



MOVEing Forward

Session plan for group leader

About this session:

This session plan provides a general outline for ongoing group support. This is to facilitate those who run weekly/monthly support groups for veterans who have been through the standard group sessions but show interest in meeting regularly to help maintain weight management. Consider the following when planning ongoing sessions.

- Participants are familiar with the group format and may feel comfortable contributing ideas on how the group should be run.
- Participants may like to take an active roll in leading portions of certain sessions.
- The group may decide on discussion topics for the sessions.
- Consider incorporating physical activity (for example, stretches) into the sessions.

Introduction:

- Welcome everyone to the class.
- Revisit ground rules for the session (set new rules if appropriate).

Exercise 1: Review your progress

- Distribute the [Progress Review Worksheet](#). Ask participants to carefully consider changes they have made to be more active and to make healthy food choices. Ask that they complete the worksheet.

Exercise 2: Review

- Review food and activity diaries and facilitate problem-solving.

Exercise 3: Topic

- Consider choosing a specific topic from the [MOVE! Group Modules \(Version 1.0\)](#) as material for these sessions.

Close the session