



# MODULE 6

## SOCIAL MEDIA DETOX AND DIGITAL WELL-BEING



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## Lesson 6.3

# Promoting Offline Activities and Physical Health



**ERASMEDIAH**

Educational Reinforcement Against  
the Social Media Hyperconnectivity



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# Promoting Offline Activities and Physical Health

## Objectives:

- To help participants understand the importance of incorporating offline activities into their daily routine.
- To promote the physical and mental health benefits of regular offline activities, especially those that involve movement.
- To encourage the development of habits that support physical well-being through outdoor and offline activities.

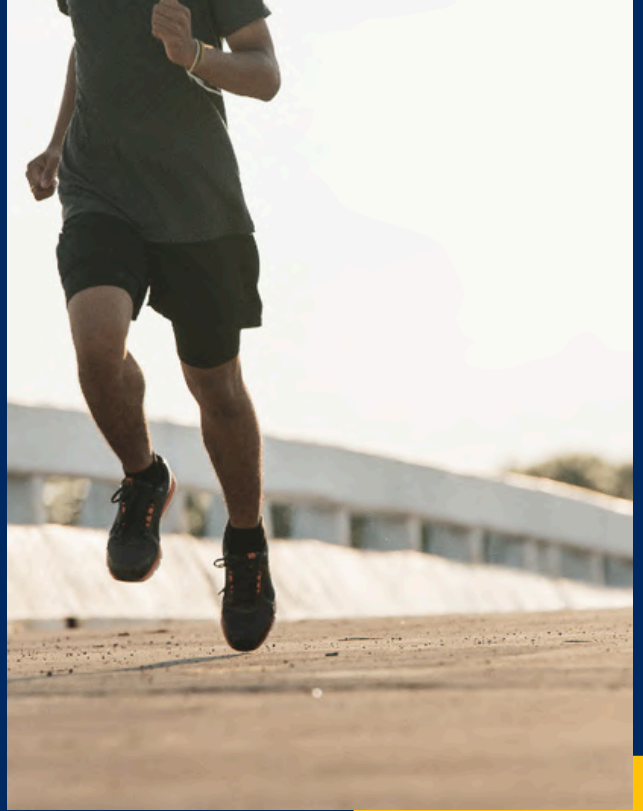
## Key Message(s):

- Physical health is essential for overall well-being and improves mental health.
- Engaging in offline activities can reduce stress, improve sleep quality, and increase energy levels.
- Small, consistent efforts to integrate physical activities into daily life can lead to long-term health improvements.



TYPE OF LESSON:





# Lesson Overview

This lesson encourages participants to step away from screens and engage in offline activities that promote physical health. By focusing on the benefits of physical movement and offering practical suggestions, participants will develop strategies to increase their physical activity levels while reducing sedentary behavior.

## **The workshop is organized into 4 steps:**

1. Introduction to the Importance of Physical Activity (10 min)
2. Identifying Opportunities for Offline Activities (15 min)
3. Creating an Offline Activity Plan (15 min)
4. Closing Discussion & Commitments (5 min)



## Step 1

# Introduction to the Importance of Physical Activity

Let's start with a short energizing activity to get you moving. We'll begin with a few minutes of light stretching or, if you prefer, a short walk around the room or outside. The goal is simply to get your body active and boost your energy levels. Afterward, take a moment to check in with yourself—how do you feel? Has your mood or energy shifted? We'll discuss how even small movements can have a big impact on your well-being.

Key points to think about:

- Physical activity improves your mood, boosts your energy, and supports overall well-being.
- A sedentary lifestyle can lead to stress, poor posture, and physical discomfort.
- Simple activities like walking, gardening, or dancing can help you counteract these negative effects and feel better throughout your day.



## Step 1

# Introduction to the Importance of Physical Activity

## How Exercise Helps your well-being

### **Blocking Negative Thoughts**

Exercise can help distract from daily worries and negative thinking patterns.

