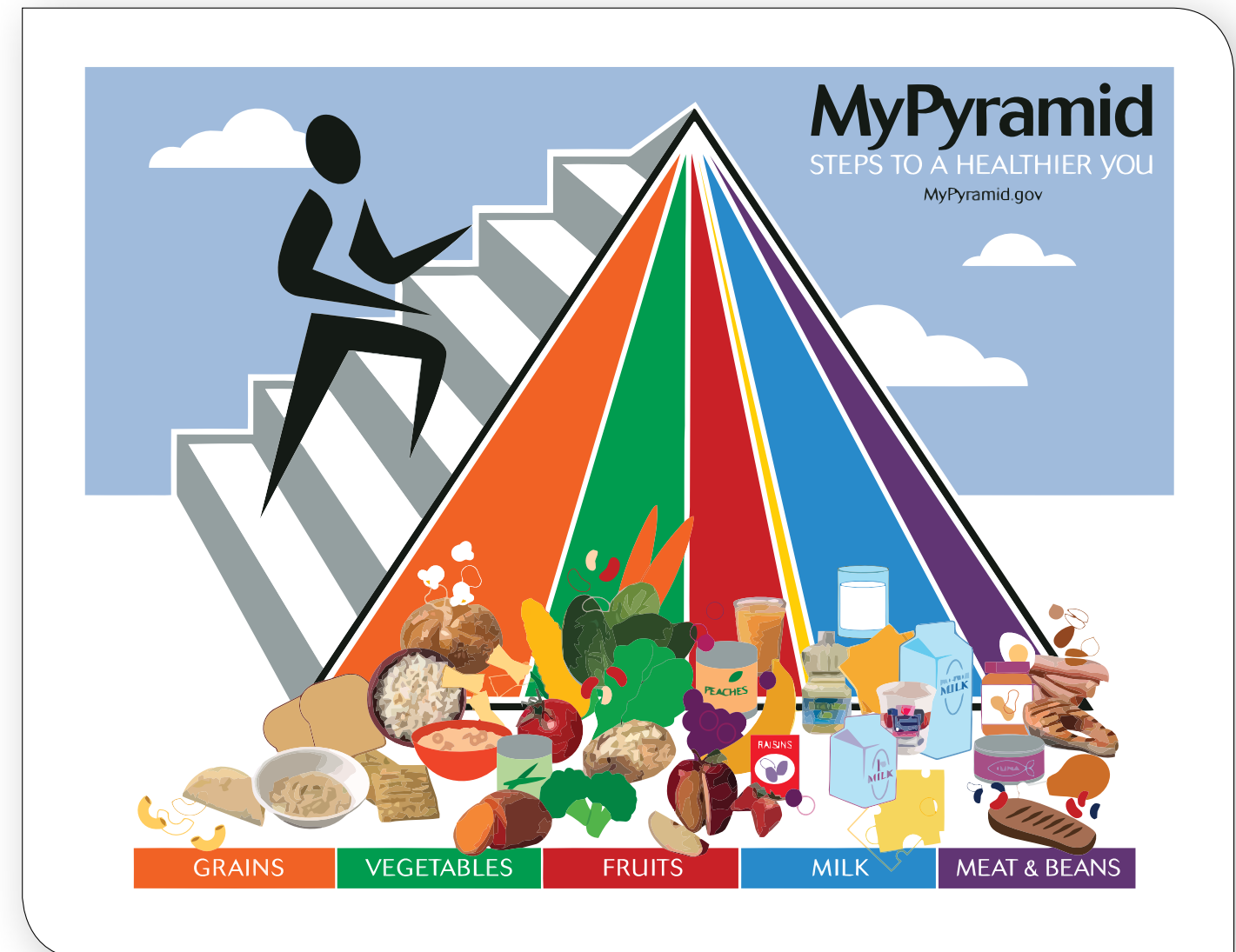


Healthy Lifestyles

SESSION 1

Reach Up & Out



Objectives

- 1.** To share health information in a fun and exciting way
- 2.** To create a group for women where we can form friendships, learn
- 3.** To share information about healthy eating habits and ways to be more active.
- 4.** To discuss effective ways to improve our current eating habits and increase our physical activity level.
- 5.** To learn ways to enhance our inner and outer beauty by being healthy.

Expectations

- 1.** In order for us all to benefit from the time we spend together, we all need to work together.
- 2.** We ask everyone to give their all, without holding back, so we can get the most out of the time we spend together. Remember: What you put into it is what you will get out of it.
- 3.** We ask everyone to show respect for each other.

