A New You: Health for Every Body

Lesson 1 – Let’s Begin

Goals and Objectives:
1. Increase knowledge about a health-centered approach to living in a healthy body.
2. Increase skills in setting goals to accomplish desired behavior.

Handouts:
- Audience Notes (create from Lesson 1 Slides)
- 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 (Lesson 1 handouts folder)

Materials:
- Notebooks or folders (1 per participant, labeled)
- Sign-in Sheet (miscellaneous folder)
- Name Tags (miscellaneous folder)
- Envelopes (1 per participant)
- Elastic Bands (cut 60", 1 per participant)
- Bag of Hershey’s Kisses (1 Kiss per participant)
- Breaking Size Prejudice videotape
- Portable stereo and music
- Flip chart or board and markers or chalk  
  (optional: write the WOW on board)
- Computer, Projector, Screen (add name to Slide 2)
- Television and VCR/DVD
- Extension Cords

Outline:
10 minutes – Welcome, WIN the Rockies/WIN Wyoming, Obesity
10 minutes – Myths and Realities
5 minutes – Class Guidelines (optional)
20 minutes – Class Topics
  * Pleasurable and Healthful Eating
  * Physically Active Living
  * Respect Body Size Differences – Yours and Others
5 minutes – On Your Own Learning (OYOL)
2 minutes – Wrap-up

Words of Wisdom: WOW

“This is going to be your body and you want it to be healthy. So the eating and the physical activity should be to make you feel better. It shouldn’t be to make you fit into a size 8 or size 6. If you feel good and you can do all the things that you want to do, then that’s what you’re supposed to be doing it for.”

Female, mid 30’s 

Let their voices be heard ©
<table>
<thead>
<tr>
<th>Facilitator Notes</th>
<th>Facilitator’s Message</th>
</tr>
</thead>
</table>
| **Distribute notebooks or folders and Audience Notes.** | **Sign-in**  
*As participants arrive, meet and greet them. Collect the Pre-program Questionnaires that you mailed out or give them to participants now. Have them sign in and pick up their notebooks or folders, name tags and Audience Notes. Play some nice background music.* |
| **Slide 1 and Slide 2: Welcome** | **Slide 1 and Slide 2: Welcome**  
*Welcome to A New You: Health for Every Body! *(Introduce self and any co-educators.)* This program is built around a framework to move you away from diets and excessive exercise towards a gentler, non-diet approach to active living in a healthy body.*  
*Our primary goal is to help you gain new attitudes and learn new information and strategies to help you live a life focused on health, not on body weight.*  
*This is not just a once-a-week program for a month or two but rather a lifelong and ongoing process to improve and maintain health. We will cover many topics and ideas. Your individual involvement is important for the group and for yourself. You will find what you get out of this program will be proportional to what you put in both during class time and in-between.*  
*Our class will meet *(share logistics of location, dates, times, restrooms, class fees, refund for attendance, etc.)*.* |
| **Record responses on board.** | **Record responses on board.**  
*Please introduce yourself to a partner and share one thing you hope to get from the class. *(Allow a couple minutes.)* Would anyone like to share with the group?* |
| **Distribute 10 Appearance Assumptions, and one envelope per person.** | **Distribute 10 Appearance Assumptions, and one envelope per person.**  
*Before we get started, I would like you each to complete the 10 Appearance Assumptions handout. When complete, please fold and put it in the envelope. Write your name on the front of the envelope and seal it. I will collect these and return them in a later session. No one will see your worksheet.*  
*(If this worksheet prompts discussion, or you choose to have a discussion on these assumptions, refer to Facilitator Background Information for Lesson 1. See lesson 1 handouts folder.)* |
Slide 3 and/or Slide 4: WIN Wyoming and WIN the Rockies

A New You was sponsored and supported by Wellness IN Wyoming and Wellness IN the Rockies. WIN Wyoming was a collaboration of agencies and organizations whose goal was to educate people to respect body size diversity and to enjoy the benefits of

- Active Living
- Pleasurable and Healthful Eating
- Positive Self-Image

WIN the Rockies was a research, intervention and outreach project which grew out of the work started by WIN Wyoming. WIN the Rockies facilitated community-based interventions in Wyoming, Montana and Idaho. The project studied effectiveness of these interventions.

