

PHYSICALLY (IM)POSSIBLE

– on opportunities for exercise and keeping fit

The aim of the Physically (Im)possible exercise is to help participants to become more aware that exercise can be many things, for example gardening, walks, housework and sport. Participants should identify the particular type of activity or training that they do or would like to do. Using the Wheel of Change, they should find out where they are with respect to the picture cards they have chosen. Participants can set themselves specific goals for exercise and keeping fit using the Goal and Plan exercise.



Minimum 40 minutes



42 picture cards of exercise and keeping fit for each participant

Wheel of Change' for each participant

'Goal and Plan' sheets and writing implements

Good table space



Individual

In pairs (person beside)

Group dialogue



Pictures as in 'My Exercise'

Requires participants to know about the 'Wheel of Change'

'Goal and Plan' exercise is included in the second part of the exercise

STEP BY STEP

1. The educator introduces the aim of the exercise: To set individual future goals for exercise.
2. All participants get the 'Wheel of Change' and spread their picture cards in front of them.
3. Participants first look at all the pictures and select the cards that illustrate the kinds of activity that they either do or would like to do. The picture cards should be regarded as inspiration. If a participant lacks a picture, the participant can choose the card with a questionmark.
4. Each picture should then be placed on the 'Wheel of Change' corresponding to the current stage of activities (for example, under consideration). In this way participants become aware of what they are doing and where they are in their own change process.
5. Participants are encouraged to talk to the person beside them about why they have chosen precisely these pictures and where they are in the change process. Here it is also a matter of focusing on success stories about what participants have already achieved. The focus should also be on what he or she wants to do and any barriers to making a start. Participants can learn from each other's experiences in overcoming barriers and progressing from physically impossible to physically possible.
6. The educator can conclude the exercise by talking about the issues that prevent participants from making a start.
7. Part 2: The exercise can continue with 'Goal and Plan', with participants each using an activity as a goal for the change in exercise/fitness that they would like to do more to tackle further on in the process.
8. The educator can conclude the exercise by asking participants to tell the group about goals for the group or it can be concluded by going for a walk or some other form of exercise.