



Chapter 3

Weekly Activities

Step 1: Encourage each participant to take the RealAge® test online at www.realage.com. You may choose to have each participant do this before the first lesson, or after the introductory presentation (“An Introduction to Wellness”).

Step 2: Determine whether participants will be competing in teams, as pairs, or individually. Determine the teams/pairs before or during the first lesson. Facilitators are encouraged to use some kind of “team” system. Team members often serve as support for one another to encourage healthy lifestyle changes that (ideally) will continue after Power Panther Professionals is complete.

Step 3: Set goals.

Each participant will set goals individually. Each person needs to determine an overall program goal. This goal should have 2 parts: an **EAT SMART** goal (that focuses on developing healthier eating habits) and a separate **PLAY HARD** goal (focusing on increasing daily physical activity). As the facilitator, you may need to provide guidance to some staff members who request your help in determining these goals.

Encourage participants to set goals that are *realistic, specific* and *measurable*. For example, goals such as “To get in shape” or “To lose weight” are not specific or measurable. Better goals are stated as “To walk 30 minutes a day, 4 days each week,” or “To replace one soda each day with one bottle of water.” These goals are realistic, specific and measurable. A person can *immediately* tell whether or not they are on-track and whether or not they have achieved their goals at the conclusion of the program.

Goals may be stated:

- In the anticipated amount of increase (i.e. “increase physical activity by 15 minutes daily during each week of the program”) OR
- In total outcome anticipated (i.e. “get one hour of daily physical activity during the next 2 weeks”).

Goals may change from one 2-week segment to another or may remain the same throughout the entire 12-week program. The goals are up to the participants, but again, it is encouraged that the participant set goals that are realistic and measurable so that it is easy to determine whether or not goals have been met.

Step 4: Begin activities for week 1

Follow the steps outlined in each week's activities.

During each 2-week segment, the facilitator will:

- Send topic-specific messages to participants. Suggested messages are listed with each week's activities or you may substitute your own. The messages may be copied and pasted into email from the CD provided, copied onto paper and handed out, posted on a break room bulletin board, etc. Use a **MINIMUM** of 2 messages each week during the 12-week period.
- Distribute participant materials. This can be done electronically (via email) or by printing and copying the materials.
- Whenever possible, implement some of the enhancement activities. At a minimum, at least one enhancement activity should be implemented during the 12-week program.

Step 5: Discuss the Kansas Tobacco Quitline with Faculty and Staff

Smoking has been shown to be an unhealthy and dangerous habit. It can lead to an increased risk of cardiovascular disease, lung cancer, emphysema, and significant premature aging (RealAge®). Smoking can add as many as 8 years to your RealAge® and secondhand smoke can also age you. Just one hour in a smoke-filled room is the equivalent of smoking 4 cigarettes! While time prevents KSDE from including a smoking cessation portion to this worksite wellness program, there are still a number of resources out there to help people stop smoking. The Kansas Tobacco Quitline information is provided below. This is a toll-free number available 24 hours a day, 7 days a week, and is an invaluable resource for individuals who choose to stop smoking. Copies of this information are provided with the Power Panther Professionals materials. Please distribute this information to participants, or leave copies in the faculty/staff lounge or break room so that individuals who choose to stop smoking, have the opportunity to utilize this great resource.