Expectations

- 1.** Most importantly, we ask for your excitement and enthusiasm for improving your health and the health of other women in your group.
- 2.** We ask that you keep in regular contact with me for these three years. You can call me if you have questions and need assistance regarding health-related issues.

There Are a Few Rules

- Be on time to the sessions. We want to make the most of our time together, and you can help by arriving each time at least five minutes before it is time to begin.
- **Attend regularly.** You can only learn and gain the most from the sessions if you are present. If for some reason you cannot attend one day, please let me know ahead of time.

Rules

- Bring the materials you receive to each session. You will each have a portfolio that will contain your learning tools that we will be referring to in each session. It has activities that we will do as a group and that you can do on your own. Please bring it to each session.
- Participate through communication. Active participation is the key. If you do not speak, we will not know what your needs are or what your thoughts are.

Rules

- Follow the rules of confidentiality. This rule states that we keep what is discussed within the group in the group. We do not want this to become a gossip thread where someone's ideas, problems, or experiences are spread around the community. We want to establish a positive, trusting group.
- Create a non-judgmental environment. Listen to others' experiences and opinions with an open mind and an open heart.
- Each week, there will be a homework assignment for you to do. It is important to practice the exercises and activities, on your own, outside of the group in order to master them.

Warm-up Exercises

Rest for 20 seconds after each set

Warm-up Exercises

1. Bicep curls

- Sitting in the chair, start with your fingers touching your shoulders. Your elbows should be pointing out to the side.
- Extend your arms out to your side and then bring your fingers back to your shoulders. Do both arms at the same time.
- Do up to 3 sets of 8 repetitions.

