Prescription for a Healthier You

"Walk & Talk" Toolkit

Women's and Men's Health || Women's Health Initiatives
301 Centennial Mall South || P.O. Box 94817
Lincoln, NE 68509-4817
800.532.2227
Web: www.dhhs.ne.gov/EWM
Email: dhhs.ewm@nebraska.gov

NEBRASKA
Good Life. Great Mission.
DEPT. OF HEALTH AND HUMAN SERVICES

Every Woman Matters

Contents

*A special thanks to Public Health Solutions District Health Department for allowing DHHS Women's & Men's Health Programs to adapt this tool kit to meet the needs of our target audience.

Introduction

The primary responsibilities of any health program, Health Coach (HC), Lay Leader or Community Health Worker (CHW) are to build trusting relationships with clients and to connect those clients to care, eliminating barriers and advocating for systemic changes along the way.

Through the "Walk & Talk" programming you have the ability to schedule an in person "meet and engage" with clients by having a 20 minute walk and talk session to provide support and guidance on living a healthier lifestyle. It is all about establishing a personal connection with those you serve in your community.

The materials in this toolkit aim to:

- Provide information and resources to assist community members in finding healthier food options in grocery stores or pantries.
- Provide education on the importance of physical activity, maintaining a healthy weight and controlling blood pressure.
- Provide resources to understand benefits of preventive screening, when and how often to get them.
- Furnish resources on the importance of medication adherence, limiting alcohol and tobacco use, stress management, and mental health.
- **Motivate your participants to start their own walking group**. The long-term goal of this program is to use the weekly sessions as a jumping-off point for participants to become connected and continue a walking group of their own…the clients are already there! Connecting clients and walking in small groups can motivate and inspire each other to stick with it, increasing long-term physical outcomes and healthy behaviors.

Why Walk & Talk?

There are many ways to be active, but walking is one of the easiest! For most people, it is safe, easy to stick with, and low- or no-cost. It does not require any special skills or equipment. Just a good pair of supportive tennis shoes. For such a simple activity, it has so many benefits.

According to the **American Heart Association,** for every hour of brisk walking, life expectancy can increase by two hours. Research has shown that **walking at least 150 minutes a week** can help reduce the risk of diseases like heart disease, stroke, diabetes and cancer; improve blood pressure, blood sugar and blood cholesterol levels; increase energy and stamina; improve mental and emotional well-being; boost bone strength and reduce the risk of osteoporosis; and prevent weight gain.

If 150 minutes sounds like a lot, remember that **even short 10-minute activity sessions can add up** over the week to reach this goal. It is easy to fit in 10 minutes of walking a few times a day.

How to prepare for your group walk

Walking in a small group gives off positive energy and promotes good feelings. One of the main benefits of group walking is having other people around for accountability, while at the same time making the experience more enjoyable. Other benefits include motivation, safety and socialization. Group walking provides social support, can reduce time spent on

an electronic devices, and increase exposure to the outdoors and fresh air when weather permits.

The most important step for participants of a walking program is the first one—making the commitment to walk. Once a client has committed to walking, part of your job is to provide motivation and support to help them stick with it.

- **Recruit members.** To start a walking group, start by spreading the word. Talk up your walking group among your clients, family members, friends and neighbors.
- **Walk it off.** Before scheduling your walk, decide on a route and map it out. Determine a safe, easy and central route and start with a distance you know for people of all fitness levels.
- **Be consistent**. Determine the frequency of your walks. Set a date and time.
- **Get organized.** Once you have recruited members for your walking group, hold a kickoff meeting. Collect email addresses, phone numbers and other contact details. Discuss details including attire and cancellation notification.
- **Maintain momentum.** The camaraderie you experience in a walking group and the shared fitness success can help you walk your way to better health.

Evaluating your program

All programs need to be evaluated to reflect effectiveness and show direction for program sustainability in the future. Evaluation is a key component of your program and should be conducted before, during, and after program implementation. You can use evaluation data to plan community-specific programs, to assess the effectiveness of the implemented program in achieving its objectives, and to modify current activities where necessary for program improvement.

Evaluation should be considered early in the planning process. Evaluation can be as simple as recording the number of participants who take part in a program or the number of minutes or hours walked per week. Evaluation can also include a survey where feedback is provided about your program.

At the conclusion of this toolkit on page 35, is an example of an evaluation form that can be used at the conclusion of your program.

