

# Smart Moves – Week 11

**PURPOSE:** The Week 11 Smart Moves meeting focuses on reducing screen time. Follow the steps listed below for a successful eleventh 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. As a review of your previous meeting, ask what they packed for lunch today.
- III. Distribute Newsletter Volume 11 (1 minute)**
- IV. Discuss importance of reducing screen time (4 minutes)**  
Encourage participants to reduce their time in front of the television or computer screen. Many of us say we don't have time for physical activity and yet we spend three to four hours in front of the television each day. Brainstorm ideas for reducing time in front of the TV and computer.
- V. Activity: follow the leader (3 minutes)**  
Act out your favorite sport, for example tennis. Invite participants to join you in playing tennis. Call on a class participant and ask them to name their favorite sport. Act it out and encourage everyone to participate and have fun. Give as many class participants an opportunity to choose a sport to act out as time allows.
- VI. Preview next week**  
Remind the group that next week will be the final meeting and their final measurements will be taken. Tell them to check their email for the evaluation form that you will send to them. Direct them to complete the evaluation and bring it with them to the next meeting.
- VII. Email evaluation form to all participants**



## Tools & Materials for Success

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

- scales
- Newsletter Volume 11

