



You are the Boss!

Session plan for group leader

About this session:

This session looks at how to take charge of your surroundings to make healthier food choices and be more physically active. Participants will have the opportunity to:

- Examine the environmental influences affecting food and activity
- Discuss how to take charge of situations so as to make healthier choices
- Learn new techniques to help prevent overeating
- Review Food and Activity Diaries
- Set goals for the week

To do before this session:

- Review the [Introduction to Group Sessions](#). This provides an overview of facilitating groups and offers guidance on group size, format etc.
- Organize materials for the session:
 - Paper, pens, flip chart/white board
 - *MOVE!* handouts:
 - [\(B34\) Eating With Others](#)
 - [\(B24\) Control Yourself!](#)
 - Worksheets
 - [Changing The Things Around You worksheet](#)

Introduction (may take 15-20 minutes):

- Conduct individual weigh-in in private (can also be done at the end of the session). Enter weight into the CPRS Vitals Signs package.
- Welcome everyone to the class.
- Revisit ground rules for the session (set new rules if appropriate)
- Invite participants to discuss their progress/goals since the last class.
- Review food and activity diaries and facilitate problem-solving for barriers.
- Discuss any homework from the last class.
- Discuss the purpose of today's session.
- Encourage questions and comments.

Exercise 1: Changing the things around you

- Write “**what in your everyday life triggers you to overeat or be less active?**” on a board. If necessary give some examples to start the discussion such as:
 - What you're feeling
 - What someone says
 - What you see
 - Certain places, activities or events (for example, movies, TV, special occasions, vacations etc.)

Suggest that to change a problem or habit, you need to:

Stay away from the problem (or keep it out of sight)

OR

Build a new healthier habit.

- Explain to the group that you are going to do a visual exercise to examine things at home that may trigger them to overeat or make poor food choices. Distribute the [Changing the Things Around You worksheet](#).
- Ask the group to imagine the following:
You have just opened your front door. You have a video camera and are taking a video of what's in the room. Which room are you in? Do you see any food in the room? Do you see anything that might make you think about eating, like a comfortable chair or a TV? Write one thing in your worksheet that you could change to make it easier for you not to overeat in this room. Move from room to room. Are there other rooms that cause problems for you? For each problem that you see write down how you might solve it by either putting it out of sight, avoiding it, or changing it so it becomes a healthier habit. Imagine the kitchen once again. Open the cabinets and the fridge. Do you see any foods that you know are not part of a healthy diet? List these on your worksheet. As the boss, what could you do about these unhealthy foods?
- Ask the group to choose one or two things from their worksheet that they would like to do over the next week. Ask them to write this in their Food and Activity Diary as a goal for the next week.

Physical activity break

Incorporating physical activity into the session reinforces the healthy lifestyle message and provides opportunity to demonstrate some simple but effective exercises.

- Ask participants to join you in doing the following balance exercises:



STANDING HIP RAISE: Lift the hip and knee. Repeat on other leg. Use a sturdy chair for support as needed.



STANDING KNEE BEND: Bend the knee, pulling the heel upward. Repeat on other leg. Use a sturdy chair for support as needed.

Exercise 2: Taking charge of situations

- Ask the following question: **How does what other people say and do affect your eating and physical activity choices (positively or negatively)?** Make a list of both positive and negative examples. Invite participants to come up with solutions to some of the problems discussed. Take feedback and use **MOVE!** handouts [\(B34\) Eating With Others](#) and [\(B24\) Control Yourself!](#)
- Remind participants to review the goals they set earlier in the session. Answer any questions.

Close the session:

- Remind participants to:
 - Maintain their food and activity diaries,
 - Wear their pedometers, and
 - Bring both the diaries and the pedometers to all of the sessions.