Warm-up Exercises

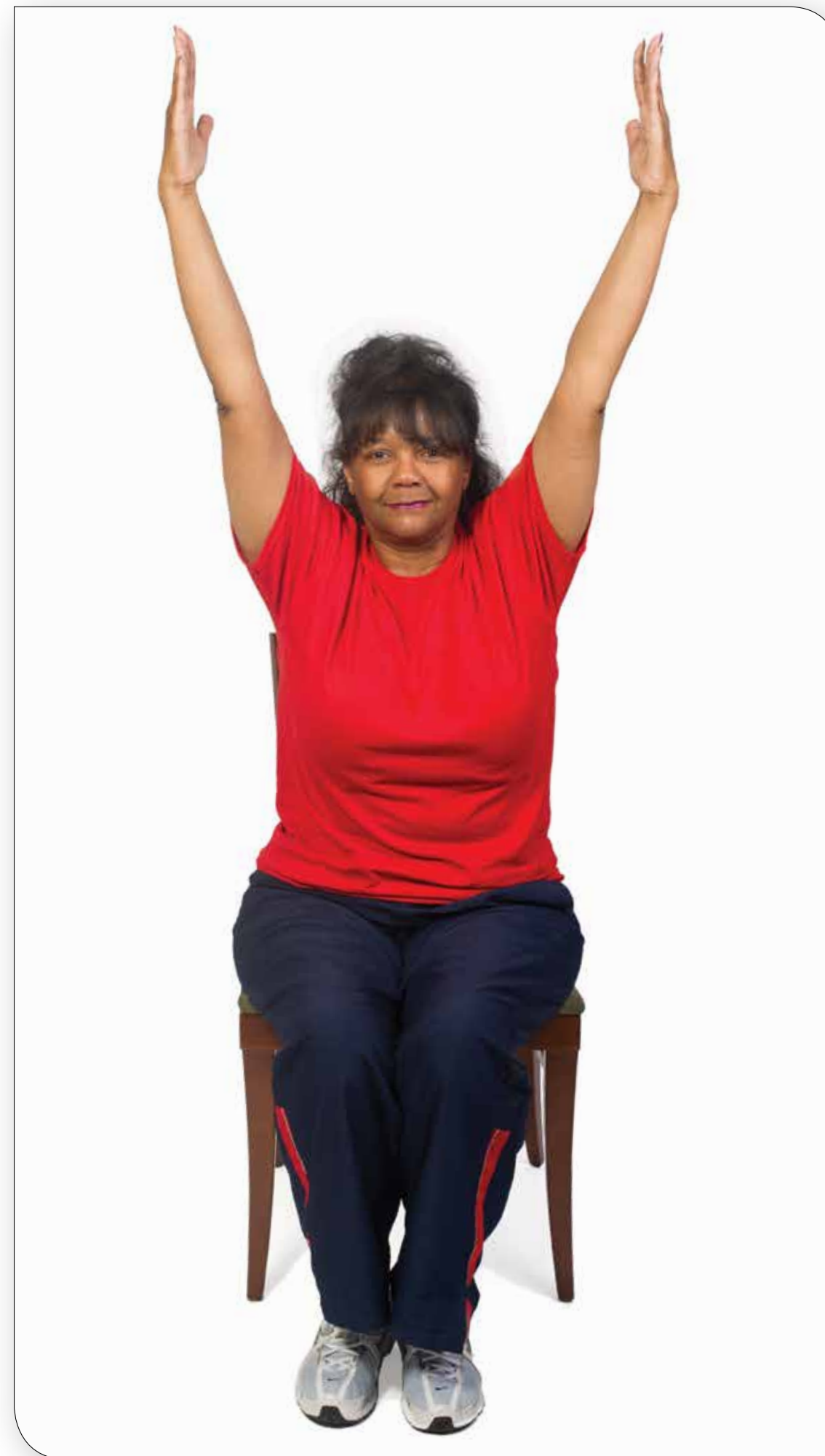
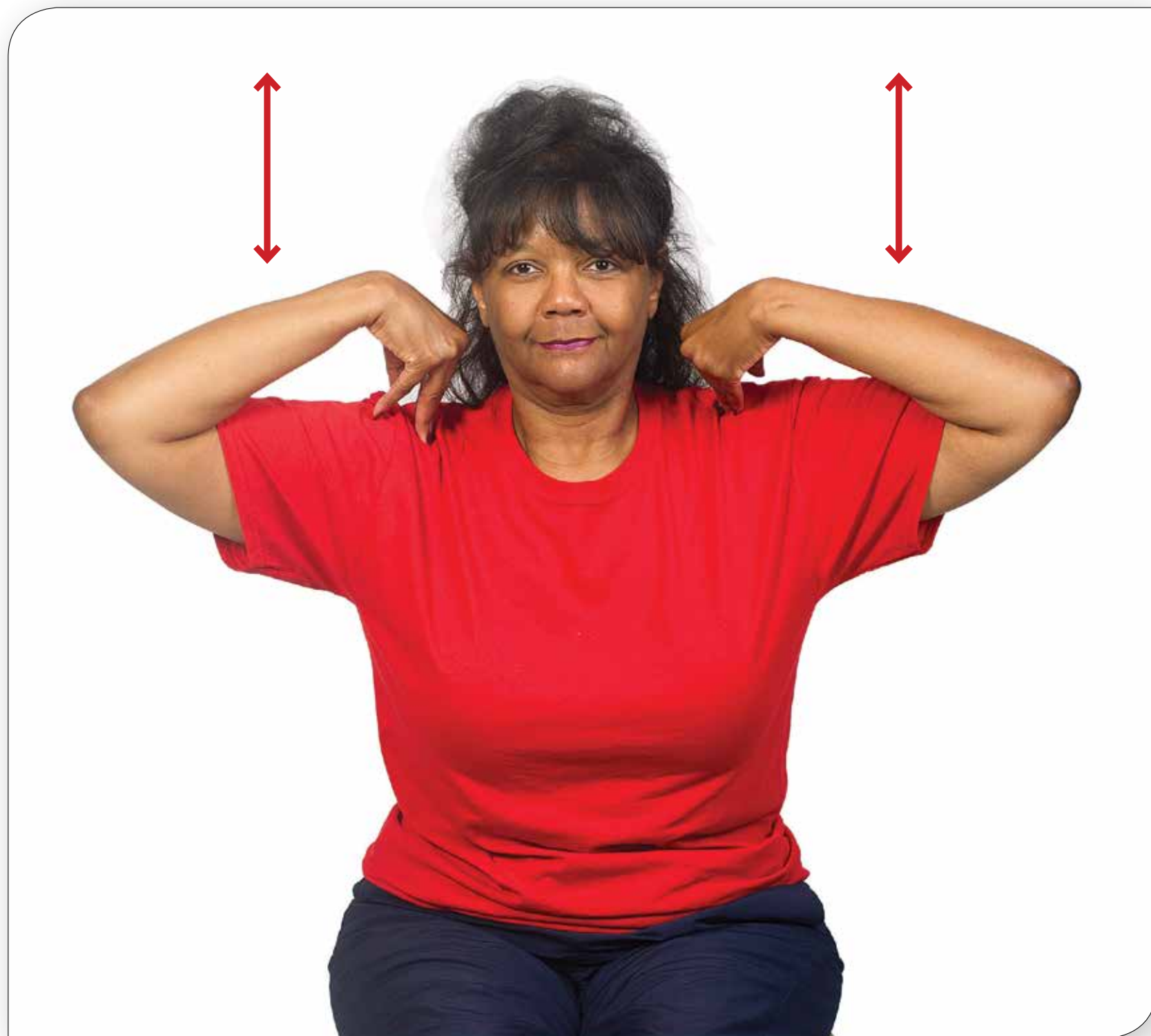


Warm-up Exercises

2. Arm raises

- Sit in the chair. Touch your shoulder with your fingertips.
- Reach both arms up to the ceiling.
- Touch your shoulder with your fingertips again.
- Do 3 sets of 8 repetitions.