### **Increased Social Contact**

Exercising with others offers opportunities for social interaction and support, reducing isolation.

### **Improved Mood and Sleep**

Regular exercise can elevate mood, boost energy levels, and improve sleep quality.

### **Brain Chemistry Changes**

Physical activity can increase levels of serotonin, endorphins, and help regulate stress hormones, contributing to overall emotional well-being.



## Step 2

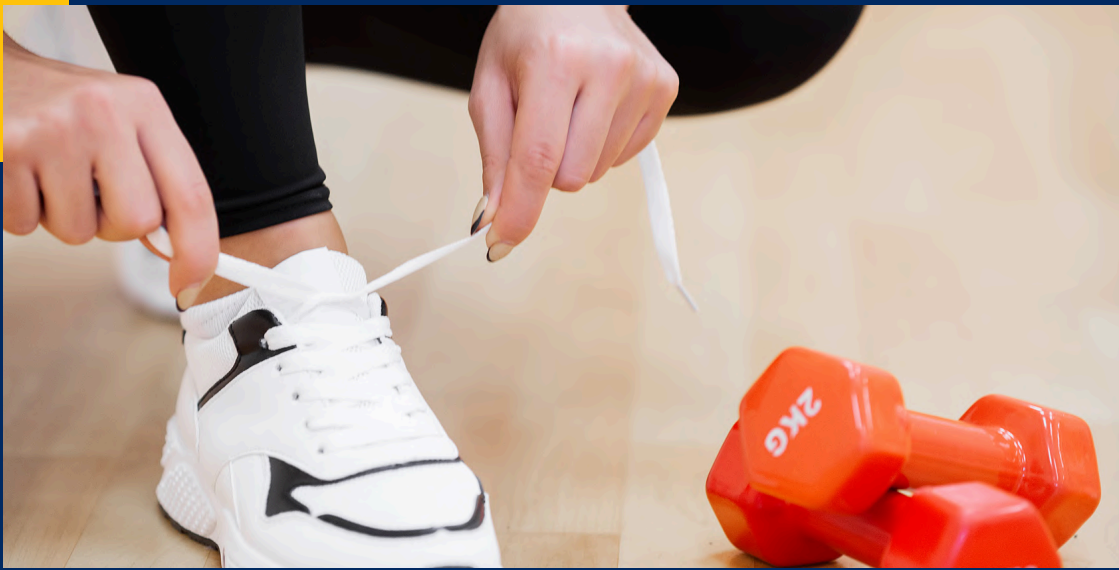
# Identifying Opportunities for Offline Activities

Let's start by breaking into small groups. I want you to think about your daily routine and identify areas where you could incorporate physical movement. Reflect on the following:

- What parts of your day do you spend sitting or being inactive?
- Where can you add small amounts of physical activity?

In your groups or pairs, discuss and list as many offline activities as you can think of that could be easily incorporated into your daily routine. Consider the following categories:

- Physical Movement: Activities that get your body moving (e.g., walking, stretching, cleaning, or gardening).
- Outdoor Activities: Ideas for getting fresh air and moving your body (e.g., walking in a park, cycling, playing sports).
- Social Activities: Group activities that involve physical movement (e.g., dancing with friends, playing frisbee, or going for a group walk).

