



Session Plan

Aim:

Affirm tobacco user's motivation in sustaining their quit effort

Smoking Cessation Specialist Role:

- Review key triggers and benefits of quitting
- Explain the concept of the space we have between what happens to us and our response to it.
- Encourage client to reflect on their capacity to make a positive choice.
- Raise awareness of physical activity in supporting and maintaining a healthy quit
- National Guidelines on Physical Activity for adults aged 18 – 64 is 30 minutes a day of moderate activity on 5 days a week or 150 minutes a week.

By the end of this session clients will:

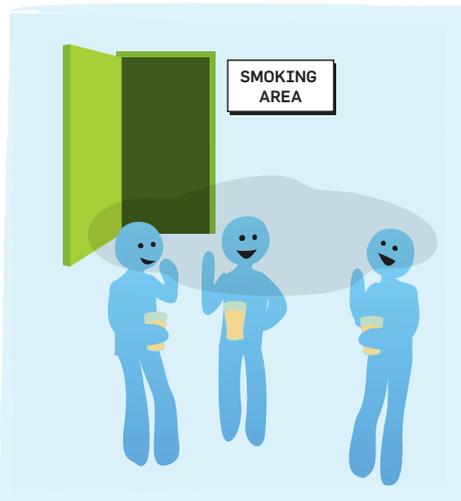
- Understand the space to choose and appreciate their capacity to make positive behavior choices
- Identify physical activity which can be integrated into everyday life

Client Handouts:

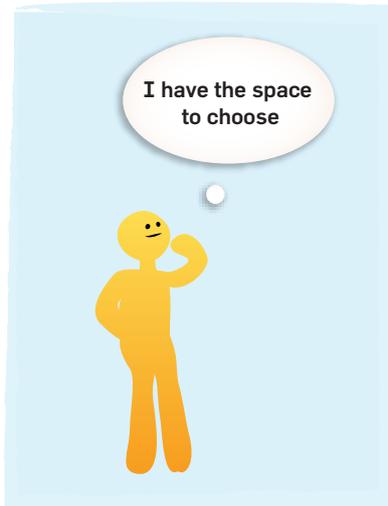
- **Behavioural Pattern: Space to choose**
- **Be Active!**
- **Tips for getting active**
- **My plan to be more active**
- **Session Feedback**

Space to choose

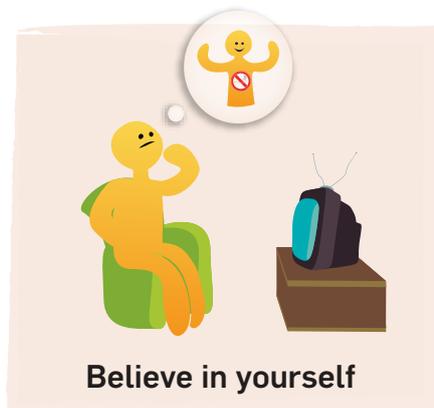
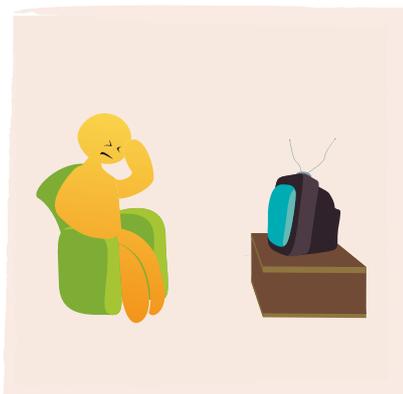
What happens



Space to choose



What you do

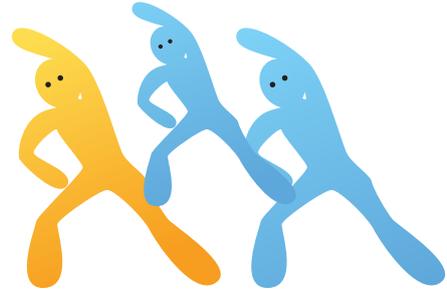




Be active!

> Why be physically active?

Being physically active will help keep you fit and keep your weight down to a healthy level. It does this because of the effect it has on the body's metabolic rate.



> What is metabolic rate?

'Metabolic rate' is how fast your body makes and burns energy. It includes how fast your body burns up the calories from food.

If your metabolic rate is slow, your body will be slow at burning up calories. This could lead to putting on weight, because the body stores unused calories as fat.



> The good news is...

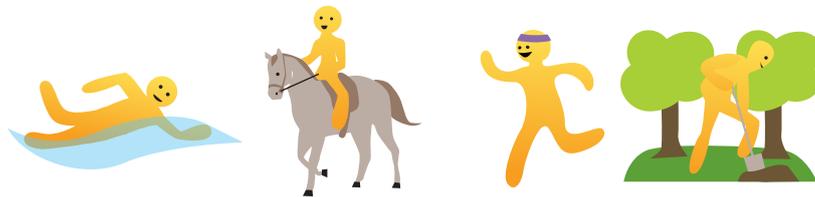
Regular exercise will boost your metabolic rate, both during the exercise and after it. It will help keep you at a healthy weight.



The best thing to do is to get active and stay active!

Tips for getting active

Choose an activity that you will enjoy.



Find a friend to exercise with.



Build up gradually.



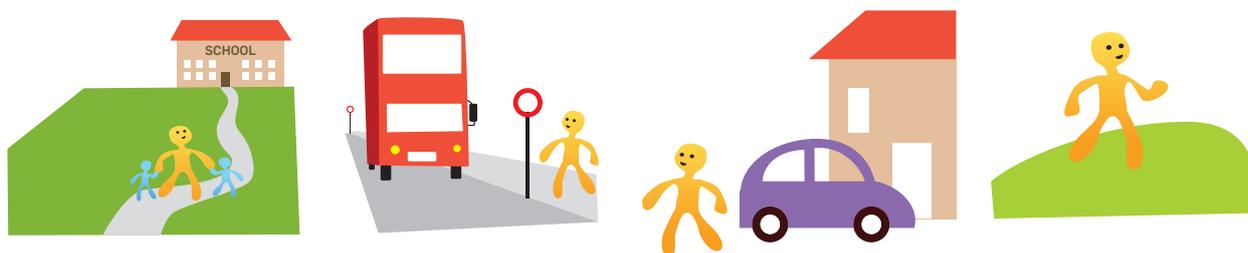
Get started by doing 5 or 10 minutes a few times during the day, and increase this gradually.

Join a local club or class.

Check out www.getirelandactive.ie



Walk more as part of your ordinary routine.



Remember the benefits!



My plan to be more active

What I will try	When I will do this activity	What I will try	When I will do this activity
			
			
			
			
			
			

Or choose some other activity

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Session Feedback

Mark where you are on the sheet.