Warm-up Exercises



Warm-up Exercises

3. Shoulder circles

- Sit in the chair and lift both arms out to your sides. Your fingers should be pointing outward.
- Slowly make 8 small circles with your arms.
- Lower your arms back to your sides.
- Do 3 sets of 8 repetitions.

Warm-up Exercises



Strength Training with Elastic Band

Rest for 20 seconds after each set

Strength Training

UPPER BODY

1. **Biceps** Place band under feet and do bicep curls.

- Sit in a chair.
- Step on one end of the stretch band.
- Hold the other end of the band with your arm straight down by your side. Be sure there is tension in the band.
- Bend your elbow and pull up toward your chest. Hold.
- Return to start position.
- Repeat 8 times to complete a set. Do three sets.

Strength Training

UPPER BODY



Strength Training

UPPER BODY

2. **Triceps** Wrap the band behind your back like a shawl.

- Bring one end of the band under the non-exercising arm and hold in front of and close to your chest.
- Put the other end of the band over the shoulder of the exercising arm.
- Lift the elbow of the arm you are exercising up until it is level with the shoulder.
- Straighten the elbow to stretch the band.
- Repeat 8 times to complete one set. Do up to 3 sets.

Strength Training

UPPER BODY

Alternative: Hold the band in both hands at shoulder level with right arm bent so that it's in front of the chest, left arm straight out. Keeping the left arm straight to hold tension on the hand and contract the triceps to straighten the right arm. Return to start and repeat 10 times before switching sides.



