



Physical Activity Sessions



Overview

Summary

The purpose of the weekly physical activity sessions is to get the dads active and moving. Weekly physical activity sessions are scheduled for approximately 45 minutes. Facilitators are encouraged to participate in the activities with the dads.

Each week of the Dads in Gear (DIG) program is themed and fitness instructors are encouraged to continually relate the weekly theme to the activities that are performed. Fitness instructors should focus on keeping the activities engaging, positive, and upbeat.

Fitness instructors are encouraged to adapt the lesson plans and utilize equipment available at their facility. Further, adaptations may be required based on group dynamics or participant condition. Individual adaptations should be considered for dads with persisting injuries or chronic conditions. Emphasis should be placed on activities that can be done at home with a child or as a family.

As each session is different and many require preparation in advance, fitness instructors are encouraged to regularly connect with the facilitator to ensure synchronicity.

Fitness instructors should encourage men to complete exercises. Fitness instructors may lead a brief discussion about what activities the dads performed during the previous week as well as brainstorming strategies to overcome any perceived barriers to physical activity. Encourage dads to share their strategies while keeping movement a priority.

Prior to participating in any form of physical activity, dads should complete the Physical Activity Readiness Questionnaire (PAR-Q+) and/or be cleared for exercise by their doctor.

Timeline

Week	Title	Description
1	Hockey Training Camp	It's boot camp time! Dads will be timed to complete a fun circuit style routine. The same circuit will be performed during week 8 and dads will try to beat their personal score.
2	Full House	There is lots of room for activities around the house. This week's session introduces dads to a variety of activities targeted at their upper body, lower body, and core.
3	Fishing for Answers	Sometimes we have to get creative with our exercises. Dads will try different options for adding some weight to their workouts with equipment found around the home.
4	The Games We Play	Physical activity doesn't have to be boring - it can be fun and turned into a game! Dads will play two games that get them practicing some movements they've already seen as well as trying some new ones.
5	Let's Walk – Let's Eat	Today we are off to the store! There's lots of ways to add physical activity into your day - it's as easy as going for a 10 minute walk. Dads will try some strategies for increasing the intensity of their walks by walking at different speeds.
6	Where the Wild Things Are	Now that dads have the proper form, we are going to get wild and try using a variety of different equipment to make the exercises more interesting. Mix it up and try a few different options!
7	Bases are Loaded	Just like moving between bases on the baseball field – dads will move from station to station during this circuit style workout.
8	Celebrating Success	Let's see how far we've come. Dads will complete the same circuit from week 1 and compare their scores as well as learn about healthy ways to reward themselves for achieving a goals.



Week 1 – Hockey Training Camp

Welcome

Introduce yourself to the group. Have dads complete the PAR-Q+ (Physical Activity Readiness Questionnaire for Everyone). Develop rapport with dads throughout the session as you interact with them.

Warm Up

Perform light activity (walking, jogging). Perform a series of dynamic movements (windmill arms, hip swivels, etc.)

Boot Camp

Describe and demonstrate the circuit:

From the start line, run diagonally around each of the five (5) cones. Perform 10 burpees and proceed to the shuttle run. Run forward to the first cone, touch it, and run backwards back to the starting position. Proceed to the second cone. Continue this process until you have completed all three cones. Proceed to the push-up station and perform 10 push-ups. Run around the cone and proceed to the jump squat station. Perform 10 jump squat. Run across the finish line. Adaptation may be made to the distance and number of repetitions based on dad's fitness level.

Describe and demonstrate the proper execution of each exercise:

