

Smart Moves – Week 2

PURPOSE: In the second Smart Moves meeting participants will take and record starting measurements. Follow the steps listed below for a successful second meeting.

FACILITATED AGENDA

I. Welcome (1 minute)

Introduce yourself as the group facilitator. 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 to take and record our starting measurements.



II. Distribute Newsletter Volume 2 and the Measurement Record Form (1 minute)

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

III. Measure and record (13 minutes)

Instruct participants to pair with their support partner and proceed to the measurement station. Review guidelines for properly taking measurements.

- Tap scales with foot. Wait for zeros to show on screen. Step onto scales and center body weight. Step off scales and record weight on the Measurement Record form.
- Support partners measure one another's waist circumference. Make sure the tape measure remains level around the waist. The measurement should be taken half way between the bottom of the rib cage and the top of the hip bones, usually the thinnest part of the abdomen. Record waist circumference on the Measurement Record form.
- Determine body mass index by referencing the posted chart or visit the website referenced in the newsletter and utilize the BMI calculator. BMI's should be recorded on the Measurement Record form.
- Using the information learned in last weeks' newsletter, they should set their Smart Moves goal and record on the Measurement Record form.

IV. Activity: walk (5 minutes)

Lead participants in short walk.

V. Preview next week

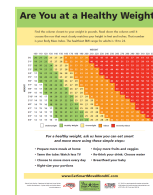
Dismiss group by introducing the focus of next week's meeting- journaling. Encourage participants to eat smart, move more and reach for their goals. (NOTE: Download the Progress Record form and email it to participants before the next meeting.)



Tools & Materials for Success

Set up a measurement station **before** the meeting begins. Place digital scales on a NON-CARPETED floor. Set a measuring tape close by. It would be helpful to have more than one measuring tape available. Download, print and post the BMI chart. (See the website reference below.)

- scales
- measuring tapes
- BMI chart
- Measurement Record form
- Newsletter Volume 2



Visit
www.EatSmartMoveMoreNC.com
 for the downloadable BMI chart.