The following links will be places where your clients can go to enter their information, fill out a pre-assessment, track their steps and eating behaviors, and fill out a post-assessment. All information is stored on a secure DHHS server.

Toolkit Contents

This toolkit provides information and resources for your support and reference as you educate community members in Goal Setting, Preventive Screenings and Tests, Healthy Eating, Physical Activity, Stress and Sleep, Lifestyle Change, Medication Adherence, Mental Health, and Alcohol and Tobacco Use.

The toolkit is organized into the following 12 weeks/sections using color-coded tabs:

- WEEK 1: Goal Setting
- WEEK 2: Walking
- WEEK 3: Preventive Screenings
- WEEK 4: Healthy Eating
- WEEK 5: Lifestyle Changes
- WEEK 6: Physical Activity
- WEEK 7: Healthy Weight
- WEEK 8: Lifestyle Modifications
- WEEK 9: Alcohol & Tobacco Use
- WEEK 10: Stress & Sleep
- WEEK 11: Mental Health
- WEEK 12: Staying Connected

WEEK 1: Goal Setting

In order to set a goal you can reach, it is important to think about what you are currently doing. Whether it be starting physical activity, increasing your water intake, or eating better. Talk to your doctor before you start physical activity as he/she can suggest activities that will be appropriate for your fitness level and they may be able to help you achieve your goals.

Creating a regular routine is the best way to make sure you stick to any goals you set. The first step toward creating a routine is overcoming excuses. Excuses like, "It hurts!"; "I don't know which exercises to do!"; "I don't like water"; or "I don't have the time! Do these excuses sound like something you may have said? If so, you should know that you're not alone.

The second step in setting up your own physical activity program is to choose a time of day that works best for you. Think about which time of day you tend to feel best, as well as when your medicine is working. You want to be physically active when you feel good.

The best idea for setting effective goals is to use the SMART acronym of goal setting. The criteria of SMART goals are below:

- **S**pecific- Include specifics such as 'who, where, when, why, and what.'
- **M**easurable- Include a specific number such as 'how much, how many, how far, how long.'
    - Ex. "Emily will focus on walking after work **2 days a week**…"
- **A**chievable- Set doable goals. Goals are meant to inspire motivation and goals that are too difficult can be discouraging.
- **R**ealistic- Set goals that are practical for your daily life, wants, and needs.
- **T**ime-related- Set a timeframe and have an endpoint.
    - Ex. "Emily will walk after work **Tuesday** and **Thursday** for **30 minutes**, **every week until our next meeting."**

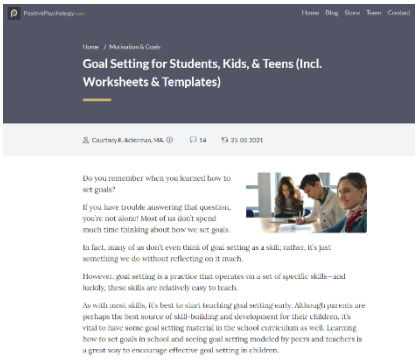
You may also want to include a friend. This will help you remember to be physically active, drink more water or eat better. Friends provide extra encouragement and make goal setting more fun. Support from others and making goals public is another valuable component in creating successful goals. Be vocal about the goals you set for yourself and accept feedback. This will help you keep moving in the right direction.

Setting Long-Term Goals in Your Walking Group

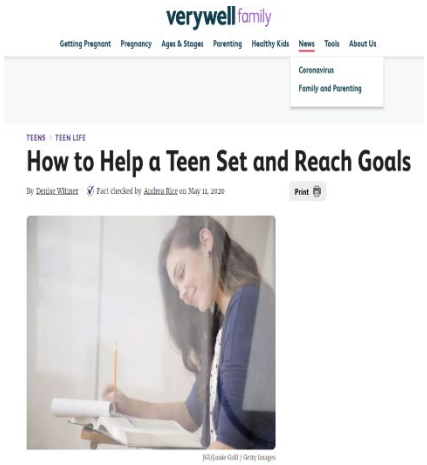
Encourage members to **set goals** for themselves. Setting simple goals is a great way to keep your walking group motivated and on track. You and your group members should:

- **Take some time to think.** Encourage yourself and other group members to think about short-term and long-term goals, taking into consideration time availability and health concerns.
- **Write down goals.** Goals can be as simple as attending every walking meet-up or something bigger, like walking a 5k charity event in a few months. Tell friends and family. Having support from those important to you will make sticking to your goals easier, and more rewarding.
- **Track progress.** Group members should write down when they walked, how long, and the number of steps displayed on their pedometer (if they have one). This will bring their progress to life and help determine what's working for them and what isn't and make adjustments to reach their goals.

