

# Group Session Guide: Safemoms.org Home Fitness Video



## Session Focus

**Target Audience:** Parents, caregivers and their young children

**Session Goal:** Provide information about physical activity, fitness and body mechanics and interest participants in watching the [www.safemoms.org](http://www.safemoms.org) video series

### Session Overview:

With funding from FEMA, child safety experts and women firefighters partnered to produce English and Spanish versions of two videos. The fitness video demonstrates the same principles that women firefighters use to stay fit and avoid injuries. It shows how to stay in shape and avoid injury with exercises that are workable for the busiest moms. The second video safety video provides practical safety tips for every room in the house as it follows three mothers with their young children.

The 20-minute fitness video opens with a section on reversing the changes of pregnancy. It follows with sections on stretching, endurance conditioning, simple strength training, how to lift without injury and stress reduction. This Guide is designed to be used while viewing the initial section of the video. The Session ends by providing participants a handout to encourage them to watch the fitness and safety videos.

### Session Behavioral Objectives:

- Objective 1: Identify at least one physical change that occurs during pregnancy
- Objective 2: Practice correct posture
- Objective 3: Take home the safemoms.org safety handout that encourages viewing entire videos on the website



## Session Planning

### Materials Needed:

- DVD or internet web link to show video
- Equipment for showing video – DVD or play via internet computer link
- For participants, provide two handouts: “Mom Handout” and “Mom Fitness Handout” (both are available in English and Spanish on the [www.safemoms.org](http://www.safemoms.org) website), and DVD (if available).

### Preparation Needed:

- Set up chairs for easy viewing of video
- Set up equipment for playing DVD

**Session Title:** Home Fitness

**Time Needed:** 25-minutes

**Expertise Needed by Facilitator:** Ability to lead discussion and generate participation

**Resources:** Additional links are available at [www.safemoms.org](http://www.safemoms.org) website

## Session Outline

Time	Safety Video Activity	Objective covered
About 4 minutes	<p><b>Opening the session and introduction to the topic:</b></p> <ul style="list-style-type: none"><li>• “Good morning/afternoon and welcome to this session on fitness. My name is _____ and I’ll be leading our discussions on fitness. Being healthy means eating right and getting regular physical activity.”</li><li>• “The video we are going to watch today is about being physically active. It was designed by women firefighters. They wanted to share how they get back in shape after a pregnancy and stay in shape to avoid injuries.”</li></ul>	



Templates adapted from the Oregon WIC program.

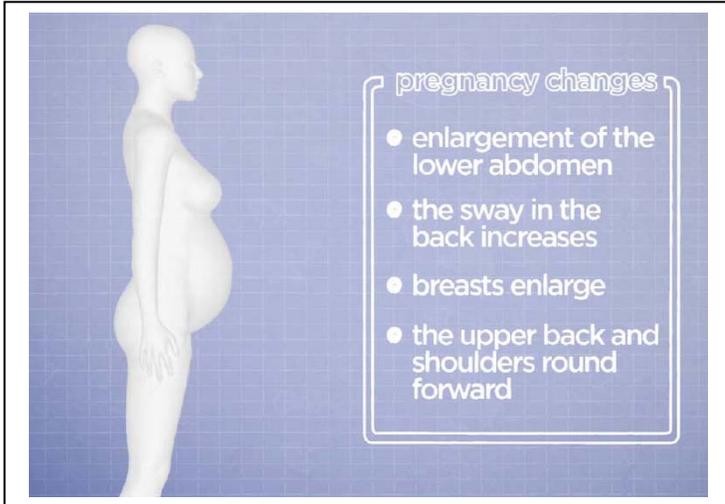
Time	Safety Video Activity	Objective covered
	<ul style="list-style-type: none"> <li>• “This entire video is 20 minutes in length, and it covers walking, stretches, simple strength training and how to lift without getting injured. Today we will be watching the first section on reversing the changes of pregnancy.”</li> <li>• “Although we will only be watching the first part of the video today, I hope that you’ll want to watch the rest of the video on your own.”</li> <li>• “I’d like to begin by getting to know each of you, so let’s start with introductions. Please tell us your first name and the ages of your child or children.”</li> <li>• “The Surgeon General recommends that adults get 30 minutes of physical activity on most days, and for children the recommendation is an hour of physical activity each day.”</li> <li>• Ask, “What are some of the benefits of being physically active?”</li> <li>• Acknowledge contributions and generate discussion among participants.</li> <li>• If needed, add additional benefits of regular physical activity: <ul style="list-style-type: none"> <li>Feel better and lifts spirits (reduces depression)</li> <li>Assists weight loss</li> <li>Prevents injuries</li> <li>Reduces development of heart disease, high blood pressure and diabetes</li> <li>Reduces risks for certain cancers</li> <li>Strengthens bones</li> <li>Sets an example for children</li> </ul> </li> </ul>	