Strength Training

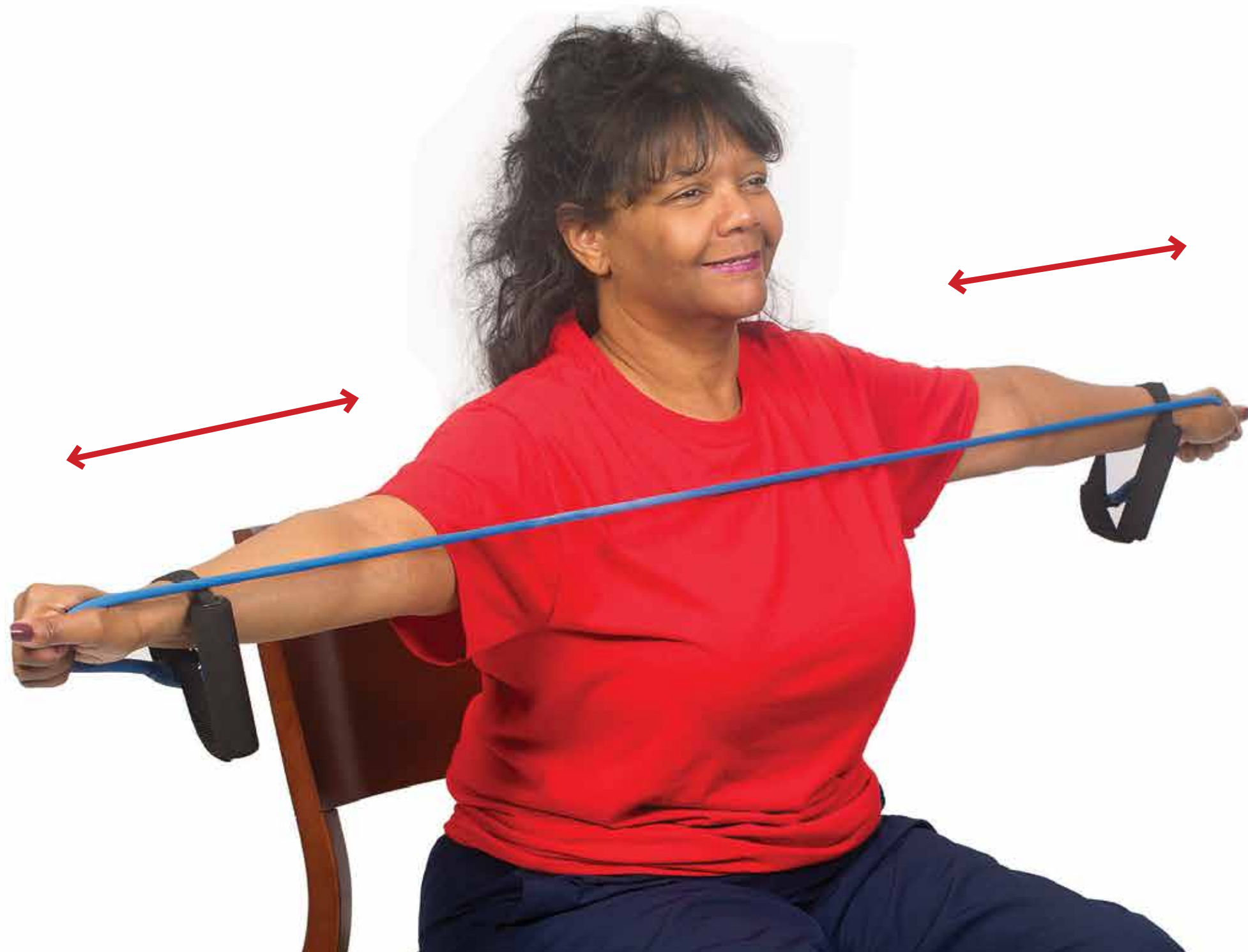
UPPER BODY

3. Upper body: Chest pull-back

- Sit or stand with feet shoulder-width apart (the same width as your shoulders).
- Loop the band around each palm. Lift your arms straight out in front of you.
- Open your arms and pull on the band. Hold for a few seconds.
- Relax your arms, and then repeat the exercise 8 times. Do 3 sets of 8 chest pull-backs.

Strength Training

UPPER BODY



Strength Training

LOWER BODY

1. Seated march, lifting knees

This exercise is done without the elastic band.

- In a sitting position, place your hands on your thighs.
- March your legs up and down.
- Keep up the march for 1 minute.

Strength Training

LOWER BODY



Strength Training

LOWER BODY

2. Leg circles This exercise is done without the elastic band.

- In a sitting position, place your hands on your thighs.
- Use one leg at a time. Lift your right leg straight out in front of you.
- While your leg is in the air, make a big circle with your toe by moving your ankle. Do 8 circles.
- Switch legs and do the same thing again with your left leg.
- Do three sets of 8 circles with each leg.

Strength Training

LOWER BODY



Strength Training

LOWER BODY

3. Leg raises This exercise is done without the elastic band.

- In a sitting position, place your hands on your knees. Put your feet close together.
- Place a large flat object like a book on your thighs.
- Lift your heels off the ground. Keep your toes on the floor.
- Return your heels to the floor.
- Do the moves 8 times slowly. Do 3 sets of 8 raises.

Strength Training

LOWER BODY



Cool-Down Stretch

1. Shoulder circles

- While sitting, lift both arms out to your sides. Your fingers should be pointing outward.
- Slowly make 8 small circles with your arms.
- Lower your arms back to your side.

Cool-Down Stretch



Cool-Down Stretch

2. Back arm stretch

- Raise your left arm over your head with your elbow bent and pointed at the ceiling.
- Push the left arm back with the right arm until you feel a stretch.
- Hold for 10 seconds and repeat 8 times.
- Switch arms and repeat on the other side.

Cool-Down Stretch



Cool-Down Stretch

3. Back stretch

- Hug yourself.
- Hold for 10 seconds and repeat 8 times.

4. Hamstring stretch

- Slide forward in your chair and pull your right knee to your chest.
- Hold for 10 seconds and repeat 8 times.
- Switch legs and repeat on the other side.

