

UNIT TRAINING OFFERED BY YOUR HEALTH PROMOTION MANAGER



Summary

Your regional Health Promotion Manager (HPM) provides CG unit and staff division representatives with a variety of health promotion training services. The HPM will come to your unit or division to provide training on the following topics. Other training is available upon request.

Topics For All-hands Training

Training services are designed to address all the components of the CG Health Promotion Program: *Diet & Nutrition, Weight Management, Tobacco Cessation, Physical Fitness, Stress Management, and Disease & Injury Prevention*. Each training module normally includes *goals, activities, AV materials, and a critique*. The hands-on exercises within each module are designed to creatively involve crewmembers in a learning process and to promote participation in the unit health promotion program.

1. CG Health Promotion Program Overview (60 min.)

Find out what are the components of the CG Wellness Program. You will receive information on what services, education, and support are available to you.

2. Introduction to Wellness (60 min.)

Learn the key elements to maximize your health, energy, and productivity. Find out how to avoid the major health risk factors and increase your prospects for a longer and healthier life.

3. Get FITT! (60 min.)

Find out what kinds of physical activity and how much is necessary to improve health and energy. Learn the simple and easy-to-apply FITT formula.

4. Physical Activity (60 min.)

Scientists have learned that there are significant health benefits from participating in moderate (not just vigorous) physical activity. You will identify safe and effective physical activities to meet your individual needs and how to incorporate a physical activity program into your daily routine.

5. Health Smart: Signs & Signals (60 min.)

Heart disease is the #1 killer in the U.S. Learn what you can do to prevent heart disease, signs and symptoms, and the difference between “good” and “bad” fats.

6. Eating Healthy for Life (60 min.)

Do you know that your dietary habits can play a significant role in preventing and reducing health risk factors such as high blood pressure, high blood cholesterol, and obesity? You will be presented with the information, skills and motivation factors to eat a heart healthy diet

7. Food Guide Pyramid (60 min.)

The food pyramid is an easy way (requires no calculation) to determine the appropriate serving and portion sizes to eat from each food group. Learn guidelines to the right balance and portions of each food group.

UNIT TRAINING SERVICES (continued)

8. *Stress Map (2.5 hrs.)*

Stress Management is a significant issue for personnel in the Coast Guard of the 90's. While it's important to recognize that stress is a part of everyday life, you can learn to recognize the impact of various lifestyle-related stressors and to develop strategies for controllable stressors. This comprehensive assessment measures your stress and coping levels in three areas. Part of the mapping procedure includes identifying ways and means to manage, not eliminate, stress.

9. *Terminating Tobacco Before It Terminates You (45 min.)*

Thinking about quitting tobacco? Come and check out where you are on the "Tobacco Cessation Readiness Scale." You'll assess the role tobacco plays in your life, readiness to quit, and quitting options.

10. *Food & You: An Approach to Weight Management (60 min.)*

Successful weight management is about more than mere calorie counting and "miracle" diets. Learn how stress triggers, environment, thoughts, and emotions influence your eating habits.

11. *Understanding Your Energy Type (1.5-2 hrs.)*

Which of the four basic energy types are you? Learn the strengths and weaknesses around how you use your energy- and become more aware of how other people's energy (at home or at work) helps or hinders you.

12. *Label Logic: Smart Food Buying (45 min.)*

You will learn how to read labels, avoid packaging tricks, and be able to make smarter and healthier food consumer choices.

13. *Relaxation Now (30-45 min.)*

Got Stress? Haven't got time for one of those lengthy stress management classes? Here's a short trainer for *on-the-go people* looking for stress reduction techniques that can be applied instantly. Deep breathing, dynamic tension release, shifting gears, and re-framing are some of the practical skills you will learn.

14. *Making It Work: How to Permanently Change Your Health Habits (60-75 min.)*

Have you ever started an exercise or weight management program only to have it fall by the wayside? This course will give some of the secrets, skills and strategies for successfully staying with your desired healthy lifestyle change.

15. *Total Wellness Assessment (2.5 hrs.)*

This is the standard Coast Guard *total* health/risk analysis. It provides an overall picture of your lifestyle patterns and how well you are taking care of yourself. Components include cholesterol testing, fitness assessment, lifestyle, stress, risk factors, and nutrition evaluations. After the data is compiled you receive a comprehensive 18 page individualized and **confidential** report.

16. *Customized Training (1-4 hrs.)*

A customized training module can be constructed around any health promotion topic to meet the specific needs of the group.