



Heart Healthy Hacks: Save Time

Companion Discussion Guide

This guide provides optional discussion questions that you can use after the video. You can decide which questions make sense for your group and time frame.

- What are some of the ways lack of time makes it more challenging for you to make heart healthy choices? Does anyone have suggestions about how to address these challenges?
- Were you surprised that 30 minutes is just 3% of your day? Does that change your thinking about whether or not it is possible to be active for 30 minutes most days of the week?
- What are some possible ways that you could try to build more activity into your daily life?
- What are some ways that lack of time impacts the ability of people in our community to make heart healthy choices? Are there any possible ways that we could help with these challenges? (*Example: hosting blood pressure screenings at convenient times and locations in the community so people don't have to take the time to make appointments and travel to the clinic*)
- Does anyone have other tips to share about how save time when trying to make heart healthy choices?

General tips for facilitating discussion:

- **Encourage all voices.** Create a welcoming, encouraging environment. Gently invite, but don't force, quiet members to join the conversation.
- **Acknowledge contributions.** Thank participants for sharing their thoughts and experiences and highlight valuable insights.
- **Ask follow-up questions as needed.** If participants offer short answers, consider following up by asking "Why do you think that is?" or "Tell me more" to dig deeper.
- **Gently steer the conversation back to the topic if it gets off track.**