Goal Setting Resources

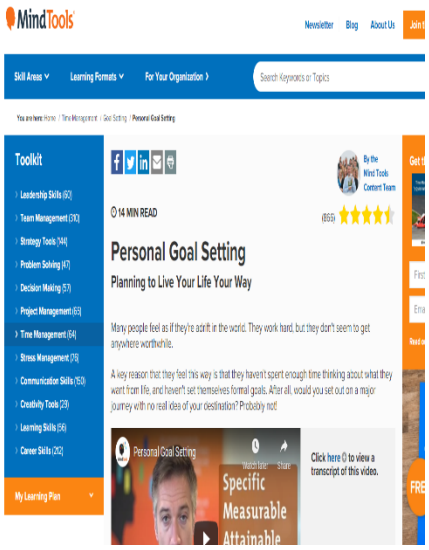


https://positivepsychology.com/goal-setting-students-kids/



https://www.verywellfamily.com/printable-goals-setting-worksheet-for-teens-2608797

https://www.ymca.net/backpack-buzz/how-setting-goals-helps-teens-succeed



https://www.mindtools.com/page6.html

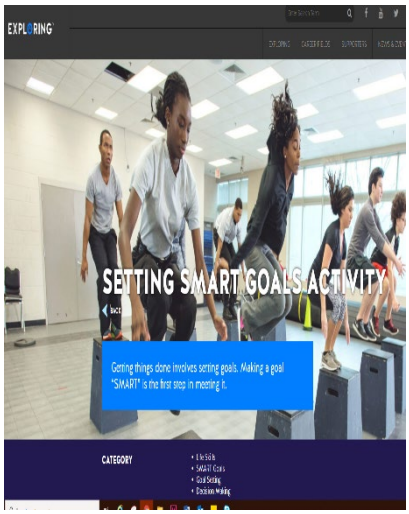
Adult Learner Goals Toolkit

Instruments for:

Setting goals
Exploring feelings
about goal work
Revisiting goals
Celebrating goal achievement

Prepared for the CDE/AEFLA
2004 Regional Trainings

http://www.utelearning.org/images/resources/2004%20Setting%20GoalsToolkit.CDE.pdf



https://www.exploring.org/activity/setting-smart-goals-activity/

WEEK 2: Walking

The *Physical Activity Guidelines for Americans* recommend that adults get at least 150 minutes of moderate-intensity aerobic physical activity or 75 minutes of vigorous-intensity physical activity, or an equivalent combination each week.

The guidelines also recommend that children and adolescents be active for at least 60 minutes every day. Following these guidelines can contribute to overall health, and decrease the risk of chronic diseases such as heart disease, cancer or diabetes.

Walking is a great way to get the physical activity needed to obtain health benefits. Walking does not require any special skills. It also does not require a gym membership or expensive equipment. A single bout of moderate-to-vigorous physical activity can improve sleep, memory, and the ability to think and learn. It also reduces anxiety symptoms.

The second edition of the Physical Activity Guidelines for Americans **provides evidence-based recommendations for adults and youth ages 3 through 17** to safely get the physical activity they need to stay healthy. There are new key guidelines for children ages 3 through 5 and updated guidelines for youth ages 6 through 17, adults, older adults, women during pregnancy and the postpartum period, adults with chronic health conditions, and adults with disabilities.

1. The new key guidelines for children ages 3 through 5 state that **preschool-aged children should be active throughout the day to enhance growth and development**. Adults caring for children this age should encourage active play (light, moderate, or vigorous intensity) and aim for at least 3 hours per day.

2. The **recommended amount of physical activity for youth ages 6 through 17 is the same**. Each day, youth ages 6 through 17 need at least 60 minutes of moderate-to-vigorous activity to attain the most health benefits from physical activity. Most activity can be aerobic, like walking, running, or anything that makes the heart beat faster. They also need activities that make their muscles and bones strong, like climbing on playground equipment, playing basketball, and jumping rope.

