

The Red Plan: Teacher's Guide

Objectives: To teach how getting rest, being active and having a good diet is a healthy lifestyle.

Ask participants: *“How many of you think you take good care of yourselves?”* Then ask, *“What do you do to take care of yourself?”*

To stay healthy we must take care of our physical and emotional health.

Both of these are influenced by:

- , the amount of rest and exercise you get
- , your eating and drinking habits
- , the way you deal with stress
- , how safe you are at home, at work, and in your vehicle

Your overall wellness is the result of how you live. This includes how you care for your physical and emotional well being such as REST (relaxation), EXERCISE (physical activity), and DIET.

WELLNESS means:

- , taking care of your body
- , thinking positive thoughts
- , dealing with stress by taking those worries in a more positive direction
- , making and maintaining friendships

Discuss goal setting

“The New Year often brings New Year's resolutions. Don't set yourself up for failure. Set reasonable goals for yourself so you can succeed. If you do succeed, you will be more likely to continue to set new goals and keep trying”.

“One important way to improve your health is to try to set goals to improve your health. The RED Plan is one way to help you to achieve this. RED stands for Rest or Relaxation, Exercise and Diet”.

The RED (Rest, Exercise, and Diet) Plan helps us improve our physical health.

Rest or Relaxation R=REST & RELAXATION

Ask; *“How many hours of sleep should adults get each night?”* Discuss the amount of sleep required for adults and children and how it is important for good health to have this rest.

- , Adults need 7 to 8 hours of sleep each night.
- , Children need 8 to 10 hours of sleep each night.

Relax = Quiet time to unwind, organize your thoughts, plan your day, think about and solve problems. It helps to set aside a place and time where you can regularly take some quiet time.

Then you might ask; “*How many people here get the recommended hours of rest most nights?*” Ask those who don’t get the recommended amount of sleep, “*Why?*” When you get answers to why they do not get enough sleep then have everyone brainstorm together on how to get those missing hours of sleep added to their rest at nighttime.

Then you might ask; “*Does anyone here take regular scheduled breaks to relax and collect their thoughts each day?*” Ask those who do, how they work it into their schedule. For those who don’t, brainstorm with the group how they might change their daily schedule so they can schedule regular breaks into their BUSY days.

Relaxing Activity - Techniques to teach relaxation.

Assume a comfortable position.

Practice the following activities several times each day.

1. Deep Breathing

- ! Take a deep breath and hold it five seconds.
- ! Exhale slowly, and tell all your muscles to relax.
- ! Say as you exhale, “I feel tension and energy flowing out of my body.”
- ! Repeat the above process five or six times and you’ll become more relaxed.

2. Whole Body Tension

- ! Tense every muscle in your body. Stay with that tension, and hold it as long as you can without feeling pain.
- ! Slowly release the tension and very gradually feel it leave your body.
- ! Repeat three times.
- ! Reflect how your feelings change.

3. Shoulder Shrugs and Head Rolls

- ! Try to raise your shoulders up to your ears.
- ! Hold for the count of four, then drop your shoulders back to normal position.
- ! Rotate your head and neck.
- ! Repeat as often as necessary.
- ! Vary this by rotating your shoulders up, down and head and neck around--first one way, then the other, then both at the same time.

4. Imagine Air as a Cloud

- ! Open your imagination and focus on your breathing.
- ! As your breathing becomes calm and regular, imagine that the air comes to you as a cloud--it fills you and goes out.
- ! Notice that your breathing becomes regular as you relax.

Exercise (Being Active) *E=EXERCISE*

You might start your discussion with a conversation something like this;

“It is recommended we exercise (be active) 30 minutes a day. This does not have to be strenuous activity. Did you know walking is a good form of exercise? Also, your 30 minutes of exercise

does not have to be achieved all at one time. It can add up over the day. Knowing this, how many here think they get 30 minutes of exercise each day? Let's talk about different kinds of exercises you could do at home and how we could fit this into your busy lives."

Regular physical activity usually gives you more energy and can lead to a longer, better life. The type of physical activity a person chooses should be decided by the person and his doctor. Walking is one of the easiest and most enjoyable forms of exercise. Always walk with a friend. It is safer and more fun. Persons who are not physically active should begin by including a few minutes of increased physical activity per day, building up gradually to 30 minutes a day. You may accumulate those 30 minutes over the day to receive the health benefits.

Then, as a group, brainstorm together ways they can add more physical activity to their daily schedules.

Diet D=DIET

For planning meals and snacks use the Food Guide Pyramid.

Follow the dietary guidelines:

- , Eat a variety of foods.
- , Choose a diet with plenty of grain products, vegetables and fruits.
- , Choose a diet low in fat.
- , Balance the food you eat with physical activity - maintain or improve your weight.
- , Choose a diet moderate in salt and sodium.
- , Choose a diet moderate in sugars.
- , If you drink alcoholic beverages, do so in moderation.

You might start your discussion with a conversation something like this;

"How many of you are able to plan your meals and snacks using the Food Guide Pyramid?"

Ask why they may or may not have difficulty doing this? Brainstorm together as a group solutions to their difficulties -Perhaps they don't have enough money to buy fruits and vegetables they need to eat every day. Suggest better food budgeting techniques that would enable them to buy more fruits and vegetables (buy fruits and vegetables in season and can them; buy canned fruits and vegetables instead of frozen because they are cheaper, etc.). Perhaps they do not like to eat many fruits and vegetables. Suggest they try adding one new fruit and vegetable to their diet a week.

Review the Dietary Guidelines. Discuss as a group, difficulties individuals may have trying to follow the dietary guidelines and steps individuals can take to make gradual changes in their eating habits over time.



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