

SMA Success Habits

Shared Medical Group Appointment

Yearly Outline of Topics

	Food for Thought	Body Basics	Life Steps	
January Lesson 1	Healthy Eating Achieving a healthier lifestyle with client <i>Estimating portion sizes</i>	Exercise: Why and How Exercise helps you look and feel better and reduces health risks <i>Increasing daily activity</i>	The Process of Change Overcoming resistance to change <i>Applying strategies for overcoming resistance</i>	More About Change Processes of behavior modification <i>Applying the behavior modification process</i>
February Lesson 2	The Nutrition Facts Review of the Nutrition Facts panel <i>Determining percent of calories from fat</i>	Goal Setting Guidelines for setting realistic and achievable goals <i>Start walking program</i>	Self-Directed Change Learning the basic skills of self-directed change <i>Applying these skills to help achieve your goals</i>	Problem Solving Learn problem solving steps <i>Use these steps for weight management efforts</i>
March Lesson 3	Nutrition Label Claims Using nutrition label claims to identify healthy food choices <i>Determine if you are meeting your daily requirements</i>	Smart Exercise Importance of warm up and cool down exercises <i>Begin warm up exercises and cool down stretches; Increase walking program</i>	Changes That Last, I Identifying and using reinforces (rewards) for new behaviors <i>Using an identified reinforcer to strengthen a new behavior</i>	Changes That Last, II Using environmental, verbal and physical prompts to perform new, healthy behaviors <i>Practice using prompts in everyday routines</i>
April Lesson 4	Vitamins and Minerals Overview of vitamins and minerals; focus on: antioxidants and calcium <i>Selecting vitamin and mineral supplements</i>	Exercise Basics Determining your heart rate; what to do when injuries occur <i>How to calculate heart rate; increase walking</i>	Food Cravings Is food being used to cope with stress and handle emotions? <i>Help client distinguish between emotional and physiological hunger</i>	Personal Responsibility Personal versus displaced responsibility for change <i>Tools for developing a sense of personal responsibility</i>
May Lesson 5	Meat, Fish, Poultry, etc. Role of the meat group in nutritious meal planning <i>Selecting lean meats; stepwise change towards low-fat choices</i>	Exercise Do's and Don'ts Guidelines for safe exercise; stretching activities in the bathroom <i>Supplemental activities to exercise program; increase walking program</i>	Controlling Your Appetite Eating and hunger often linked to internal or external events <i>Learn to link eating with anger while breaking links between eating and events</i>	Changing Eating Behaviors 7 practical tips for fine tuning healthy eating practices <i>Implementing a selected strategy to fine tune eating</i>
June Lesson 6	Breads, Rice, Pasta, etc. Role of the bread group in nutritious meal planning <i>Selecting healthy cereals</i>	Rainy Day Exercises Indoor exercise options whether at home or at a health club <i>Increase walking program</i>	Causes of Stress Causes of stress, how you react <i>Identifying personal sources of stress</i>	Reacting to Stress Common reactions or responses to stress <i>Identifying personal coping methods for stress</i>
July Lesson 7	Milk Products Role of milk and yogurt in nutritious meal planning <i>Stepwise change towards low fat alternatives</i>	Basic Strength Training Importance of strength training; using kitchen items as hand weights <i>Strength training exercises; increase walking program</i>	Coping with Stress Strategies for coping; Healthy Living, Positive Self-Talk, Meditation Identifying you personal stress reduction strategies	Self-Talk Inner dialogue—negative self-talk can sabotage success <i>Using a 3 step process to make self-talk more positive</i>

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August Lesson 8	Fruits and Vegetables Role of fruit and vegetable group in nutritious meal planning <i>Selecting Vitamin A and C rich fruits and vegetables</i>	Sit Down Workouts Increasing physical activity while (sitting down) watching TV <i>Implement 'sit down' exercise; Ongoing walking</i>	Self-Affirmations Definition and examples of self-affirmations; how they work <i>Developing and using self-affirmations</i>	Dealing With Your Emotions Confronting your emotions without food <i>4 step process for breaking the mood food connection</i>
September Lesson 9	Fats and Oils Role of the fat group in nutritious meal planning <i>Practical tips to reduce fat intake; fat gram counting</i>	Fun Walk Work Outs Adding variety to your walking program <i>Enhance walking program with a power walk and station exercises</i>	Recognizing Saboteurs Politics of relationships: saboteur strategies <i>Using a 3 step assertive communication process to manage saboteurs</i>	Building a Support System Role of support systems in weight management <i>Identifying and building support system to meet individual needs</i>
October Lesson 10	Fiber Facts Soluble versus insoluble fibers: food sources, daily intake amount <i>Evaluating your daily fiber intake</i>	Dancing the Night Away Increase physical activity with dance routines <i>Start dance on non-walking days; ongoing walking</i>	Visual Cues How visual cues work and common examples <i>Assessing visual cues in the kitchen and how to intervene</i>	Situational Cues How situational cues work and common examples <i>Practical strategies for handling visual cues</i>
November Lesson 11	Water, Water Everywhere Role of water in body, types of water available <i>Practical tips for increasing daily fluid intake</i>	Home or Club Workouts Choosing an exercise program -health club or home? <i>Determine optimal exercise environment; Ongoing walking</i>	Improving Your Self-Esteem Definition; How a positive self-esteem is developed <i>Identifying strategies for improving self esteem</i>	Improving Your Body Image Definition; How body image affects behavior <i>Understanding personal body image and how to improve it</i>
December Lesson 12	Dining Out Healthy restaurant dining. Quick and nutritious ideas for brown bag lunches <i>How to make wise menu choices; Creating flavorful and nutritious brown bag meals</i>	Sports and Recreation Review of activities for expanding exercise program Determine where and when selected activities offered; Ongoing walking	The Relapse Process Understanding high risk situations and the relapse process <i>How to prevent high risk situations; How to intervene when a relapse has occurred</i>	Your Relapse Reminder Card Common high risk situations and coping strategies <i>Developing a plan for handling high risk situations</i>