3. The **recommended amount of physical activity for adults is the same**. To attain the most health benefits from physical activity, adults need at least 150 to 300 minutes of moderate-intensity aerobic activity, like brisk walking or fast dancing, each week. Adults also need muscle-strengthening activity, like lifting weights or doing push-ups, at least 2 days each week.

The first key guideline for adults is to **move more and sit less**. This recommendation is based on new evidence that shows a strong relationship between increased sedentary behavior and increased risk of heart disease, high blood pressure, and all-cause mortality. All physical activity, especially moderate-to-vigorous activity, can help offset these risks.

We now know that **any amount of physical activity has some health benefits**. Americans can benefit from small amounts of moderate-to-vigorous physical activity throughout the day. New evidence shows that physical activity has **immediate health benefits**. For example, physical activity can reduce anxiety and blood pressure and improve quality of sleep and insulin sensitivity.

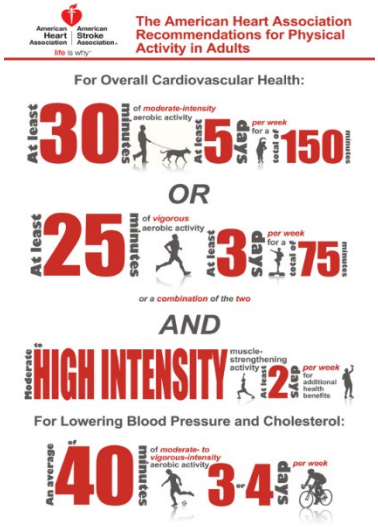
Being physically active can lead to **even more long-term health benefits**. (New benefits appear in bold with *.)

- For youth, physical activity can help improve **cognition**,* bone health, fitness, and heart health. It can also reduce the risk of depression.
- For adults, physical activity helps prevent 8 types of cancer (**bladder**,* breast, colon, **endometrium**,* **esophagus**,* **kidney**,* **stomach**,* and **lung***); reduces the risk of **dementia*** (including **Alzheimer's disease***), all-cause mortality, heart disease, stroke, high blood pressure, type 2 diabetes, and depression; and improves bone health, physical function, and quality of life.
- For older adults, physical activity also lowers the risk of falls and **injuries from falls**.*
- For pregnant women, physical activity reduces the risk of **postpartum depression**.*
- For all groups, physical activity reduces the risk of **excessive weight gain*** and helps people maintain a healthy weight.

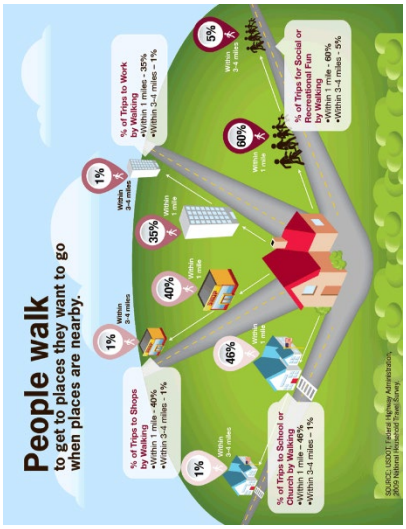
New evidence shows that physical activity can help **manage more health conditions** that Americans already have. For example, physical activity can decrease pain for those with osteoarthritis, reduce disease progression for hypertension and type 2 diabetes, reduce symptoms of anxiety and depression, and improve cognition for those with dementia, multiple sclerosis, attention deficit hyperactivity disorder, and Parkinson's disease.

The average American walks 3,000 to 4,000 steps a day or roughly 1.5 to 2 miles. It is a good idea to find out how many steps a day you currently walk to identify your baseline. There are some great tools available (i.e., pedometer, Fitbit, fitness watch) to help you track your daily steps. Then work up toward the goal of 10,000 steps by aiming to add 1,000 extra steps a day every two weeks. (Mayo.clinic.org)

