

UNIT HEALTH PROMOTION TRAINING KITS

Purpose

To provide the Unit Health Promotion Coordinator with structured training programs which **require very little preparation time and are easy to implement**. These modules are flexible so they can be 15 to 45 min. in length. They require about 30 minutes to prepare.

Each training kit includes: **training goals, training time frame, a step by step training activity process, camera-ready handouts, and a video**. The hands-on exercises are designed to involve crewmembers in a learning process, and to promote involvement in the unit health promotion program. Simply call the regional Health Promotion Manager to reserve the training kit you want.

TRAINING MODULES

TOPIC	VIDEO TITLE (length)
A. Get Physical!	<i>Heart Healthy Exercise Fitness (9:00)</i>
B. Get FITT!	<i>Are You At Risk?</i>
C. A Healthy Heart	<i>Hypertension (AHA)</i>
D. Lower the Pressure	<i>Cholesterol Control (10)</i>
E. Controlling Cholesterol	<i>Heart Healthy Eating (AHA)</i>
F. Eating Healthy for Life	<i>Eating Healthy for Life (22)</i>
G. Eating Well the Food Pyramid Way	<i>Managing Stress (19)</i>
H. Stress Management	<i>Wellness (11)</i>
I. Profiling Your Wellness	<i>Wellness (15)</i>
J. Achieving <i>Total</i> Well-Being	<i>Stop Smoking (10)</i>
K. Smart Move: Stop Smoking!	<i>*No Video</i>
L. Quitting Smokeless Tobacco	<i>*No Video</i>
M. Preventing Sports Injuries	<i>Healthy Eating for Healthy Weight</i>
N. Weight Management	<i>Healthy Eating on the Run (10)</i>
O. Eating Healthy on the Run	<i>Men & Self Care (11)</i>
P. Self-Health Care Measures	<i>Women and Self Care (11)</i>
Q. Low Fat Cooking	<i>Low Fat Cooking (10)</i>
R. Smart Supermarket Shopping	<i>Heart Healthy Shopping</i>
S. Stress Survival Skills	<i>Survival Skills</i>
T. Preventing Burnout	<i>Job Stress</i>
U. Getting Rid of Unhealthy Habits	<i>Addictive Patterns (15)</i>
V. Back Strength and Fitness	<i>Back Fitness (11)</i>
W. Understanding Food Labels	<i>The New Food Label</i>
X. Seven Nutritional Myths	<i>Seven Nutritional Myths</i>

DESCRIPTION OF TRAINING MODULES

Each module contains a short video (10-20 min.) which forms the basis for the training.

A. Get Physical!

Learn the important health benefits of cardiovascular exercise and gain information, skills and motivation to incorporate physical fitness into daily routines.

B. Get FITT!

Learn the four specific steps to implement a successful physical fitness program

C. A Healthy Heart

Heart attack and stroke awareness. Learn how to recognize and respond to cardiovascular warning signs.

D. Lower the Pressure

Learn the importance of having regular blood pressure checks, the risks of hypertension, and how high blood pressure can be controlled by changing daily habits.

E. Controlling Cholesterol

Elevated Cholesterol is one of four primary risk factors for heart disease. Learn how to lower and control cholesterol through dietary and lifestyle management changes.

F. Eating Healthy for Life

Obtain information, skills and motivation to eat a healthy diet.

G. Eating Well the Food Pyramid Way

Learn about the "Food Pyramid", which provides a general guideline to eating the right balance of foods.

H. Stress Management

Learn the impact of stress on health, recognize signals of stress, become aware of the sources of stress, and develop coping methods for reducing and controlling harmful stress.

I. Profiling Your Wellness

Learn the key elements of a healthy and balanced lifestyle. Introduction to the concept of "Total Wellness."

J. Achieving Total Wellness

You will learn to recognize your personal lifestyle patterns and how to make effective changes

K. Smart Move: Stop Smoking!

Provides the first steps for those ready to quit smoking.

L. Quitting Smokeless Tobacco

Provides the first steps for those ready to quit smoking. Learn coping styles, set goals to develop new skills, and learn how to adapt to life's constant changes.

TRAINING MODULES DESCRIPTIONS (continued)

M. Preventing Sports Injuries

Covers these topics: proper warm up and cool down, RICE for injuries, stretching & flexibility, over-training, eating before exercise, sports drinks, proper equipment and shoes.

N. Weight Management

Skills presented include: your right weight, why diets fail, your eating habits, build a pyramid, increasing your activity, and strategies for healthy living

O. Eating Healthy On the Run

Skills presented in this module include: selecting quick, easy and nutritious foods, healthy snacking, lunches on the run, brown bag recipes, fast doesn't have to mean fat, and 5 healthy cooking methods

P. Self-Health Care Measures

This module identifies specific self care strategies for women and women, self-examinations, who takes care of YOU?, your life in balance, and early detection of risk factors.

Q. Low Fat Cooking

.In this module you will learn: food label reading, making substitutions and trade-off's how much fat is enough, low-fat does not mean no taste, low-fat menus and recipes.

R. Smart Supermarket Shopping

Learn how to tell which foods are heart-healthy, read food labels, and understand nutrition guidelines. Plan strategies for health-smart shopping

S. Stress Survival Skills

Learn to evaluate current coping styles, set goals to develop new skills, and learn how to adapt to life's constant changes.

T. Preventing Burnout

Assess job stress by identifying drainers and energizers in the workplace. Learn how to cope with the pressure of work and to re-energize motivation

U. Getting Rid of Unhealthy Habits

Learn how high-risk styles of dealing with stress can develop into serious addictions. Investigate the connection between stress and negative ways of coping. Identify the cycle of addiction

V. Back Strength and Fitness

In this module you will learn: lifestyle causes of back pain, building a fit back through preventive measures, benefits of rest, relaxation and nutrition, and flexibility and strengthening exercises.

W. Understanding Food Labels

This module includes these activities: learning to read the new food label, what's a food serving, and determining daily food values.

X. Seven Nutritional Myths

Activities include taking the nutritional myth quiz, examining nutritional health claims, making wise consumer choices, what are "natural" and "organic" foods, and nutritionist vs. dietitian.