

# Lifestyle Changes

## Doing My Program



I'm doing it!

The fourth stage is when people are taking action and have changed their behavior(s). Participants are exercising and trying to include healthy foods in their diets. Classes should focus on reinforcing new behaviors to maintain their exercise and nutrition goals.

# Unit 4 Contents

**LESSON 24 WANTS AND NEEDS:  
DOING DIFFERENT  
EXERCISES IN MY  
COMMUNITY .....157**

Instructor Reference(s):  
What Do We Need?

**LESSON 25 WHAT IS GOOD PAIN  
AND BAD PAIN? .....160**

Instructor Reference(s):  
How to Prevent Injury  
Participant Handout(s):  
Week 8 News  
What Is Good Pain, and What Is Bad Pain?

**LESSON 26 HOW DOES SLEEP AFFECT  
PHYSICAL ACTIVITY? .....167**

Instructor Reference(s):  
Helpful Hints for Good Sleep  
Participant Handout(s):  
Exercise Helps You Sleep

**LESSON 27 NEGOTIATION AND  
COMPROMISE .....171**

Instructor Reference(s):  
Negotiation Skills  
Vignettes for Negotiation

**LESSON 28 CAN I EXERCISE IF  
I FEEL SICK? .....176**

Participant Handout(s):  
Week 9 News  
Can I Exercise If I Have Been Sick?

**LESSON 29 AM I MEETING  
MY GOALS? .....180**

Participant Handout(s):  
My Plan to Stay Physically Active

**LESSON 30 REWARDING MYSELF .....183**