If you are interested in learning more, please go to the web site at www.uwyo.edu/wintherockies

Slide 5: Obesity in our Culture

Today in our culture, we face a real irony. It has never been easier to become fat. We are not as physically active as previous generations and we have a bountiful food supply that is

* heavily promoted
* available for low/reasonable cost
* wonderfully tasty
* ready in minutes

At the same time, we are bombarded with messages on how we should look – tall and thin for women and tall and muscular for men. Being fat or not having the “ideal body size” can be very difficult.

Obesity is a major public health issue and is on the rise. However, the typical dieting approach to losing weight is not working and for most people, may be an unhealthy approach.
Distribute A New Approach.

Slide 6 and Slide 7: Myths and Realities

Let's look at some myths and realities and examine a new approach.

1. One myth is that our weight is *completely under our control*. Genetics and environment have tremendous influences on body shape and size. Can you control your shoe size? Can you alone control the number of fast food restaurants in your community? What we eat and how active we are—these are under our control and they do affect weight, as do genetics.

2. We have all heard the message that fat is bad. Some fat is needed for our bodies as it helps cushion organs and insulate the body, and it carries essential nutrients.

3. Large people are unhealthy. There are many factors affecting health and there are many ways to assess health. People of many different sizes can be fit and healthy.

4. Diets reduce weight. Diets do not work and many are unhealthy. We will discuss this more in a later session.

5. Diet and exercise will make a person thin. Eating and physical activity have a greater impact on overall fitness and health than on body shape and size. If everyone ate exactly the same food and engaged in the same level of physical activity, there would still be a variety of body shapes and sizes.
Establish guidelines for the class with participants.

Record on board or flip chart. Post at following sessions. If desired, create a handout using the template provided.

<table>
<thead>
<tr>
<th>Class Guidelines (optional)</th>
</tr>
</thead>
<tbody>
<tr>
<td>During the class we will be discussing and sharing about ourselves and our experiences. Let’s take a few minutes to establish some guidelines or ground rules. What do you think is important to keep our class running smoothly and a safe place to share?</td>
</tr>
<tr>
<td><strong>A few ideas</strong></td>
</tr>
<tr>
<td>* what is said here is confidential</td>
</tr>
<tr>
<td>* try to be on time</td>
</tr>
<tr>
<td>* if you do not want to share, that is okay</td>
</tr>
<tr>
<td>* practice good listening skills</td>
</tr>
<tr>
<td>* be kind to yourself and each other</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Slide 8: Class Topics</th>
</tr>
</thead>
<tbody>
<tr>
<td>The three primary topic areas for our class will be the following:</td>
</tr>
<tr>
<td>Pleasurable and Healthful Eating</td>
</tr>
<tr>
<td>Physically Active Living</td>
</tr>
<tr>
<td>Respect Body Size Differences – Yours and Others</td>
</tr>
</tbody>
</table>
Distribute one chocolate kiss per person. Instruct them not to eat it until you give directions.

Let group respond.

**Slide 9: Pleasurable and Healthful Eating**

In this class, we will emphasize the pleasure of eating. Eating is one of life's greatest pleasures and should not be a stressful event. You each have a chocolate kiss. Please follow these steps.

1. Do not eat the kiss right away!
2. First, admire the shape and color.
3. Take a deep smell of the chocolate through the foil wrapper.
4. Anticipate how the kiss will taste.
5. Slowly unwrap the chocolate.
6. Take another deep smell. Is the aroma stronger?
7. Place the chocolate in your mouth.
8. DO NOT BITE!
9. Let the candy melt slowly in your mouth. Savor the sweetness and changing texture.
10. Close your eyes and pretend this is the first piece of chocolate you ever tasted.

**Food for Thought**

* Was one chocolate kiss satisfying?
* Do you usually eat chocolate this way?
* What would happen if you ate all food this way?
* Eating can bring great pleasure and satisfaction to life! Rushed and distracted eating limits satisfaction. How much of your own eating is from true biological hunger, and how much is from a search for satisfaction that has nothing to do with food?

In later sessions, we will explore how to do the following:

* take pleasure in eating
* take control by eating when hungry and stopping when satisfied
* practice gentle nutrition using the Dietary Guidelines for Americans
* honor the gift of food
Distribute elastic bands and Activities for Elastic Bands.

