

A New You



Health for Every Body

Table of Contents

Acknowledgments

Getting Started

- Planning Guide
- Using Electronic Files
- Notes and Advice
- Reaching Adult Males
- Facilitator Materials
- Participant Supplies and Materials

Promotional Materials

- Overview
- Sample Brochure (*edit items in italics*)
- Sample Flyer (*edit items in italics*)
- Comments from Participants (*use any or all as desired*)
- What Men Say (*use any or all as desired, see **Reaching Adult Males** for ideas*)

Miscellaneous

- Cover Page (*for notebooks*)
- Spine Label (*for notebooks*)
- Journal Label (*for journal covers, 2"x 4", Avery 5163 template*)
- Sponsors Label (*for journals and two books, 2"x 4", Avery 5163 template*)
- Credit Label (*for journals, 2 books, and 3 handouts from other sources, 1.33"x 4", Avery 5162 template*)
- Name Tags (*3"x 4", Avery 5384 template for clip-style name badges*)
- Room Sign (*edit as needed*)
- Sign-In Sheet (*add instructor(s), location, class dates, & participants' names*)

Lesson 1 – Let's Begin

Script

Facilitator Background Information

Slides

Handouts:

Pre-program Questionnaire

10 Appearance Assumptions (*handout 1:1*)

A New Approach (*handout 1:2*)

Activities for Elastic Bands (*handout 1:3*)

Readiness for Change (*handout 1:4*)

Finding Your Own Way (*handout 1:5*)

Quick Thoughts (*evaluation, cut in half*)

Lesson 2 – Goals & Reflections

Script

Slides

Handouts:

Class Guidelines template

Journaling for Health (*handout 2:1*)

Summary of Eating Styles (*handout 2:2*)

Intuitive Eating and A New You (*handout 2:3*)

Insights from Intuitive Eating (*handout 2:4*)

Labels for Jars (*optional activity: 1"x 2.63", Avery 5260 template*)

OYOL Labels (*3.33"x 4", Avery 5164 template*)

Quick Thoughts (*evaluation, cut in half*)

Lesson 3 – Honor Your Hunger

Script

Slides

Handouts:

What is Normal Eating? (*handout 3:1*)

Hunger and Satiety Cards (*handout 3:2a and 3:2b, print on card stock front-to-back, cut apart*)

Clean Plate Club Membership Cards (*handout 3:3, cut apart*)

Clean Plate Club Resignation Cards (*handout 3:4, print on card stock, cut apart*)

OYOL Labels (*3.33"x 4", Avery 5164 template*)

Quick Thoughts (*evaluation, cut in half*)

Lesson 4 – Foods & Moods

Script

Slides

Handouts:

Diet Facts (*handout 4:1*)

Mood-Food Connection (*handout 4:2*)

OYOL Labels (*3.33" x 4", Avery 5164 template*)

Quick Thoughts (*evaluation, cut in half*)

Lesson 5 – Gentle Nutrition

Script

Facilitator Background Information

Fiber Food Cards (*print on card stock, cut apart*)

Fiber Gram Cards (*print on card stock, cut apart*)

Slides

Handouts:

How Big is BIG? (*handout 5:1, print front-to-back, cut in half*)

Restaurant Cards (*handout 5:2, print on card stock, cut apart*)

MyPlate (*handout from other source*)

OYOL Labels (*3.33" x 4", Avery 5164 template*)

Quick Thoughts (*evaluation, cut in half*)

Lesson 6 – Make Peace with Food

Script

Slides

Handouts:

Perspectives to Ponder (*handout 6:1*)

Smart Snack Bags (*handout 6:2*)

OYOL Labels (*3.33" x 4", Avery 5164 template*)

Quick Thoughts (*evaluation, cut in half*)

Lesson 7 – Motivators to Move

Script

Slides

Handouts:

Discovering Motives to Move (*handout 7:1*)

Matching Motive to Activity (*handout 7:2*)

OYOL Labels (*3.33" x 4", Avery 5164 template*)

Quick Thoughts (*evaluation, cut in half*)

Lesson 8 – Fitness for Every Body

Script

Slides

Handouts:

OYOL Labels (3.33"x4", Avery 5164 template)

Quick Thoughts (evaluation, cut in half)

Lesson 9 – Mind Over Media

Script

Facilitator Background Information

Slides

Handouts:

10 Appearance Assumptions (*handout 9:1*)

Living in a Healthy Body: A New Look at Health & Weight (*handout from other source*)

Your Identity – More Than Your Looks (*handout 9:2*)

OYOL Labels (3.33"x4", Avery 5164 template)

Quick Thoughts (evaluation, cut in half)

Lesson 10 – You Are the Best YOU

Script

Slides

Handouts:

Self Talk (*handout 10:1*)

Sweet Snack Dips (*handout 10:2*)

Congratulations Flags (*handout 10:3, cut apart, tape to toothpicks*)

OYOL Labels (3.33"x4", Avery 5164 template)

Quick Thoughts (evaluation, cut in half)

Post and Follow-Up Survey

Supplemental Lesson 1 – Search for the Real

Script

Handouts:

S1:1 Quotes from Larry Kirkwood

S1:2 Beautiful Body Ballet

OYOL Labels (3.33"x4", Avery 5164 template)

Quick Thoughts (evaluation, cut in half)

Small Victories (supplemental activities)

Mind Over Magazines

Mind Over Magazines Script

Mind Over Magazines Activity Sheet

Mind Over Magazines Post-then-pre Evaluation (*cut apart*)

Rate A Full Plate

Rate A Full Plate Script

Rate A Full Plate Activity Sheet

Plate Visuals

Rate A Full Plate Post-then-pre Evaluation (*cut apart*)

Newsletters (*print front-to-back*)

Issue 1

Issue 2

Issue 3

Issue 4

Issue 5

Issue 6

Issue 7

Issue 8

Issue 8

Issue 9

Issue 10

Issue 11

Issue 12

Custom Fourth Page (*choose one of the five formats*)

Blank Page

Other News Full Page (*header says "Other News for YOU"*)

Other News Mailer (*formatted to fold and mail*)

Upcoming Full Page (*header says "Upcoming Community Activities"*)

Upcoming Mailer (*formatted to fold and mail*)

Evaluations and Follow-Up

Ideas for Follow-Up Sessions/Reunions

Using Evaluation Tools

Quick Thoughts

Pre-program Questionnaire (*administered before program begins*)

Post and Follow-up Questionnaire (*administered end of last session and at least one follow-up time*)

Making A New You Better: Sharing Ideas (*group discussion for a follow-up reunion*)