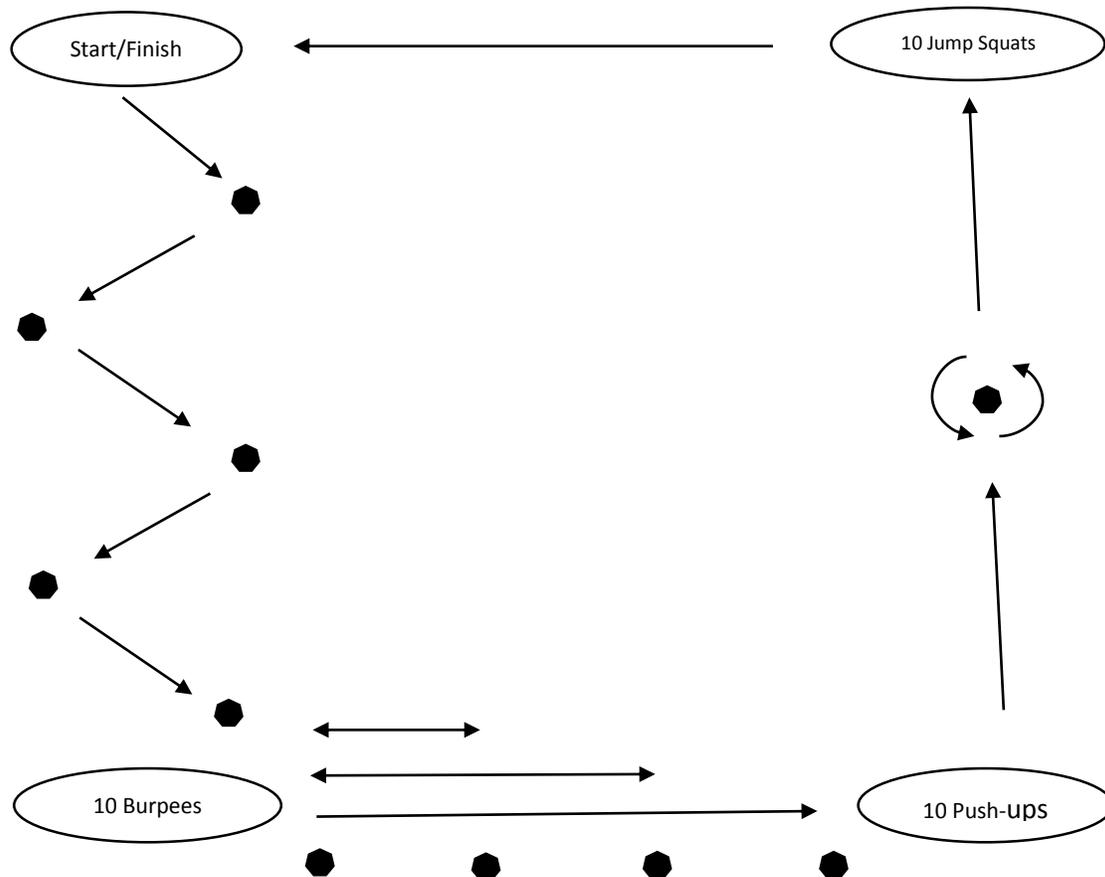
Burpee: From a standing position, lower into a squat and place hands on ground, kick feet back or step back while keeping arms extended. Return feet to the squat position. Jump up extending hands above the head.

Push-up: In a plank position (from feet or knees), with arms extended, bend elbows at a 45 degree angle from the body until chest is near the floor. Push through the floor to return to starting position.

Jump Squat: From standing, bend knees to 90 degrees, keeping knees over toes and weight on heels. Powerfully extend, pushing arms overhead, and jump into the air. Land softly, with bent knees, in standing position.

Allow time for participants to practice the movements. Make corrections to form as needed.

Using a stopwatch or clock, time each participant and record their scores on a piece of paper.



Cool Down

Each individual should perform light activity (walking, jogging) immediately after completing the circuit. As a group, perform static stretches of major muscle groups (quads, hamstrings, shoulders, biceps, triceps)

Warm Up

Perform light aerobic activity:

Activity	Duration
Marching on the spot	20 seconds
Marching with high knees	20 seconds
Marching with heel kicks	20 seconds
Jogging on the spot	20 seconds
Jogging with high knees	20 seconds
Jogging with heel kicks	20 seconds
Jogging: 2 steps in 2 steps out	20 seconds
Jumping jacks	20 seconds
Marching on the spot	20 seconds

Exercise vs. Physical Activity

What is the difference between exercise and physical activity? Exercise is planned, structured and repetitive bodily movement done to improve or maintain fitness. Physical activity simply means moving. Physical activity can fit into our day in bouts of 10 minutes or more. What are some examples of daily physical activity (walking, riding a bike, shoveling, climbing stairs)? How many minutes of physical activity should we be getting in a day? Canada Physical Activity Guidelines recommend that adults (18-64) should accumulate at least 150 minutes of moderate- to vigorous-intensity physical activity per week, in bouts of 10 minutes or more (a.k.a. 30 minutes on most days of the week).