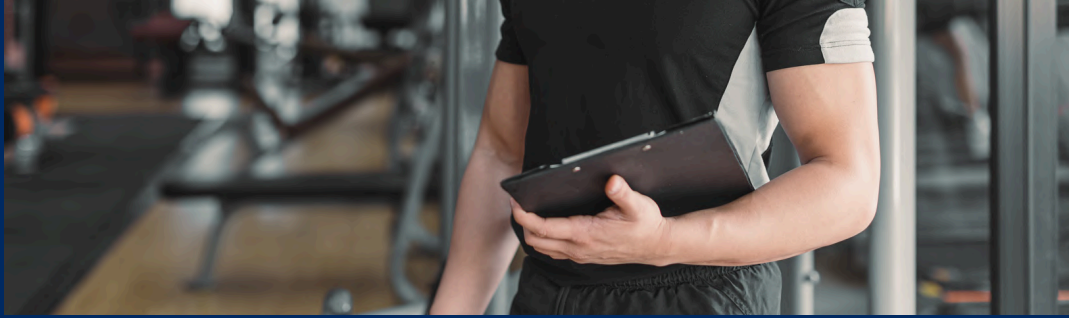


## Step 2

# Identifying Opportunities for Offline Activities

After your discussion, each group will share their list with the rest of the class. We will then talk about ways we can support each other to stay active and commit to doing at least one of the activities each day for the next week.

Remember: Offline activities don't need to be complex or time-consuming. Small changes in your routine, like walking instead of driving or taking the stairs, can have a big impact on your physical and mental well-being. Let's find simple ways to get moving every day!



### Step 3

## Creating an Offline Activity Plan

Now it's time to make a personal commitment to incorporating physical movement into your daily routine. Please take a moment to think about one or two offline activities you can commit to doing every day. Here are some ideas to help you get started:

- Walking after lunch
- Doing 5 minutes of stretching in the morning

When deciding, keep the following tips in mind:

- Choose activities that are simple and can easily fit into your routine (e.g., walking while chatting with a friend or gardening on weekends).
- Plan short breaks from screen time to encourage movement (e.g., stretching every hour or taking a short walk in the afternoon).
- Set small, achievable goals, such as 10 minutes of physical activity each day, gradually increasing over time.

Once you've chosen your activities, schedule them into your week. Make sure they are realistic and achievable, so you're more likely to stick with them. Feel free to write down your plan and share it with the group for extra accountability. Let's commit to taking small steps toward better physical and mental well-being!



## Step 4

# Closing Discussion & Commitments

Take a moment to think about one offline activity you're committed to doing this week. It could be something as simple as walking after lunch or doing a few stretches in the morning.

Once you've decided on your activity, share it with the group. Afterward, pair up with someone and make a commitment to support each other. You'll be each other's accountability partner, checking in and encouraging each other throughout the week.

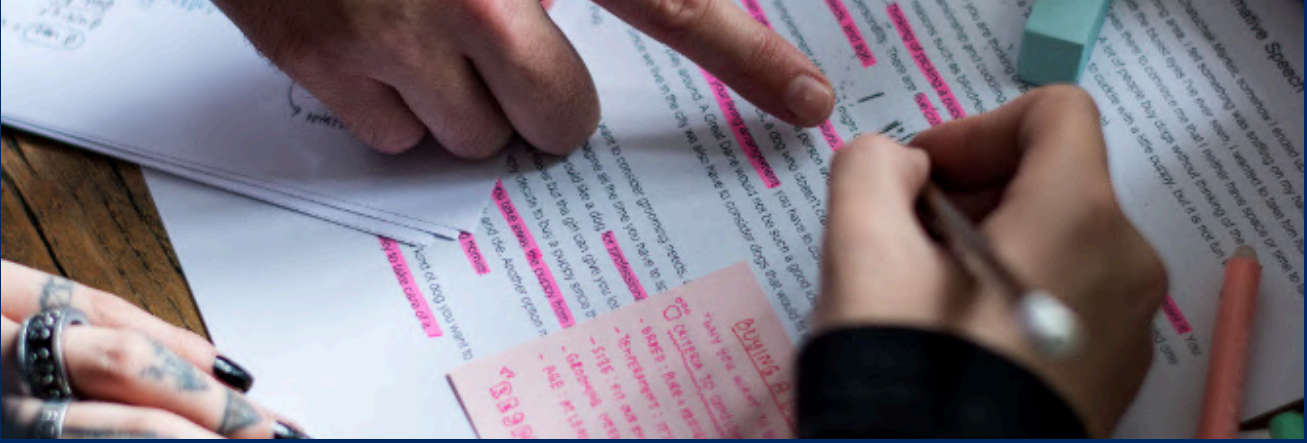
Remember: Small, consistent changes can lead to bigger results over time. Even dedicating just 10 minutes to physical movement each day is a step in the right direction. As you complete your activity, reflect on how you feel—notice any improvements in your mood, energy, or overall well-being. This is about building a healthy, sustainable habit, and supporting each other along the way!

