

Physical Activity and Nutrition

Making Healthy Choices



I'm not
interested!

The first stage of behavior change is known as the precontemplation stage. When classes begin, people in this stage may not be interested in changing their behaviors or may be unaware or under-aware of the need to change their behaviors. It may be helpful to focus your activities on increasing participants' understanding of health and exercise and making decisions about their health.

Unit 1 Contents

LESSON 1 WHAT IS HEALTH?10

- Participant Handout(s):
 - Definitions of Health
 - What Is Healthy to Me?
 - Personal Notebook Cover Sheet
 - My Goals for the Program
 - The Physical Activity Observation Sheet
 - Borg Rating of Perceived Exertion Scale

LESSON 2 WHAT IS PHYSICAL ACTIVITY?21

- Participant Handout(s):
 - What Is Physical Activity?

LESSON 3 THINGS TO DO BEFORE WE EXERCISE25

- Instructor Reference(s):
 - Recharging Through an Exercise Program and Common Exercise Techniques
- Participant Handouts(s):
 - What to Wear
 - Tips: Warm-Ups
 - Tips: Stretching
 - Tips: Aerobic Exercises
 - Tips: Cool-Downs
 - Warm-Ups
 - Stretches

LESSON 4 EXERCISE IS GOOD37

- Participant Handouts(s):
 - Week 1 News
 - Good Things About Exercise

LESSON 5 WHAT DO DIFFERENT EXERCISES DO FOR MY BODY?41

- Instructor Reference(s):
 - Aerobic Exercise Activities
- Participant Handout(s):
 - Tips: Warm-Ups (*see Lesson 3 for handout*)
 - Tips: Stretching (*see Lesson 3 for handout*)
 - Tips: Aerobic Exercises (*see Lesson 3 for handout*)
 - Tips: Cool-Downs (*see Lesson 3 for handout*)
 - Warm-Ups and Stretches (*see Lesson 3 for handout*)
 - Balance Exercises: Anytime/Anywhere

LESSON 6 GOOD NUTRITION46

- Instructor Reference(s):
 - MyPyramid
 - MyPyramid: Steps to a Healthier You
 - The Food Groups
 - Making Your Own Nutrition Cards

LESSON 7 HOW MUCH ENERGY DOES IT TAKE?54

- Participant Handout(s):
 - Week 2 News
 - Physical Activity Observation Sheet (*see Lesson 1 for handout*)
 - What Activity Needs the Most Energy?

LESSON 8 HEALTHY CHOICES/ SELF-ADVOCACY58

- Instructor Reference(s):
 - The Americans with Disabilities Act and Your Rights (*see Appendix A*)
- Participant Handout(s):
 - Good Health Habits
 - Healthy Choices