

Smart Moves – Week 4

PURPOSE: Get moving in week four. This Smart Moves meeting is designed to encourage participants to be aware of daily activity and to increase their activity. Follow the steps listed below for a successful fourth 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 began journaling and if so, what benefits they experienced as a result.

III. Distribute Newsletter Volume 4 (1 minute)

IV. Discuss increasing daily activity (4 minutes)

Encourage participants to evaluate their current level of activity and find small ways to increase movement. Ask them to brainstorm ideas for moving more. Allow time for discussion. Ideas could include: parking further away in a parking lot, taking stairs instead of the elevator, walking to see a colleague rather than sending an email.

V. Activity: line dance (dependent on song selection)

Lead a line dance such as “Cupid Shuffle”, “Cha-Cha Slide,” or “Electric Slide.” You can search for songs and instructions on the internet. If you are not comfortable leading the dance, recruit someone in the group to lead. Don’t forget your media player (cd player, computer with speakers, mp-3 player with speakers, etc.) and a copy of the song you selected.

VI. Preview next week

Dismiss the group by introducing the focus of next week’s meeting: energizing your day by eating breakfast. Encourage participants to eat smart, move more and reach for their goals.



Tools & Materials for Success

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

- scales
- Newsletter Volume 4
- media player
- line dance song

