



# Increasing Physical Activity Using the Multi-Level Approach

<b>GOAL FOR INDIVIDUAL BEHAVIOR CHANGE</b> <i>Increasing physical activity daily</i>	
<b>Interpersonal</b>	<ul style="list-style-type: none"> <li>• Encourage family members to use stairs instead of elevators.</li> <li>• Encourage family members to increase their walking—park their car further away from the building, walk on errands whenever possible.</li> <li>• Plan family gatherings around physical activity (picnic in the park, hike on a trail, work in the garden).</li> <li>• Encourage family members be physically active every day (stretches, yoga, workouts, hikes, walks, etc).</li> </ul>
<b>Church</b>	<ul style="list-style-type: none"> <li>• Encourage members to use the stairs instead of taking the elevator. Place signs at the elevators urging people to use the stairs. Place health messages in stairway to reinforce message about physical activity and healthy eating.</li> <li>• Encourage members to increase their participation in team sports or group physical activity. Open up the all purpose room or gymnasium for evening activities or Saturday basketball games or organize a bowling team. Organize a walking club, a dance or aerobics class or a bowling team.</li> <li>• Encourage children to increase their physical activity. Upgrade the playground facility to give children opportunities for physical activity.</li> <li>• Encourage members, who are able, to join a health club. Arrange for members to have discounts at the health club.</li> <li>• Establish a walking trail around the church. Connect it to the community.</li> </ul>
<b>Community</b>	<ul style="list-style-type: none"> <li>• Work with school leaders to use school facilities for physical activity.</li> <li>• Work with major employers to offer more opportunities for physical activity at breaks and after work.</li> <li>• Conduct exercise classes at local community or senior centers.</li> <li>• Encourage the community to set up walking trails in low-income areas.</li> </ul>

## WORKSHOP RESOURCES

Physical Activity Pre and Post Program Questions

Physical Activity Policy (Appendix III)

Materials in this Appendix

- Ideas for Physical Activity Breaks in Meetings
- Being Active—in the Morning
- Being Active—at Lunchtime!!
- Being Active—With your Disability
- Being Active—ANYWHERE!!

- Ten Ways to Fit Fitness into Every Day
  - Ten Steps to Moving at Work
  - Walking Log
  - Physical Activity Pyramid
- Search Your Heart (Appendix I)  
 Clip Art Web site:  
<http://www.pedbikeimages.org/index.cfm>

Project DIRECT (Appendix I)

- Promoting Healthy Behaviors in African-American Faith Communities—The Project DIRECT Experience
- Project DIRECT: Ready, Set, Walk Coordinators Manual
- Lay Exercise Leader Training: Leading a Healthy and Successful Walking Program in your Community