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)

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Lesson 8 – Fitness for Every Body
Script
Slides
Handouts:
  OYOL Labels (3.33" x 4", 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" x 4", 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" x 4", 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" x 4", 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)

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