Get Active With Dad

All activities below are done with a medicine ball (or other weighted object) but can be done at home holding your baby!

Lower Body:

Exercise	Repetitions	Notes
Squat	25	Hold the ball out in front of you as a counter weight as you enter the squat.
Lunges	25	Hold the ball tight to your body for added resistance.
Step Up	25	Step up and raise the ball into the air.
Hip Lifts	25	Rest the ball on your stomach/hips for added resistance.
Standing Calf Raise	25	Hold the ball tight to your body for added resistance.
Deadlift	25	Keep your back flat and lift the ball off the floor to your chest, return the ball to the floor to complete the movement.

Upper Body:

Exercise	Repetitions	Notes
Push-ups	15	Place the ball on the ground and touch your chin lightly to the ball each rep.
Shoulder Press	25	Extend the ball above your head.
Triceps extension	25	With the ball overhead, bend at the elbows and lower it behind the head before extending arms back to the starting position.
Standing rotation	25	Rotate your torso from side to side, drawing an arc in the air the ball.

Core:

Exercise	Repetitions	Notes
3 level sit up	5 each level	Hold the ball in your hands in front of your chest.
Reverse crunch	15	Lying on your back, place the ball between your feet. Bring your knees to your chest.
Side to side rotation	30	In a seated position with knees bent, rotate side to side, touching the ball to the ground on either side.

Cool Down

As a group, perform static stretches of major muscle groups (quads, hamstrings, shoulders, biceps, triceps)



Week 3 – Fishing for Answers

Warm Up

Perform light aerobic activity:

Activity	Duration
Marching on the spot	20 seconds
Marching with high knees	20 seconds
Marching with heel kicks	20 seconds
Jogging on the spot	20 seconds
Jogging with high knees	20 seconds
Jogging with heel kicks	20 seconds
Jogging: 2 steps in 2 steps out	20 seconds
Jumping jacks	20 seconds
Marching on the spot	20 seconds

Household Weights

Discuss options around the house that can be used to add resistance. Ask participants for ideas about what they could use in their own home. Discuss exercises that each type of weight may be appropriate for.

Provide sample weights to use:

- Milk jug (4L) filled with water
- Grocery bag full of cans
- Plastic bucket full of water or sand
- Sandbags
- Dumbbells
- Medicine ball (baby)

Workout

Demonstrate the proper execution of each exercise with a variety of weighted options.

Rest for 1 minute between sets.

Exercise	Sets	Repetitions	Suggestions
Squat	3	12-15	Hug the sandbag or hold a milk jug in each hand.
Hip raises	3	12-15	Try single-leg hip raises if it's too easy.
Push-Ups	3	10-12	Push-up from your knees or on an inclined surface to make it easier.
Single arm row	3	12-15	Hold a milk jug or bag of cans in your hand.
Lateral raises	2	12-15	Hold a milk jug or bag of cans in your hand.
Bicep curls	2	12-15	Hold a milk jug or bag of cans in your hand.
Plank	3	30 seconds	Alternate raising and lowering one leg off the ground.

Cool Down

As a group, perform static stretches of major muscle groups (quads, hamstrings, shoulders, biceps, triceps)

Week 4 – The Games We Play

Warm Up

Perform light activity (walking, jogging). Perform a series of dynamic movements (windmill arms, hip swivels, etc.)

What is in the Cards

Split participants into teams. Split a deck of cards between them. Exercise is determined by the suit. Repetition is determined by the number on the card. Challenge the men to complete as many cards as they can in 3 minutes. Explain to dads that it is important to focus on the proper execution of the movements and not sacrifice form for speed.