## **Closing Discussion & Commitments**

### **Interesting Benefits of Physical Activities:**

- **Boosts Brain Health:** Regular physical activity can increase the size of the hippocampus, the part of the brain responsible for memory and learning.
- **Supports Gut Health:** Exercise stimulates the gut microbiome, promoting better digestion and overall health.
- **Improves Pain Tolerance:** Engaging in regular movement can raise your pain threshold, helping to manage chronic pain.
- **Enhances Longevity:** Just 30 minutes of moderate activity a day can add years to your life by reducing risks of major illnesses.
- **Encourages Better Decision-Making:** Exercise improves executive function, helping you make clearer, faster, and more strategic decisions.
- **Reduces Cravings:** Physical activity can curb cravings for sugary or unhealthy foods by altering hormone levels.





## Key Takeaway Summary

- Physical activity doesn't need to be complex; simple, everyday movements can significantly improve health.
- Taking regular breaks to move away from screens can boost both mental and physical well-being.
- Small, achievable goals can lead to lasting habits that improve overall quality of life.



# Instructions for youth workers, educators, and teachers

## **Objective:**

Help participants understand the physical and mental benefits of offline activities and guide them in creating a personalized plan to integrate more movement into their daily routines.

## **Materials Needed:**

- Space for movement activities (indoors or outdoors).
- Paper and pens for activity planning.
- Whiteboard or flipchart to record ideas during group discussions.





## **Step 1: Introduction to the Importance of Physical Activity (10 min)**

Begin with a short energizing activity (e.g., light stretching or a walk). Start a discussion on how physical activity improves mood, energy, and overall well-being. Highlight the risks of sedentary behavior (stress, poor posture) and the benefits of simple movements (walking, gardening).

Suggested Video:

[What happens inside your body when you exercise?](#)

Present and discuss with the participants whether they keep a healthy lifestyle or not.





## **Step 2: Identifying Opportunities for Offline Activities (15 min)**

Begin by dividing participants into small groups of 3–4 people. Ask them to reflect critically on their daily routines, paying special attention to periods where they tend to be sedentary—such as during work breaks, after meals, or while watching TV. Encourage them to identify these "inactivity windows" and brainstorm how they might replace them with physical movement. To structure their discussion, guide groups to explore three categories of offline activities:

First, physical movement—simple actions that get the body moving, like stretching during TV commercials, taking the stairs instead of the elevator, or doing household chores like gardening or cleaning. Second, outdoor activities—ways to combine fresh air with movement, such as walking in a park, cycling to a nearby café, or playing a casual sport like basketball. Third, social activities—group-based movements that foster connection, like organizing a weekly dance session with friends, joining a community walking group, or playing frisbee at a local park.

After 10 minutes of discussion, reconvene the class and have each group share their top three activity ideas. Write these on a whiteboard to create a master list. Use this moment to highlight how even minor adjustments—like a 5-minute walk after lunch or standing during phone calls—can cumulatively improve well-being. Conclude by challenging everyone to select at least one activity from the list to try daily for the next week, emphasizing that consistency matters more than intensity.





### Step 3: Creating an Offline Activity Plan (15 minutes)

Now, guide participants to translate their ideas into a concrete plan. Encourage them to choose one or two realistic activities tailored to their schedules and preferences. For example, someone working from home might commit to a 10-minute morning stretch routine, while a student could plan to walk to a friend's house instead of taking the bus. Stress the importance of starting small: goals like "5 minutes of stretching at my desk" or "a 15-minute evening walk" are more sustainable than ambitious, vague targets.

