



A New You: Health for Every Body

Ideas for Follow-up Sessions

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.