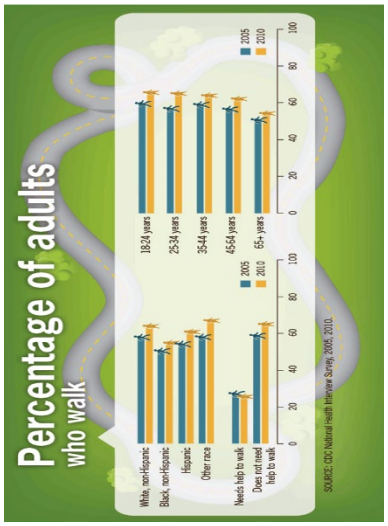
WALKING RESOURCES



http://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm_469557.pdf

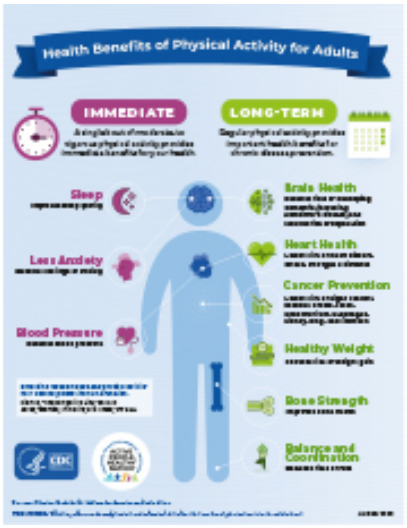


www.cdc.gov/vitalsigns/walking/infographic.html

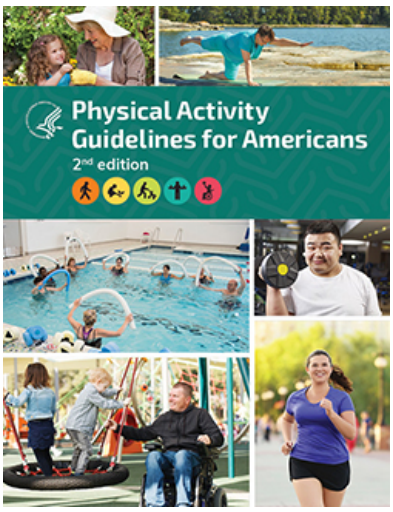


www.cdc.gov/vitalsigns/walking/infographic.html

https://www.cdc.gov/nccdphp/dnpao/features/walk-friendly-communities/index.html
**Click on DOWNLOAD on the left side of the page



https://www.cdc.gov/physicalactivity/basics/adults/health-benefits-of-physical-activity-for-adults.html



https://health.gov/sites/default/files/2019-09/Physical_Activity_Guidelines_2nd_edition.pdf

WEEK 3: Preventive Health Screenings and Tests

Adult Preventive Screenings

The Women's & Men's Health Programs follows the U.S. Preventive Services Task Force (USPSTF) guidelines regarding screening intervals/recommendations. USPSTF information can be found at: https://www.uspreventiveservicestaskforce.org/Page/Name/recommendations

USPSTF Screening Guidelines

Cervical Cancer

Women 21-29 **Grade: A**
Screen with cytology (Pap smear) every 3 years.

Women 30-65 **Grade: A**
Screen with cytology every 3 years or co-testing (cytology/HPV testing) every 5 years.

Breast Cancer

Women aged 50 to 74 years **Grade: B**
Biennial screening mammography for women aged 50 to 74 years.

Women aged 40 to 49 years **Grade: C**
The decision to start screening mammography in women prior to age 50 years should be an individual one. Women who place a higher value on the potential benefit than the potential harms may choose to begin biennial screening between the ages of 40 and 49 years.

Colon Cancer

Men and Women 45-74 **Grade: A**
Screening for Colon Cancer with any of the following tests:

- **FOBT/FIT Annually***
- **Colonoscopy every 10 years** *

Other approved tests by USPSTF: https://www.uspreventiveservicestaskforce.org/uspstf/recommendation/colorectal-cancer-screening#fullrecommendationstart

WEEK 3

CERVICAL Risk Assessment Definitions:
Average Risk should be reported if risk was assessed and determined to be average risk
High/Increased Risk should be reported if risk was assessed and determined to be high risk *(prior DES exposure and immunocompromised patients)*
Not Assessed should be reported if risk was not assessed, family history was not taken, and/or genetic testing was not done.

BREAST Risk Assessment Definitions:
Average Risk should be reported if risk was assessed and determined to be average risk
High/Increased Risk should be reported if risk was assessed and determined to be high risk *(Women with BRCA mutation, a first-degree relative who is a BRCA carrier, a lifetime risk of 20-25% or greater as defined by risk assessment models, radiation treatment to the chest between ages 10-30, or personal or family history of genetic syndromes like Li-Fraumeni syndrome)*
Not Assessed should be reported if risk was not assessed, family history was not taken, and/or genetic testing was not done.

