

It's Your Move.....



(Teacher's Guide)

Ask participants: **"Are you healthy? Can you be healthier? Media stories say that many Americans are overweight and don't exercise. Does that apply to you?"**

Changing to a wellness lifestyle takes time and effort. The best way to begin is to find out where you are now and where you want to go. Chances are you have many of the tools to make a change in your life. You may just need a positive nudge.

Have participants ask themselves: ***"Do you think you could set goals that could help you become a healthier person?"***

Ask participants: ***"What is a goal?"*** A goal is something you want to achieve. There are short-term and long-term goals. You may discover new goals once you move toward a goal. Goals are exciting to set because they represent our potential.

In order to set a goal one must evaluate where one is and where one wants to go.

Have participants ask themselves: ***"Where am I now?"***
"How do I feel about myself and my health?"

Next, have the participants ask themselves:
"What do I want to change?"



Share with participants that their health resembles a Wellness Circle* that consists of at least four parts; a Spiritual, a Mental, an Emotional, and a Physical component. No one part is more important than another.

*Adapted from "Healthy Start", Standing Rock Sioux Tribe".

"How do we determine where we are now?" Share several ways they can evaluate their own Wellness Circle:

- ◆ **Anthropometry** (the measurement of weight, height, and circumference of the body). If you want to set a goal for having a trimmer, healthier body, taking these measurements will allow you to set some goals.
- ◆ **Physical Activity Record** - Write down your daily routine. How active are you?
- ◆ **Food assessment** - Evaluate your diet by writing down the foods you ate in the last 24 to 48 hours. Are you following the recommendations of the Food Guide Pyramid?
- ◆ **Inner Peace (Happiness)** - Ask yourself how happy do you feel? Do you have a positive outlook on life?

Setting a goal:

Ask participants to begin asking themselves: ***"Where do I want to be in five years?"***

Ask them to write a paragraph on what they would like their life to look like five years from now. In this paragraph have them list their life practices as they want them to be. Examples: Take the stairs instead of using the elevator; eat three pieces of fruit each day, etc.

Next, have them begin a plan for how they will get there. Have them set short-term goals. Share with them that they should begin with one that is easy to achieve. Early success is important motivation for the journey.

Set a goal for yourself:

1. Pick what you want to change.

2. Set up a timeline for how to get there.

"Let's discuss the goal you wrote"

Ask participants:

- ✓ ***"Have you written a realistic goal?"***
- ✓ ***"What do you currently do that will help you achieve your goal?"***
- ✓ ***"What can you start doing to support achieving your goal?"***
- ✓ ***"Is there anything that you are unwilling to stop doing?"***

Share it is important to reinforce the desired behavior. Different things work for different people. Each person needs to find what works best.

Ways to reinforce a goal:

- 1 Write things down daily.
- 2 Find a partner to support you.
- 3 Join a group.
- 4 Plan celebrations for goal achievements.

Ask participants: ***"When you get there - are you done?"***

Share with them that if they work hard and achieve their goal, they can't sit back and return to their previous habits. This is what many people do when they lose weight, start an exercise program, or plan to do community service. The things they did to achieve their goal must become their new lifestyle.

"Once you achieve a goal, it is important to remember that you need to make your new behavior a habit!"



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