Cool-Down Stretch

5. Overhead stretch

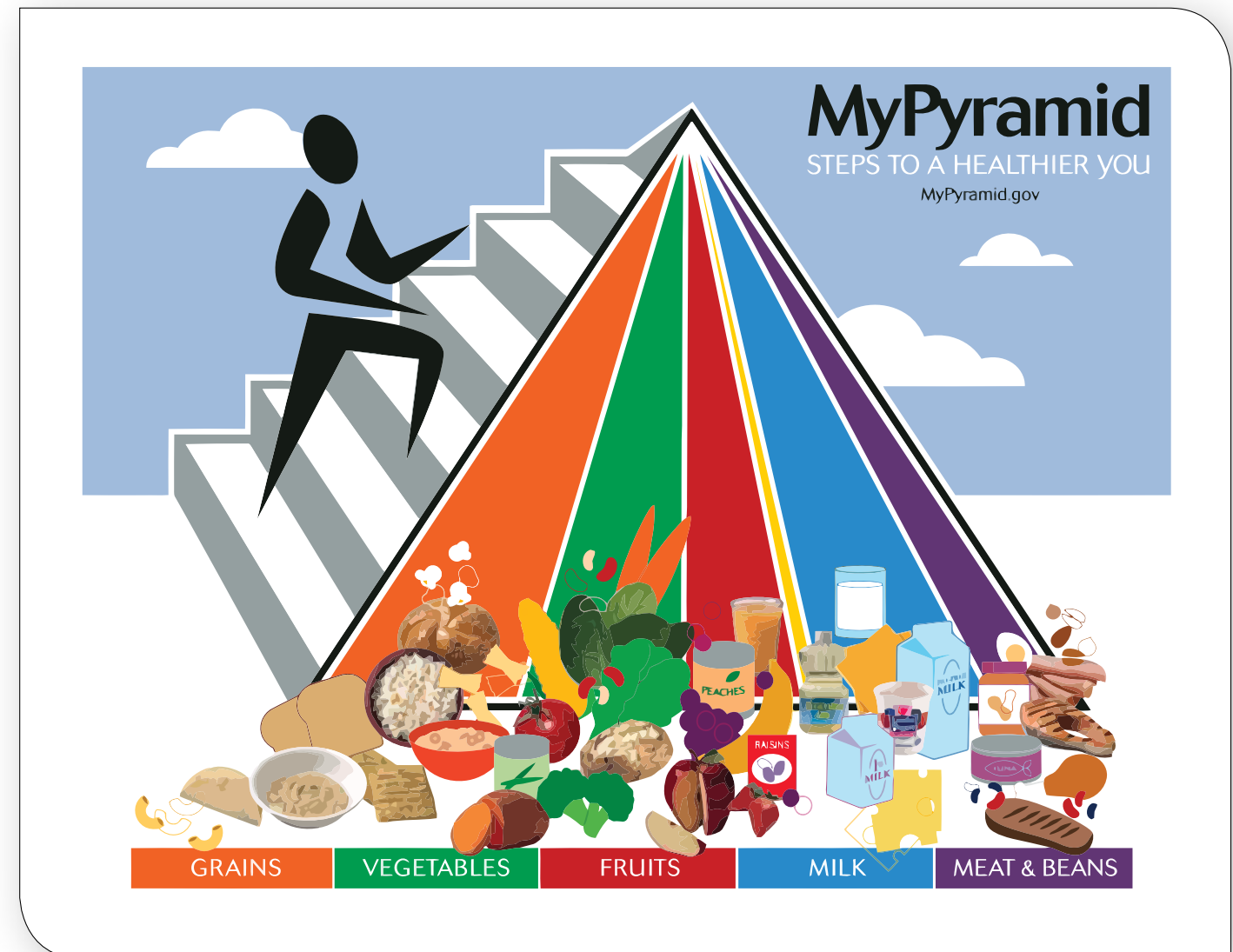
- Weave your fingers together and lift your arms overhead.
- Hold for 10 seconds and repeat 8 times.

Adapted from the University of North Carolina at Chapel Hill Center for Health Promotion and Disease Prevention. "New Leaf... Choices for Healthy Living."

Nutrition

SESSIONS 2 & 3

Reach Up & Out



Understand Your Labels

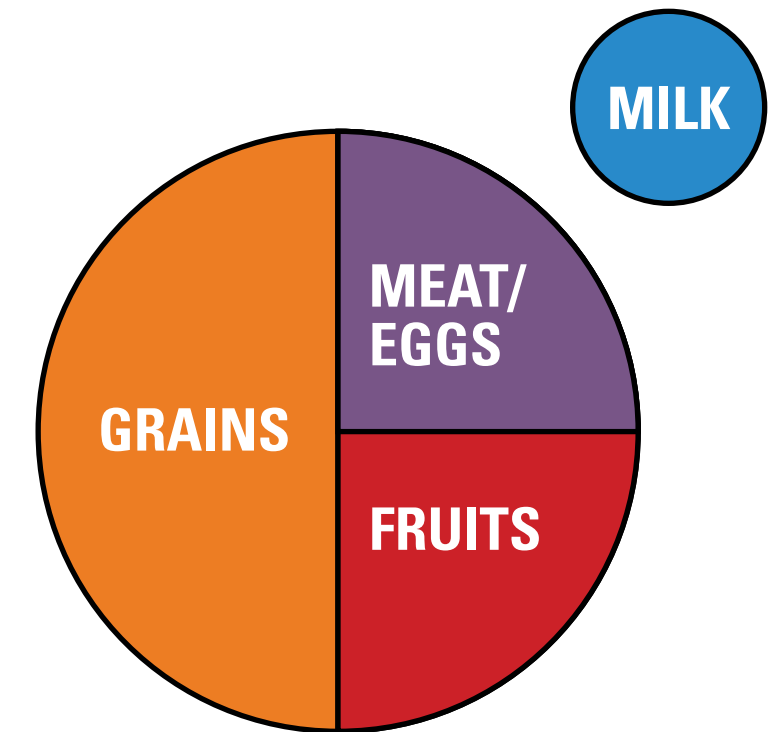
	Single serving %DV	Double serving %DV
Serving size	1 cup (228g)	2 cups (456g)
Calories	250	500
Calories from fat	110	220
Total fat	12g 18%	24g 36%
Trans fat	1.5g	3g
Saturated fat	3g 15%	6g 30%
Cholesterol	30mg 10%	60mg 20%
Sodium	470mg 20%	940mg 40%
Total carbohydrate	31g 10%	62g 20%
Dietary fiber	0g 0%	0g 0%
Sugars	5g	10g
Protein	5g	10g
Vitamin A	4%	8%
Vitamin C	2%	4%
Calcium	20%	40%
Iron	4%	8%

