

# Smart Moves – Week 9

**PURPOSE:** The Week 9 Smart Moves meeting focuses on strength training. Follow the steps listed below for a successful ninth 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 tried a new fruit or vegetable last week.
- III. Distribute Newsletter Volume 9 (1 minute)**
- IV. Discuss importance of strength training (2 minutes)**  
Encourage participants to incorporate strength training into their exercise routines. Muscle tissue burns more calories than fat. Strength training builds muscle tissue. Some examples are pushups, squats, abdominal crunches, lunges and exercises using hand weights or stretch bands.
- V. Activity: strength training (5 minutes)**  
Lead participants in wall pushups, squats, bicep curls and triceps extensions. Review the sample strength training program at [www.MyEatSmartMoveMore.com](http://www.MyEatSmartMoveMore.com). Lead participants in squats, bicep curls and triceps extensions. You do not have to provide weights or stretch bands.
- VI. Preview next week**  
Dismiss the group by introducing the focus of next week's meeting — packing a smart lunch. Encourage participants to eat smart, move more, build strong muscles and reach for their goals.



## Tools & Materials for Success

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

- scales
- Newsletter Volume 9
- optional: hand weights or stretch bands

