THE MEETING

Here are a few suggestions for using this program:

- a) Review the contents of the Fact Sheet that immediately follows this page to familiarize yourself with the program topic and the training points discussed in the program. The Fact Sheet also includes a list of Program Objectives that details the information that participants should learn from watching the program.
- b) If required by your organization, make an attendance record to be signed by each participant to document the training to be conducted.
- c) Prepare the area and equipment to be used for the training. Make sure the watching environment is comfortable and free from outside distractions. Also, ensure that participants can see and hear the TV screen or computer monitor without obstructions.
- d) Make copies of the Review Quiz included at the end of this Leader's Guide to be completed by participants at the conclusion of the presentation. Be aware that the page containing the answers to the quiz comes before the quiz itself, which is on the final page.

CONDUCTING THE PRESENTATION

- a) Begin the meeting by welcoming the participants. Introduce yourself and give each person an opportunity to become acquainted if there are new people joining the training session.
- b) Introduce the program by its title and explain to participants what they are expected to learn as stated in the Program Objectives of the Fact Sheet.
- c) Play the program without interruption. Upon completion, lead discussions about your organization's specific policies regarding the subject matter. Make sure to note any unique hazards associated with the program's topic that participants may encounter while performing their job duties at your facility.
- d) Hand out copies of the review quiz to all of the participants and make sure each one completes it before concluding the training session.

5214 THE INSPIRATION TO EXERCISE FACT SHEET

LENGTH: 4 MINUTES

PROGRAM SYNOPSIS:

This short program demonstrates the importance of walking, bike riding and having an exercise program. No matter your age, it is sometimes challenging to begin an exercise routine. Sometimes we need a helpful nudge. Use “The Inspiration to Exercise” as your starting point.

PROGRAM OBJECTIVES:

After watching the program, the viewer will be able to explain the following:

- Why a good diet and exercise are important;
- Which statistics about the benefits of exercise are listed in the program.

PROGRAM OUTLINE:

WHY GOOD DIET AND EXERCISE ARE IMPORTANT

- You get just one body. It is essential to live a nutritious, active and healthy lifestyle.
- Eating healthy foods may well keep the common cold at bay.
- Know what you consume. Eat a healthy high fiber diet.
- Drink lots of water and take nutritional supplements.
- Exercise increases energy levels better than caffeine.
- When you take a step, you are using up to 200 muscles.
- Fidgeting can burn about 350 calories a day.
- Walking at a brisk pace for about three hours a week can reduce your risk for coronary heart disease by 65 percent.
- Deep breathing gives you benefits similar to aerobics.
- You are never too old to do squats.
- Between birth and old age, you'll walk about 70,000 miles.
- When the moon is directly overhead, you weigh slightly less.
- Wearing steel toe shoes burns more calories than regular shoes.
- To lose one pound of fat, a person has to burn 3,500 calories.
- Most important, ingrown toenails are hereditary.

THE INSPIRATION TO EXERCISE

ANSWERS TO THE REVIEW QUIZ

1. a

2. c

3. b

4. c

5. b

THE INSPIRATION TO EXERCISE
REVIEW QUIZ

The following questions are provided to determine how well you understand the information presented in this program.

Name _____ Date _____

1. Exercise increases energy levels better than caffeine.
 - a. True
 - b. False

2. When you take a step, you are using up to _____ muscles.
 - a. 20
 - b. 100
 - c. 200

3. Walking at a brisk pace for about three hours a week can reduce your risk for coronary heart disease by _____ percent.
 - a. 55
 - b. 65
 - c. 75

4. Between birth and old age, you'll walk about _____ miles.
 - a. 700
 - b. 7,000
 - c. 70,000

5. To lose one pound of fat, a person has to burn 2,500 calories.
 - a. True
 - b. False