

Overview of the LiSM10!® program and the theory on which it is based



Table of contents

1. What is the lifestyle-related disease prevention and improvement program LiSM10!®?

2. Overview of LiSM10!®

(1) Program Features

- 1) Program for people at high risk of lifestyle-related diseases.
- 2) The goal of the LiSM10! Program is to promote healthy dietary and physical activity habits.
- 3) The program is based on the latest theories in the areas of health promotion, behavioral science, and health education.
- 4) Through short counseling sessions with a trained dietitian and a physical trainer (10 min + 10 min), the program helps individuals to improve and display their self-management skills.

(2) The results of intervention studies

(3) The configuration of LiSM10!®

- 1) Two parts: a training program and a self-management program (the follow-up program)
 - a) Training program
 - b) Self-management program
- 2) Composed of an individual program and social (worksite and family) support programs

(4) How counseling is provided

- 1) Health check-ups, preliminary assessment, and follow-up assessments
- 2) Individual counseling
 - a) Goal-setting counseling
 - b) Review counseling
 - c) Final counseling

(5) Social/environmental support programs

- 1) Support in the workplace
- 2) Support from family

(6) The theory behind LiSM10!

(7) Details behind the LiSM10! theory

- 1) Goal setting
- 2) Self-monitoring
 - a) What is self-monitoring?
 - b) Evaluating the accomplishment rate and adjusting the action plans and solution of problems
- 3) Social support for people at the action or maintenance stages

(8) Counseling points based on the theory

SAMPLE