Ace – one repetition

Two through ten – number on card

Jack – eleven repetitions

Queen – twelve repetitions

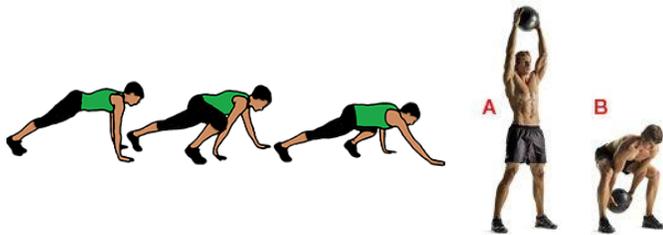
King – thirteen repetitions

Suit	Exercise	Description
Hearts	Squat Press	Holding a weight in each hand at shoulder level, bend knees and perform a squat, stand up and press weight overhead.
Diamonds	Up Downs	Stand in front of a mat, crouch down into a push up position; let stomach touch the floor then stand back up.
Spades	Suitcase Squats	Squat down and pick up weight on one side then the other.
Clubs	Diagonal Lunges	Stand with feet together, lunge forward and bend at the knee until leg is parallel with the ground, push through heel and return to standing position. Alternate legs.

Repeat two times.

Baby in a Ring

Place a medicine ball (baby) or other weight in the middle of a circle. Bear crawl circle and perform 10 cleans with the medicine ball then bear crawl back.



Repeat 10 times and rest 30 seconds between.

Cool Down

As a group, perform static stretches of major muscle groups (quads, hamstrings, shoulders, biceps, triceps)

Pedometer Use

Hand out pedometers and have participants attach the pedometer to their right hip, in line with the knee.

Men who climb 50 stairs and walk 5 city blocks a day may lower their risk of heart attack by 25%

Warm Up

Walk at a comfortable pace.

Review physical activity guidelines. Canada Physical Activity Guidelines recommend that adults (18-64) should accumulate at least 150 minutes of moderate- to vigorous-intensity physical activity per week, in bouts of 10 minutes or more.

Ask participants how many steps per day they should be getting.

Accumulating 10,000 steps a day is a rough equivalent to 30 minutes of activity. It should be enough to reduce your risk for disease and help you lead a longer, healthier life.

Walking activities

Briskly walk for 1 minute then comfortably for 4 minutes. Repeat 4 times.

Exercise Intensity

Discuss the difference between mild, moderate, and vigorous intensity physical activity. Explain that the most health benefits are achieved at a moderate to vigorous intensity.

How do you know if you are being active at a moderate or vigorous intensity?

Moderate-intensity physical activity (brisk walking, swimming, active games with child)

A simple way of determining whether you are exercising at a moderate level is the talk test. This test is quite easy. If you are doing moderate intensity activity you will be able to talk, but not able to sing. At a moderate intensity you burn approximately 3.5 to 7 kcal/min

Vigorous-intensity physical activity (running, brisk walking uphill, competitive sport, heavy shoveling). You will breathe heavily and be unable to say more than a few words at a time. At a vigorous intensity you burn over 7 kcal/minute.

Cool Down

As a group, perform static stretches of major muscle groups (quads, hamstrings, shoulders, biceps, triceps)

Week 6 – Where the Wild Things Are

Warm Up

Perform light activity (walking, jogging). Perform a series of dynamic movements (windmill arms, hip swivels, etc.)

Exercise Stations

Try incorporating equipment available at your facility to mix up the activities (BOSU ball, exercise ball, weights, resistance bands).

Exercise	Repetitions/Duration	Suggestions
Squat (hands at side)	25 repetitions	Hands at side
Deadlifts	25 repetitions	
Step Ups	3 minutes	up, 2, 3, down, 2, 3
Chest Fly	25 repetitions	Laying on a ball, arms out in fly position
Chest Press	25 repetitions	Laying on ball, arm press with weights
Upright Row	25 repetitions	Standing on a BOSU
Bent-over Row	25 repetitions	One hand on ball, single arm row with weight in hand
Bicep Curl	25 repetitions	Alternating arms
Triceps Press	25 repetitions	Standing press weights above head
Shoulder Press	25 repetitions	Seated on ball both arms together
Cleans	25 repetitions	With medicine ball
Wood Choppers	25 repetitions	Diagonal wit medicine ball
Lunges	25 repetitions	Holding dumbbells in hands
Hip Lifts	25 repetitions	Place feet on BOSU
Hip Lifts (one leg)	20 repetitions	One leg at a time, 10 repetitions per side
Crunch	20 repetitions	Laying on ball
Reverse Crunch	20 repetitions	Medicine ball between feet
Plank	30 seconds	On elbows
Side Plank	30 seconds	Hand on hips, 30 seconds each side

Staying on Track

Discuss tips for staying on track. Ask participants to provide examples of what they do to stay motivated.

