Facilitator Materials

General supplies needed for most or all classes

- Portable stereo and music
  (Select upbeat music for the physical activity breaks and classical or background music for journal writing.)
- TV and VCR/DVD player (for several but not all sessions)
- Flip chart and markers or board and chalk
- Computer and multi-media projector
- Screen
- Extension cords
- Sign-in sheet
- Name tags
- Ice water and cups
- Handouts for each lesson, see Participants Supplies and Materials or individual lesson scripts  
  (Note: some need to be ordered ahead of time.)
- Participant and facilitator materials and/or props for each lesson, see individual lesson scripts

Facilitator references to purchase and view ahead of time

Frontline: FAT
As of August, 2004, the video tape Frontline: FAT is not available to purchase. If you have the video clips used in Lessons 4 and 7, they are provided courtesy of Granada International. Unfortunately, we are no longer able to distribute these video clips.

Breaking Size Prejudice
Order video and educator’s guide from University of Wyoming Family and Consumer Sciences Department
Phone: 307-766-5375 or email fcs-orders@uwyo.edu
Price: $35 for DVD
Behind Closed Doors
Contact Remuda Ranch at 800-445-1900 (toll-free)

Search for the Real (** Note: for Supplemental Lesson 1)
Order video from University of Wyoming Family and Consumer Sciences Department
Phone: 307-766-5375 or email fcs-orders@uwyo.edu
Price: $25 for DVD

★★★★ Additional Reference Materials Recommended ★★★★

Let their voices be heard: Quotations from life stories related to physical activity, food and eating, and body image
Betty Holmes, Suzanne Pelican, and Fred Vanden Heede
Price: $7.00

The Body Image Workbook: An 8-Step Program for Learning to Like Your Looks
Thomas Cash, PhD
ISBN: 1-57224-062-8
Price: $18.95

Eating Well, Living Well: When You Can’t Diet Anymore
Glenn A. Gaesser, PhD and Karin Kratina, MA, RD
Wheat Foods Council
Phone: 303-840-8787
Price: $15 - $30