

Smart Moves – Week 10

PURPOSE: The Week 10 Smart Moves meeting focuses on packing smart lunches. Follow the steps listed below for a successful 10th meeting.

FACILITATED AGENDA

I. Weigh-in (7 minutes)

As participants enter the room, direct them to the scales to weigh-in with their support partners. Instruct them to record their weight on their personal Progress Record Form.

II. Welcome and celebrate success (5 minutes)

After all have weighed-in, ask if anyone would like to share their success. Allow participants to celebrate their success by sharing their stories. Encourage them to also share obstacles they faced and breakthroughs. Ask if anyone worked on building strong muscles.

III. Distribute Newsletter Volume 10 (1 minute)

IV. Discuss importance of packing lunch (4 minutes)

Packing lunch can save you calories, fat and sugar – not to mention money! Ask participants to share their favorite smart lunch to pack. Brainstorm ideas for allowing time for packing your lunch.

V. Activity: play “Bag It” (3 minutes)

“Bag It” is the lunch bag hot-potato game. Divide group into two teams. Give each team leader a lunch bag and instruct them to pass it to their team members as quickly as they can. The bag should be passed down the line and then back up the line to the leader. The first team that returns the lunch bag to their team leader wins bragging rights. Play the game again, but this time require over and under passes. First in line passes the bag over their head to their team member. Second in line passes the bag through their legs to the next team member. The next team member passes the bag over their head, and so on to the end of the line. Then pass the bag up the line in the same manner.

VI. Preview next week

Dismiss the group by introducing the focus of next week’s meeting: Reducing screen time. Remind participants to eat smart, move more, pack their lunches and reach for their goals.



Tools & Materials for Success

Place digital scales on a NON-CARPETED floor **before** the meeting begins.

- scales
- Newsletter Volume 10
- Two empty light-weight lunch bags

