In our experiences with the *A New You: Health for Every Body* program, participants frequently request follow-up or reunion classes. Participants like to share their successes and challenges. This can be a time to motivate participants, talk about goals and even conduct some of the follow-up assessments. You can promote these events through the newsletters using the fourth page. Here are some ideas for possible activities or classes.

- **Tour local physical activity opportunities.** These could include a recreation center, cross country ski trail, gym, swimming pool, walking path, skate park, ice skating rink, playground at a park, etc.

- **Meet at a restaurant that offers smaller portion sizes and teach the *Rate A Full Plate* activity.** (See the *Small Victories* folder.)

- **Host a celebration event to highlight accomplishments towards goals.** Combine this with the *Making A New You Better: Sharing Ideas* group discussion to get feedback on the program.

- **Invite guest speakers to talk about local events, health topics, local facilities, etc.** This may initiate some ideas for community projects the group can support that encourage environments that promote healthful choices. This could include development of a walking path, restaurant portion education project, healthy school environments, size-diversity promotion with youth, etc.

- **Offer a session featuring *Search for the Real*, the supplemental lesson.**

- **Visit a local grocery store produce section.** Ask if the produce manager can teach participants about selecting the best fruits and vegetables.

- **At the end of the last session, ask participants to record their current goals and seal in an envelope with their name.** At one of the follow-up sessions, distribute these back to participants and facilitate a discussion. Another option is to mail the goals to participants 3 months after the end of the program and let them review their goals in a more personal setting.

- **Meet at a local clothing store that offers a nice variety of clothing in small to large sizes.** Ask the manager or owner to talk about markets and how they choose the clothes they sell.

- **Ask participants to consider planning some of the follow-up events for the group.** This can encourage sustainability of those interested to continue as a support group or club.