Provide a structured template or worksheet where they can jot down their chosen activities, schedule them into specific timeslots (e.g., "7:30 a.m.: Yoga video before breakfast"), and note potential obstacles (e.g., "If it rains, I'll do indoor exercises instead"). To reinforce accountability, invite volunteers to share their plans aloud. This public commitment often increases follow-through. Additionally, suggest pairing physical activity with existing habits—like doing squats while brushing teeth or stretching during a podcast—to make them easier to adopt.





## **Step 4 Closing Discussion & Commitments (5 min)**

Wrap up the session by asking participants to reflect on their chosen activity and its potential impact. Pose questions like, "How do you think this will affect your energy levels or mood?" or "What's one challenge you might face, and how could you overcome it?" Then, facilitate a quick round where each person states their commitment aloud (e.g., "I'll take a 10-minute walk after dinner every day").

Next, you can pair participants as accountability partners. Encourage pairs to exchange contact information and schedule a midweek check-in—via text, call, or a shared app like Habitica—to share progress and encouragement. Reinforce that setbacks are normal; what matters is recommitting.

Finally, share surprising science-backed benefits to motivate them further: regular movement not only boosts memory and gut health but also sharpens decision-making skills and reduces junk food cravings. End on an empowering note: "By dedicating just 10 minutes a day to movement, you're investing in a healthier, happier future—and this group is here to support you."





## Follow-Up and At-Home Activities

- Activity Journal: Have participants keep a journal of their offline activities for a week, noting how they feel before and after each activity.
- Accountability Buddy: Pair participants with a partner to check in on each other's progress and offer encouragement.

## Tips for Teachers:

Make the activities fun and interactive to keep participants motivated.

Tailor the activities to the participants' fitness levels and preferences.

Encourage participants to think outside the box when considering physical activities—gardening, playing with pets, or even dancing around the house all count!





## Tools

### Habitica



Participants can set goals like "go for a walk daily" or "try a new offline activity" and earn rewards for completing them. This reinforces accountability and consistency.

[LINK](#)

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### Strava: Run, Bike, Hike



Strava helps participants track their physical activities like walking, running, or cycling, set personal goals, and stay motivated through its social features, fostering accountability and encouraging consistent offline engagement.

[LINK](#)



## References

- Better Health Channel. (n.d.). Physical activity - It's important. State Government of Victoria.  
<https://www.betterhealth.vic.gov.au/health/healthyliving/physical-activity-its-important>
- Centers for Disease Control and Prevention. (n.d.). Benefits of physical activity. U.S. Department of Health and Human Services. <https://www.cdc.gov/physical-activity-basics/benefits/index.html>





## QUIZ

1. What is one of the primary benefits of engaging in regular offline physical activity?
  - A. It improves mental well-being and mood.
  - B. It increases screen time.
  - C. It leads to higher stress levels.
  - D. It causes physical exhaustion.
  
2. Which of the following is NOT considered an offline physical activity?
  - A. Walking in a park.
  - B. Cycling outdoors.
  - C. Watching a fitness video online.
  - D. Gardening.
  
3. How can small, consistent changes in physical activity impact your health?
  - A. They have no effect on health.
  - B. They lead to significant improvements over time.
  - C. They may increase stress levels.
  - D. They are only beneficial for physical health, not mental health.





## QUIZ

4. What is an interesting benefit of physical activity that participants may not be aware of?
- A. It makes you more tired.
  - B. It improves gut health and digestion.
  - C. It decreases creativity.
  - D. It makes you more sedentary.
5. What is a benefit of pairing up with someone for accountability when committing to offline activities?
- A. It ensures you only focus on online activities.
  - B. It decreases the amount of physical activity you do.
  - C. It makes physical activity less enjoyable.
  - D. It provides support and motivation to stick to your goals.





