

Using the Walking DVD in Class Protocol

The *Walk at Home* DVD by Leslie Sansone may be used in some of the *Eating Smart • Being Active* lessons in place of the physical activities in the Let's Be Active segment. Follow the steps below when using the Walk at Home DVD in class:

Step #1: Be sure the classroom space and technology available are appropriate for proper use of the walking DVD (see "Things to keep in mind" below).

Step #2: Pack the walking DVD with other class materials.

Step #3: Explain to participants during the Let's Be Active segment of the lesson plan that during some of our lessons we will do a segment (or part of a segment) of the walking DVD. This DVD was developed for use by our programs.

- If you are teaching a class in Spanish, tell participants this DVD is only available in English. You will play the sound to the video for the music and you will translate anything important that the instructor says.

Step #4: Incorporating the walking DVD into the Let's Be Active segment

- Skip the warm-up written in the lesson plan. The different walking DVD segments all begin with a warm-up.
- Do a segment (or part of a segment if time is limited) of the walking DVD. Do NOT use the stretching segment of the DVD.
- After completing the segment of the walking DVD, complete the stretch in the Let's Be Active segment of the lesson you are teaching that day.
- After the stretch, do the cool down in the Let's Be Active segment.

Things to keep in mind:

- Remember that the Let's Be Active segments of the lesson plans are designed to introduce the idea of physical activity to participants, show them things they can do at home with little to no equipment, and show them how to be safe while being active. For these reasons, you must still follow the steps in the lesson plans for the Let's Be Active segment when using the walking DVD in class using the method described above.
- Do not use the walking DVD in every lesson in a class series. Be sure to do some of the Let's Be Active segments as they are written so you are showing participants different types of physical activities they can do at home.
- Use a segment of the walking DVD in the first lesson. This will help to facilitate the "Recruitment Incentive protocol" by exposing participants to the DVD and thus encouraging them to bring a friend or family member to the 2nd class.
- Do the segments of the walking DVD in order. The segments build in intensity so it is important to start slow and build up intensity.
- Before deciding to use the walking DVD in class, investigate the technology available in the space where you will be teaching. Ideally, there is a television and DVD player or computer and

projector with sound so that all participants can see and hear the DVD. Do not just use a laptop computer screen and computer speakers unless in a home with three or less participants.

- Be sure there is enough space in the room where you will be teaching to have participants stand and move around.