Your Plate

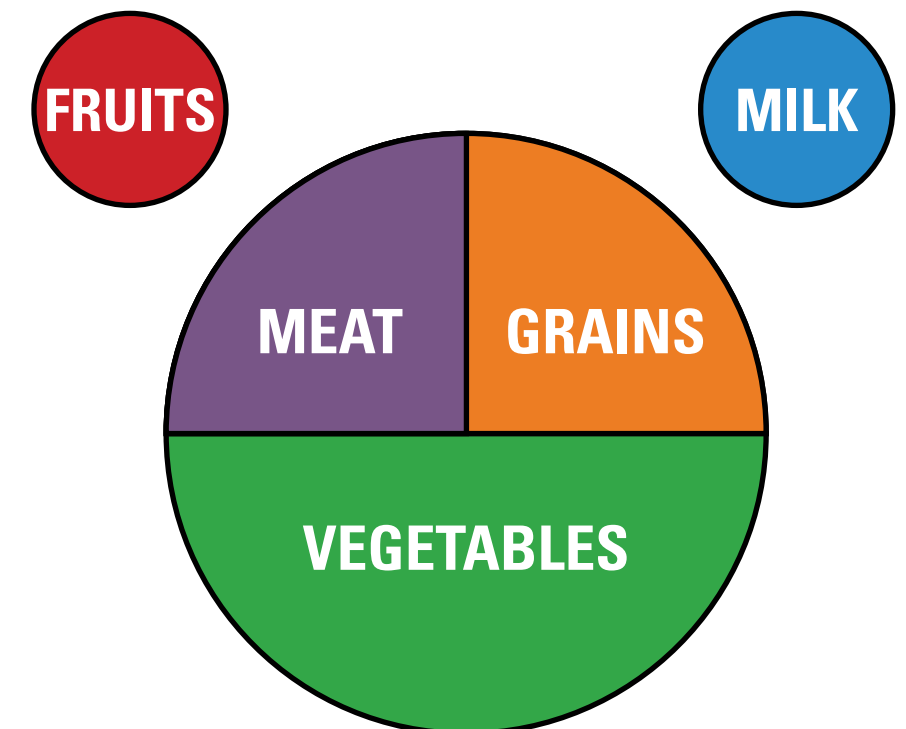
Choosing How Much to Eat

- Know how your plate should look with different foods for each meal. Take your basic 9-inch plate and serve your food so that it looks like this.
- When you fix a plate, remember that your food should not be piled high on the plate.

BREAKFAST



LUNCH/DINNER



Your Plate

- When you serve meat, fish, or chicken for lunch or dinner, the serving of meat should be about the size of your palm or a deck of cards.

Remember: It's not just what you eat that counts—how much you eat counts, too.

Adapted from the University of North Carolina at Chapel Hill Center for Health Promotion and Disease Prevention. "New Leaf... Choices for Healthy Living."