1) Set Goals

Follow the “S-M-A-R-T” principal to help in your goal setting.

S - Specific. What do you want to accomplish? How are you going to do this?

M - Measurable. Quantify what you are going to do

A – Attainable. Ensure that the goals you set are within your physical and mental capabilities

R – Realistic. Be honest with yourself about what you will reasonably be able to accomplish

T – Trackable. Keep a record of what you have done and what you aim to do.

2) Personal Contract

Write a contract to yourself that includes a list of your short and long term goals. Sign the contract and place it somewhere that you will see it every day (on the refrigerator or in your truck). Let friends, family, and co-workers know what you are planning so they can hold you accountable.

3) Track your Progress

Keep a log of the duration of your physical activity, steps taken, or weights lifted.

4) Reward Yourself

Celebrate your success and commitment by taking your family on a hike, subscribing to a health magazine, or buying yourself a piece of exercise equipment.

Cool Down

As a group, perform static stretches of major muscle groups (quads, hamstrings, shoulders, biceps, triceps).

Warm Up

Perform light activity (walking, jogging). Perform a series of dynamic movements (windmill arms, hip swivels, etc.)

Exercise Stations

Demonstrate the proper execution of each exercise in between each station during a 2-minute rest period.

Station 1 – Strength

Exercise	Repetitions
Squats	25
Push-Ups	25
Hip Raises	25

Station 2 – Cardio

Exercise	Duration
Stairs	2 minutes
Squat Jumps	2 minutes
Mountain Climbers	2 minutes

Station 3 – Core

Exercise	Duration
Crunch	1 minute
Plank	1 minute
Side Plank	1 minute

Station 4 – Strength

Exercise	Repetitions
Lunges (alternating)	25
Push-Ups	25
Standing Calf Raises	25

Station 5 – Cardio

Exercise	Duration
Step Up	2 minutes
Toe Touches	2 minutes
Side Lunges	2 minutes

Station 6 – Core

Exercise	Duration
Reverse Crunch	1 minute
Plank	1 minute
Side Plank	1 minute

What's what? (discussion while resting between stations)

Strength - Strength training typically uses heavy weights and low repetitions to improve muscular strength and size. Strength training also promotes strong bones. It is recommended that adults (18-64) do activities using major muscle groups at least 2 days per week.

Cardio – Aerobic activity (requiring the use of oxygen) are activities that make you breath heavier and sweat. Aerobic activity has numerous benefits including reducing your risk of disease, weight loss, and improved lung function.

Core – Core exercises are an important part of a well-rounded fitness program. Having a strong core can help prevent injury, improve balance, stability, and posture. It's a common misconception that core exercises will help burn belly fat.

Cool Down

As a group, perform static stretches of major muscle groups (quads, hamstrings, shoulders, biceps, triceps).



Week 8 – Celebrating Success

Warm Up

Perform light activity (walking, jogging). Perform a series of dynamic movements (windmill arms, hip swivels, etc.)
It's important to celebrate our success and see how far we've come. Today we will do the same circuit we did during week 1 and see if we can beat our time

Boot Camp

Describe and demonstrate the circuit:

From the start line, run diagonally around each of the five (5) cones. Perform 10 burpees and proceed to the shuttle run. Run forward to the first cone, touch it, and run backwards back to the starting position. Proceed to the second cone. Continue this process until you have completed all three cones. Proceed to the push-up station and perform 10 push-ups. Run around the cone and proceed to the jump squat station. Perform 10 jump squat. Run across the finish line. Ensure that the distances and repetitions are the same as week 1 so dads can compare their time.

