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By far, this program is one of the best things we have provided to our clientele. Though weight loss was not our primary goal, we have seen them shed weight. We have also noticed an increase in stamina and endurance. They are drinking more water and monitoring their food intake, and in general just making healthier lifestyle choices. I want all of my staff trained by you!

To register for any of these sessions: www.HealthMattersProgram.org/registration.html

HealthMatters™ Program: Train-the-Trainer Certified Instructor Workshop
Starting an Exercise and Nutrition Health Education Program for People with Developmental Disabilities (DD)
The HealthMatters Program incorporates the concepts of choice, self determination, self-efficacy, self advocacy, rights and responsibility.

Workshop Objectives
By the end of the workshop, participants will be have the skills, knowledge, and resources to be able to:

1. Start and implement a 12-week HealthMatters Program, using the Health Matters Curriculum;
2. Motivate and engage individuals with DD in physical activity and health education;
3. Teach core concepts related to physical activity and nutrition;
4. Support individuals with DD to incorporate physical activity and healthy lifestyles into activities of daily living, and
5. Evaluate the effectiveness of the HealthMatters Program in an organization.

What is HealthMatters™ Program: Train-the-Trainer Certified Instructor Workshop?

- A 6 hour evidence-based, interactive workshop that is instructed by Advanced Certified Instructors.
- Staff who work with people with DD from community organizations are provided organizational and individual support to implement the 12-week HealthMatters Program.
- HealthMatters Program is a tailored physical activity and health education program personalized to meet the needs of people with DD.
- Participants become Certified Instructors who can teach a 12-week HealthMatters Program to individuals with DD.

Training Topics:
- Physical activity, exercise, and nutrition
- Goal setting
- Program components, delivery procedures, and evaluation

Evidence
Over fifteen years of research shows that people participating in the HealthMatters Program see results that matter!
Results show significant improvements in health status and greater knowledge and confidence to make healthy food choices, exercise, and be physically active.

Organization Benefits:
1. Improved quality of health services.
2. Greater staff confidence in health promotion.
3. Healthier lifestyles choices among service recipients.