Objectives and components of featured presentations

**Pedometers**
Learn how to wear a pedometer and record steps.
Review logistics and procedures for the program.

Handouts: *Using the Pedometer, Conversion Chart (optional), log sheets,* and *These Shoes Were Made for Walking*

**Goal Setting**
Review the benefits of lifestyle physical activity.
Understand physical activity recommendations.
Set SMART goals.

Handout: *Set a SMART Goal*

**Excuses, Excuses**
Explore common excuses for not being physically active.
Discuss ideas for addressing these excuses.

Includes interactive slide show.

**Motivators to Move**
Discover individualized motives to support daily physical activity as part of a healthy lifestyle.

Handouts: *Discovering Motives to Move* and *Matching Motive to Activity*

**Fitness**
Understand three components of fitness.
Learn and practice some walking stretches.

Includes slide show.
Handout: *Ready, Set, Stretch!*

**What’s in Our Community?**
Share ideas for walking and other physical activity opportunities.
Explore ways to enhance community facilities or options.
Suggestions for Use

We recommend group sessions at the beginning and end of your program and at least once mid-way. For programs over two months in length, consider at least one session each month.

These presentations can also be used as follow-up sessions at 1, 3 and 6 months post-program as a method to keep people motivated. Evaluation tools can be administered at follow-up sessions.

A 4-session, 8-week destination-based program could include the following:

**Week 1.** *Pedometers and Goal Setting* presentations.

**Week 3.** Invite a guest speaker such as a shoe specialist, foot health provider, or other general health provider. Have a destination celebration.

**Week 6.** *What’s in Our Community* presentation. Encourage participants to help others be more active in their community. Have another destination celebration.

**End of Week 8.** Closing and celebration event with healthy snacks and achievement certificates. Ask participants to share successes and challenges. Base the theme on the final destination reached.

**Tips and Pointers**

* Allow time at the beginning of each session for people to network and visit.
* Ask participants to share their progress and challenges if they are comfortable.
* Remind participants they can call on you for any questions or just to talk about their walking ups and downs.
* Provide assistance setting up groups or partners to walk together.
* Seek out local resources for additional topics such as hydration, shoe selection, or foot health.
* For healthful and pleasurable eating topics, some presentation ideas can be found in the *A New You: Health for Every Body* curriculum (ex: “How Big is BIG,” “Small Victories,” the hunger/satiety card.) They can be found at [www.uwyo.edu/wintherockies](http://www.uwyo.edu/wintherockies). Click on Educational Materials.

WIN the Rockies is a community-based research, intervention and outreach project to improve health of residents in Idaho, Montana and Wyoming. Supported by award 0004499 through IFAFS (Initiative for Future Agriculture and Food Systems) Competitive Grants Program/USDA.

The University of Wyoming, Montana State University, the University of Idaho and the United States Department of Agriculture cooperating. These universities are equal opportunity affirmative action institutions.