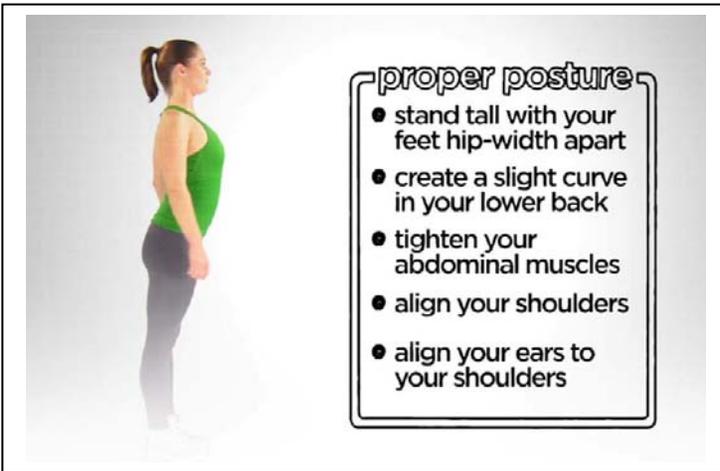
Time	Safety Video Activity	Objective covered
	<ul style="list-style-type: none"> <li>• Thank participants for sharing and re-emphasize that for many of us, it is difficult to find time to be physically active but it's as important for your health as getting enough sleep or sunshine.</li> </ul>	
<b>About 1 minutes</b>	<p><b>Transition to showing the video:</b></p> <ul style="list-style-type: none"> <li>• “I am going to show the opening of this video and the first section, which is on reversing the changes with pregnancy. It ends just as our narrator, a woman fire fighter for the New York City Fire Department, begins to talk about endurance training.”</li> <li>• “She will be talking about posture, and the posture advice you will be hearing is something that helps everyone, so watch closely and after watching, we’ll all try some posture exercises.”</li> </ul>	
<b>About 7 minutes</b>	<p><b>Show the first section of the video:</b></p> <ul style="list-style-type: none"> <li>• End at 7:20 when narrator introduces the next section on endurance training.</li> </ul>	1, 2, 3
<b>About 4 minutes</b>	<p><b>Discussion of the video segment:</b></p> <ul style="list-style-type: none"> <li>• Ask, “Does anyone remember what the changes in a woman’s body during pregnancy are?”</li> </ul>	1, 2



Time	Safety Video Activity	Objective covered
	<ul style="list-style-type: none"> <li>• If participants need help answering, the main changes are: Sway in her back increases, which tips her pelvis forward and causes the muscles in the front or her hips to be tighter. Her shoulders tend to round forward, and her head also goes forward, too.</li> <li>• “It’s no use just watching a video about being active. We need to try out what we just heard.” Ask participants to stand up.</li> <li>• “First, let’s try to get in position of being nine months pregnant. Pooch out your stomach, sway your back and round your shoulders forward.”</li> <li>• “When you’re standing that way it is easy to see how the muscles in the front of your shoulders need to be stretched and so do the muscles in the front of your hips.” (point to those areas)</li> <li>• “Now let’s try to get in the correct posture position.”</li> </ul>	



Time	Safety Video Activity	Objective covered
	<ul style="list-style-type: none"> <li>• “First, from your back swayed, take all the sway out of your back, and try to end up in a position half way between those two.” (demonstrate for participants)</li> <li>• “Now tighten your tummy muscles and suck your tummy in so your belly button goes toward your backbone.”</li> <li>• “Let’s do the same things with our shoulders. Round them all the way forward, then all the way back so you squeeze your shoulder blades together and settle in between those.” (demonstrate for participants)</li> <li>• Finally stand up straight and stretch the top of your head toward the ceiling.</li> </ul>	
About 3 minutes	<p><b>Optional (if time permits) shoulder stretch on either on the wall or in a door jam or corner of the room:</b></p> <ul style="list-style-type: none"> <li>• Ask for volunteer(s) to demonstrate shoulder stretch.</li> <li>• Have participant(s) do either the wall stretch or have the participant(s) demonstrate the shoulder stretch in a door jam or using the walls at a corner of the room.</li> </ul>	2



Time	Safety Video Activity	Objective covered
<p><b>About 2 minutes</b></p>	<p><b>Instruct and empower participants to watch entire video:</b></p> <ul style="list-style-type: none"> <li>• “We only watched the first section of this video, and the other sections are about conditioning, how to lift to avoid injuries, and ways that firefighters reduce stress.</li> <li>• This video is one of two. The other video is on home safety. I hope that you watch both videos.</li> <li>• “I am giving you an information sheet (and DVD copy if available). The videos are available for viewing in English and Spanish versions on the safemoms.org website.”</li> <li>• “I hope you’ll find some time to watch the entire fitness video and the safety video and share the information with others.”</li> <li>• Distribute and explain the “Mom Handout” and “Mom Fitness Handout.”</li> </ul>	
<p><b>About 1 minutes</b></p>	<p><b>Closing:</b></p> <ul style="list-style-type: none"> <li>• Ask, “What questions or comments do you have about the information we saw and discussed today?”</li> <li>• Express appreciation, “Thank you all for coming and watching the video. I hope you’ll watch the rest of the video on the website (or the DVD if available).”</li> </ul>	