Describe and demonstrate the proper execution of each exercise:

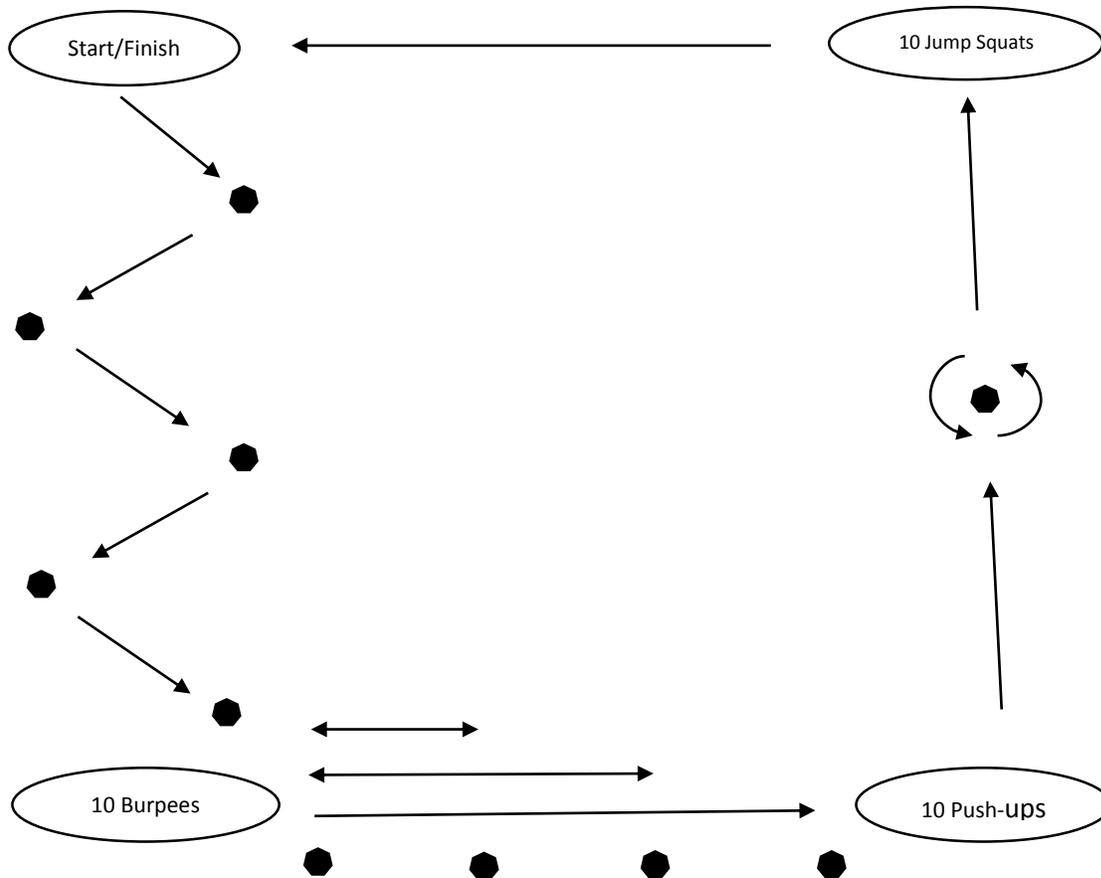
Burpee: From a standing position, lower into a squat and place hands on ground, kick feet back or step back while keeping arms extended. Return feet to the squat position. Jump up extending hands above the head.

Push-up: In a plank position, with arms extended, bend elbows at a 45 degree angle from the body until chest is near the floor. Push through the floor to return to starting position.

Jump Squat: From standing, bend knees to 90 degrees, keeping knees over toes and weight on heels. Powerfully extend, pushing arms overhead, and jump into the air. Land softly, with bent knees, in standing position.

Allow time for participants to practice the movements. Make corrections to form as needed.

Using a stopwatch or clock, time each participant and record their scores on a piece of paper. Allow participants to compare their times with the scores from week 1.



Cool Down

Each individual should perform light activity (walking, jogging) immediately after completing the circuit. As a group, perform static stretches of major muscle groups (quads, hamstrings, shoulders, biceps, triceps)