

Smart Moves – Week 1

PURPOSE: The purpose of the initial Smart Moves meeting is to introduce the group, discuss goal setting and pair support partners. Follow the steps listed below for a successful first meeting.

FACILITATED AGENDA

I. Welcome (1 minute)

Introduce yourself as the group facilitator and share that the purpose of Smart Moves is to support one another in attaining and maintaining a healthy weight. The focus of today's meeting is goal setting and choosing a support partner. Enlisting the help of a partner can increase one's success in attaining and maintaining a healthy weight. Just knowing that someone else will see the results of your efforts each week increases one's mindfulness of daily choices and the results. Support partners assist one another in taking measurements in the second meeting and will weigh with one another each week thereafter. It is each participant's personal choice whether or not to have a support partner.

II. Distribute Newsletter Volume 1 (1 minute)

You can print and distribute at the meeting or email to your participants and instruct them to bring it with them to the meeting. If you choose to email, print a few for those who forget.

III. Set individual goals (10 Minutes)

Direct participants to read the goal setting article in the newsletter and think about setting their personal goal. Inform them they will be recording their goals next week after taking their starting measurements.

IV. Pair participants (3 minutes)

Direct participants to choose a support partner if they desire the extra support. If an uneven number of participants register, suggest that three can work together as support partners.

V. Activity: name game (5 minutes)

Lead participants to follow the leader type activity that will help them learn one another's names. Instruct participants to state their first name and an activity that begins with the same letter as their first name. For example: "My name is Sandy and I like to swim." You would then lead participants to move their arms in a swimming motion for approximately 30 seconds, then move to the next person and their chosen activity and so on.

VI. Preview next week

Dismiss the group by introducing the focus of next week's meeting: taking and recording measurements. Encourage participants to eat smart, move more and look forward to weighing less.



Tools & Materials for Success

- Newsletter Volume 1