# Solutions

Question 1: A

Question 2: C

Question 3: B

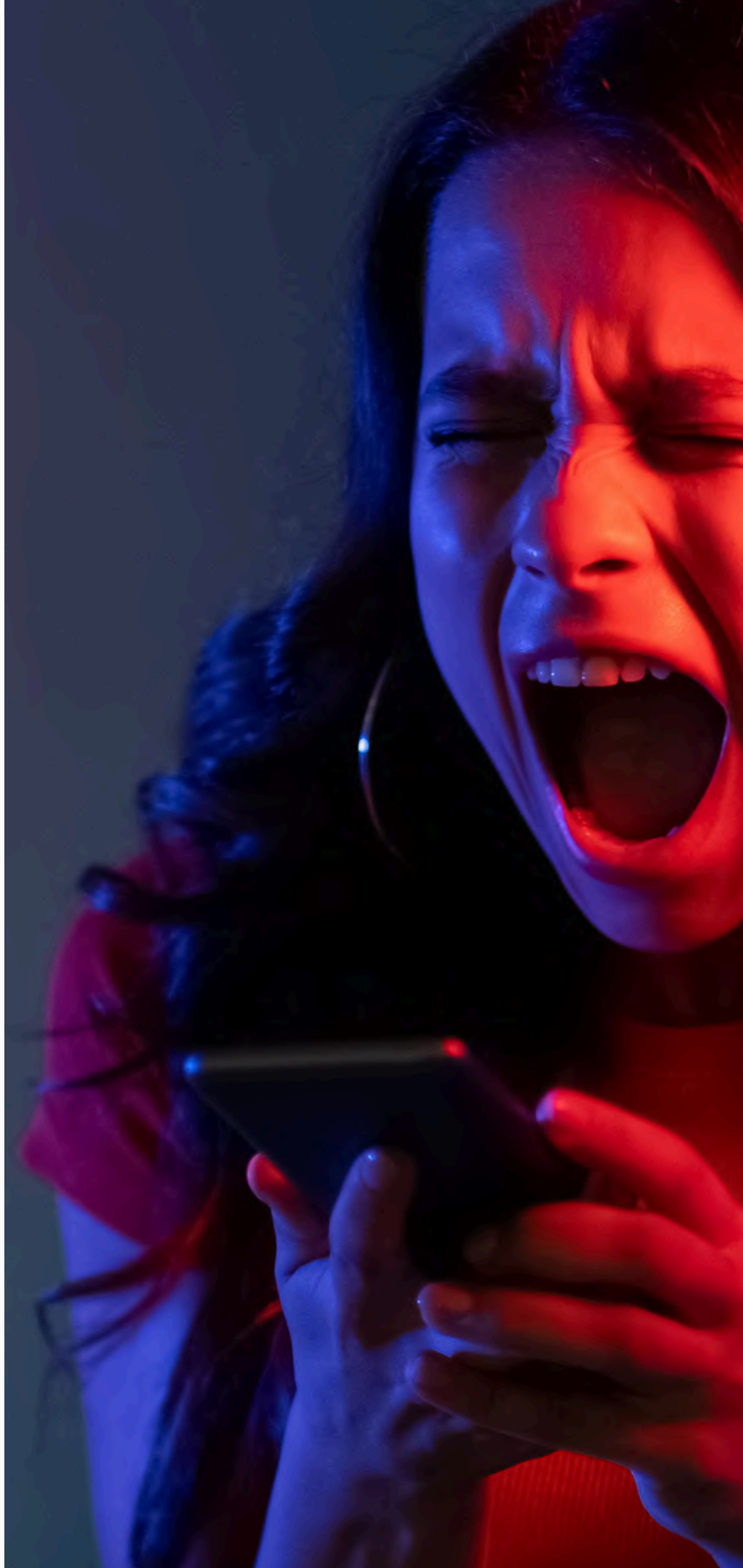
Question 4: B

Question 5: D





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