Read instructions and demonstrate.

Slide 10: Physically Active Living

In each session, we will have a physical activity break. It is optional and you do not have to participate. If you begin to feel pain during any of the activities, please stop. We will use these bands for some of these breaks so please bring them with you.

Please stand and spread out. We are going to do the Back Pull Down.

1. Sit or stand with your feet hip-width apart. Alignment is important. Square your shoulders, contract your abdomen muscles and relax your knees.
2. Loop band around each palm.
3. Raise arms overhead with elbows slightly bent.
4. Lower arms outward to shoulder height. Control your movements and resist the band. Limbs should not be loose.
5. Hold and then return to starting position in a slow and controlled manner.
6. Repeat a few times. (At home 10-15 times).
7. Remember to breathe evenly with the exhale at the first or most difficult part. Don’t hold your breath.
8. Always use slow and controlled motions.

Return to your seats. How do you feel? Do you feel energized?

Research from the Cooper Institute in Dallas, Texas shows that fitness plays a huge role in long-term health and wellness. The Surgeon General recommends each adult accumulate 30 minutes or more of moderate intensity physical activity on most, preferably all days of the week. These 30 minutes could be six 5-minute walks! And not necessarily at a super-fast pace.

People already at this level may see additional benefits by becoming more physically active.

In later sessions we will explore how to do the following:
* enjoy lifestyle physical activity every day
* participate in activities for the joy of feeling your body move
* make physical activity fun
* combine physical activity with purposeful tasks
I want to share a video clip from *Breaking Size Prejudice*. This is an educational video developed by elementary and middle school students in Laramie, Wyoming. The project was produced through a grant from Wellness IN Wyoming. *(Show clip.)*

Size acceptance includes respect for yourself and others. Human beings come in a wide variety of shapes and sizes. In later sessions we will explore how to do the following:

* accept and value every body, including yourself  
* be critical of messages that focus on unrealistic body images as symbols of success and happiness  
* identify your strengths and abilities and build on your assets  
* recognize that people of all sizes and shapes can reduce their risk of poor health by adopting a healthy lifestyle  
* challenge your own size-prejudice beliefs

* Explain the lending library if you have materials participants can check out. If videos are lent out, be sure they are back in time for class showing of clips.*
Slide 12 and Slide 13: On Your Own Learning (OYOL)

Each session will close with On Your Own Learning or OYOL. These are tasks or activities designed to reinforce what we have covered in class and to prepare us for the next session. They will help establish skills for lifestyle behavior changes that are an important part of this journey to A New You.

You will not have to turn these in, but I am available to provide personal feedback.

For next week, please work on the following:
1. Complete the Readiness for Change handout. (Briefly review instructions.)

2. Using the Readiness for Change handout, work on the Finding Your Own Way. These are designed to help you determine and set goals for behavior changes you want to make. Use a pencil so you can adjust your goals as we go through the class.

As you set a goal, please keep this in mind -- Is your goal SMART?

S - Specific
M - Measurable
A - Attainable
R - Realistic and Relevant
T - Time Bound (has a time line)

Distribute evaluations.
Collect name tags.

Slide 14: Wrap-Up

Thank you for joining our class today. Please complete the evaluation. I also would like you to turn in your name tags at the end of each session. I will bring them back each week. We will see you next week.
References and Additional Resources:


Wellness IN the Rockies. [www.uwyo.edu/wintherockies](http://www.uwyo.edu/wintherockies)

A New You: Health for Every Body
Wellness IN the Rockies • [www.uwyo.edu/wintherockies](http://www.uwyo.edu/wintherockies)
Dept 3354, 1000 E. University Ave • University of Wyoming • Laramie, WY 82071

Adapted from A New You developed by Outreach & Extension at the University of Missouri & Lincoln University. Adaptation and additional development at the University of Wyoming by Mary Kay Wardlaw, WIN the Rockies Education Specialist. Editing and support from Suzanne Pelican, WIN the Rockies Co-PI and Food & Nutrition Specialist, Family & Consumer Sciences, Cooperative Extension; Betty Holmes, WIN the Rockies Regional Coordinator; and Darlene Christensen, Project Coordinator, Food & Nutrition Extension Programs.

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.