

Wellness

Lesson Plan for Instructor

Materials:

Dry erase board or flip chart and appropriate markers
Paper for participants to write on and pens/pencils

Handout(s):

Wellness

Suggested Format for Discussion:

- Write the word “Wellness” on the board or flip chart, followed by three questions:
 - What it it?
 - What does it have to do with weight control?
 - What can I do to achieve wellness for myself?
- Ask participants to answer those questions, focusing the most time and attention on ways to improve personal wellness. Write participants’ suggestions on the board or flip chart.
- Pass out the *MOVE!* handout called “Wellness”.
- Discuss the handout.
- Ask participants if they feel that their wellness status could be improved.
- Ask participants to comment on how they personally may use the suggestions to enhance their wellness.
- If participants are willing, ask each to set a realistic wellness enhancement goal.

