

Lesson Overview

GOAL:

To create a foundation for continued success through self motivation and assessment.

OBJECTIVES:

By the end of the class, participants will:

1. Commit to the maintenance of positive behaviors and continued success.
2. Compare their progress to the BHL Program's goals and their individual SMART goals, and create new goals for the future.
3. Establish support networks, consisting of classmates and community resources, to foster sustainability and adherence to healthy behaviors.
4. Celebrate!

MATERIALS:

1. Handouts/Worksheets/ Visuals.
2. Equipment for PowerPoints and other audiovisuals when applicable.
3. Have participants bring their *Orientation Packets*

BHL Week 12 Guide for Instructors



Staying Motivated

Getting Started:

HOUSEKEEPING

- Welcome the class & introduce yourself.
- Cover questions/comments/concerns related to both fitness and/or nutrition, and refer to the appropriate BHL staff member if unable to answer or console.
- Review the past week's *FADS* and *Weekly 3 C's*.
- Have trained BHL staff take anthropometric measurements, distribute any materials or information, or make announcements when applicable.
- Have participants sign-in on attendance sheet.
- Give MetroCard to those applicable.
- Ensure that healthy snacks and water are provided.
- Distribute the lesson handouts.
- After each **TOPIC**, ask if the material is clear and if there are any questions.

Today's Lesson:

#1 Reinforce & Maintain Positive Behaviors

- BOLD Healthy Living Program: *Orientation Packet—BHL Program Agenda*

TOPICS

1. **Introduction:** Review the main topics learned over the past 11 weeks:
 - Diabetes-Cancer Connection
 - Rethink Your Drink
 - Make a Better Plate
 - Portion Distortion
 - Face the FACTS
 - Build a better meal
 - Healthy Home Cooking
 - Be a Savvy Shopper
 - Survival skills
 - A BOLDer Community

Ask participants to think about the importance of each theme and, in general, what worked and what could be improved. **Go Around the Room:** Have each person individually state the most important thing they learned during the program.

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#2 Ready, Set, Move!

- BOLD Healthy Living Program: *Orientation Packet—SMART Goals* (Handout #1, ENG)
- Diabetes Prevention Program Lifestyle Balance Program Materials: *Ways to Stay Motivated* (Handout #2, ENG/SPN)

TOPICS

1. **Ways to Stay Motivated (p1):** Have participants review the SMART goals they created during the first class and answer the questions on page 1. Ask for volunteers to share some of their responses. Explain that, for sake of time, comments should be kept to under a minute.
2. **Ways to Stay Motivated (p2):** Have participants answer the questions on page 2. Invite several participants to volunteer their feedback.
3. **Healthy Living Contract (p3):** Read the “Healthy Living Contract” together as a class. Have participants sign the contract, which signifies their commitment to healthy living.

#3 Support Network

TOPICS

1. **Reflection:** Remind participants of the resources they received in last week’s class. Also, of the importance of sharing the skills they have learned with their family, friends, and community members. The journey does not end here!
2. **Exchange Contact Information:** Give the class a few minutes to exchange contact information with one another, and also have interested participants sign a contact sheet that will allow the BOLD program to contact them for future events.

Closing:

Celebrate! Celebrate everyone’s success!

- Hand out *Certificates of Completion* to everyone.
- Acknowledge each participant with something unique, e.g., excellent attendance rates, achieved many goals, overcame barriers, etc...
- Have participants complete the program evaluations
- Provide healthy snacks and beverages.
- Wish everyone a bright, BOLD, and healthy future!

Material References:

Handout #1:

Diabetes Prevention Program Lifestyle Balance Program. *Ways to Stay Motivated*. Pittsburgh, PA: University of Pittsburgh; 1996. Available at: http://www.bsc.gwu.edu/dpp/lifestyle/dpp_part.html. Accessed July 18, 2013.