Compare When Shopping

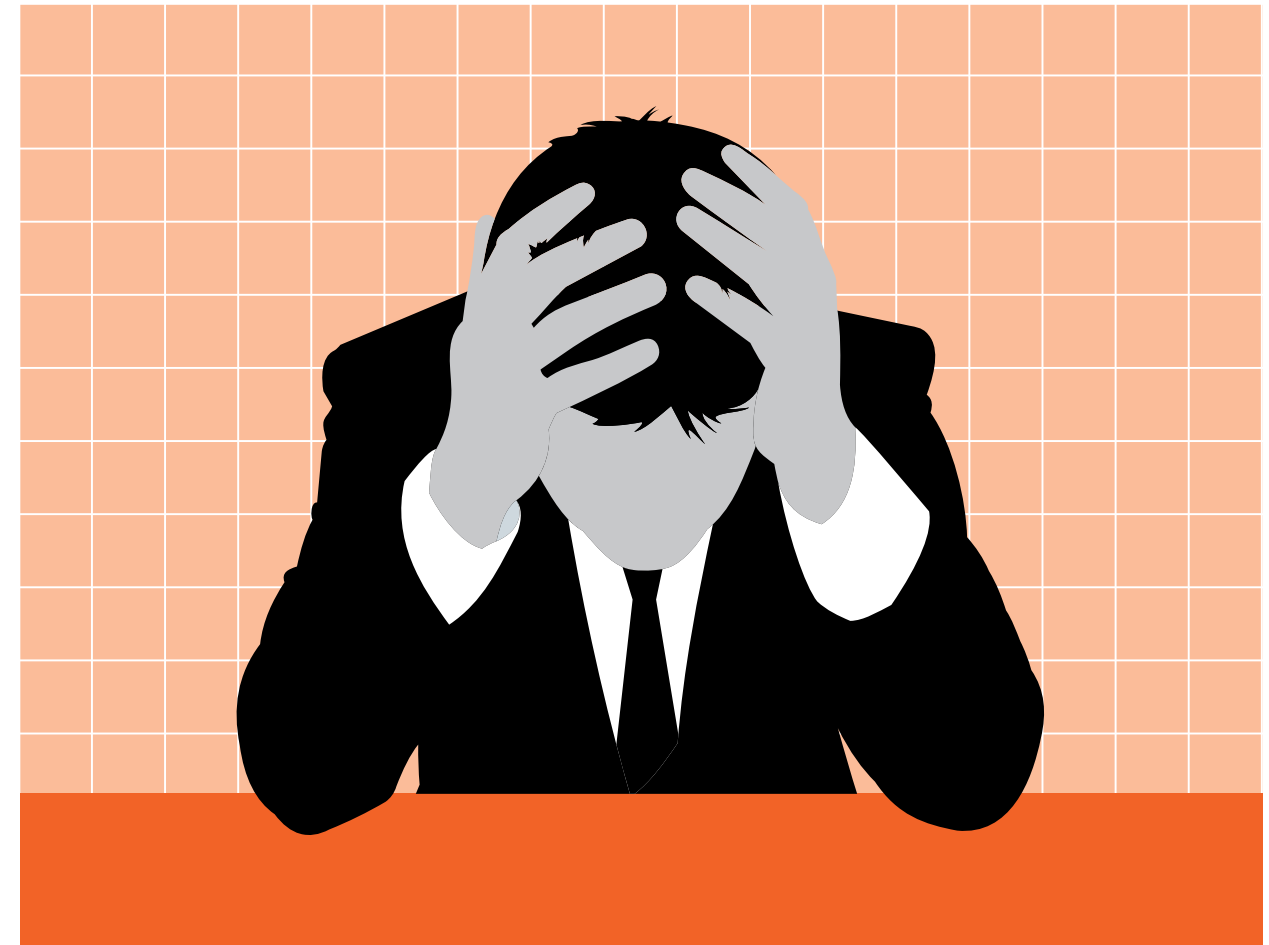
Food label comparison

Nutrition

STRESS MANAGEMENT

SESSIONS 4

Reach Up & Out



8 Ways to Cope

- 1.** Help your body handle stress by eating well.
- 2.** Be physically active every day. When you are active, your body releases hormones that make you happy and give you energy. You can make exercise more fun with music you enjoy.
- 3.** Take a 10-minute “timeout.” Go for a walk, do some stretches at your desk or work station, or pamper yourself for a few minutes.

8 Ways to Cope

- 4.** Get support from friends. Talk about what's bothering you. Friends can give you a different point of view.
- 5.** Give yourself positive messages every day. Tell yourself, "I've done it before, and I can do it again." This will boost your spirits and give you the encouragement you need to face the day.
- 6.** Pray, meditate, or worship.
- 7.** Learn how to problem-solve.
- 8.** Learn different ways to relax, such as deep breathing.

Signs of Depression

Feelings and Thoughts

Low, sad, miserable
Anxious, excessive worrying
Withdrawn, quiet, alone
Feelings of loss
Afraid
Crying easily
Helpless
Obsessed with the past
Agitated, tense, irritable
Angry, hateful
Guilty
Self-critical, low self-esteem
Like a failure, worthless
Hopeless, unbearable
Dead or empty inside
Hating life, hoping or planning to die

Energy and Focus

Tired
Heavy
Can't concentrate
Disorganized
Unmotivated
Listless

Physical Signs

Lack of appetite
Can't stop eating
Sleeplessness
Early waking
Oversleeping
Body aches

**As you can see, the key is
to maintain balance:**
balance in what we eat,
balance in the activities we do,
and a balanced weight.