Youth Preventive Screenings

The Bright Futures/American Academy of Pediatrics (AAP) *Recommendations for Preventive Pediatric Health Care,* also known as the "Periodicity Schedule," is a schedule of screenings and assessments recommended at each well-child visit from infancy through adolescence.

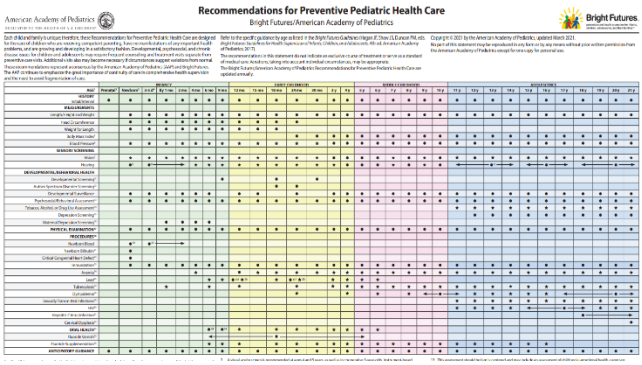
Each child and family is unique; therefore, these recommendations are designed for the care of children who are receiving competent parenting, have no manifestations of any important health problems, and are growing and developing in a satisfactory fashion. Additional visits may become necessary if circumstances suggest variations from normal. Developmental, psychosocial, and chronic disease issues for children and adolescents may require frequent counseling and treatment visits separate from preventive care visits.

Refer to the specific guidance by age as listed in the *Bright Futures Guidelines* (Hagan JF, Shaw JS, Duncan PM, eds. Bright Futures: Guidelines for Health Supervision of Infants, Children and Adolescents. 4th ed. American Academy of Pediatrics; 2017).

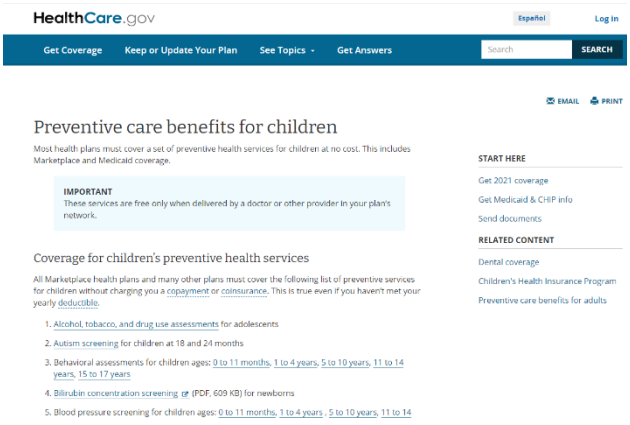
PREVENTIVE HEALTH RESOURCES

United Healthcare

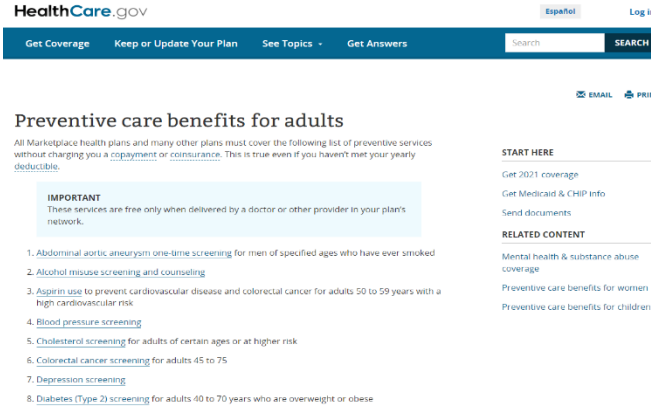
https://www.uhc.com/content/dam/uhcdotcom/en/HealthAndWellness/PDF/preventive-care-guidelines_en.pdf



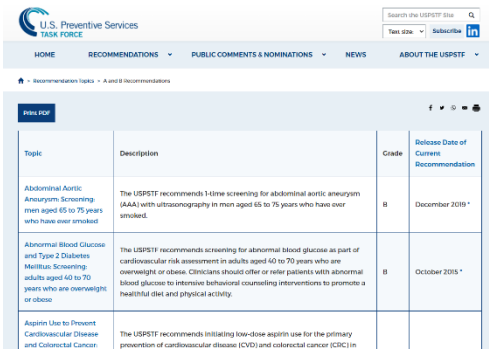
https://downloads.aap.org/AAP/PDF/periodicity_schedule.pdf



https://www.healthcare.gov/preventive-care-children/



https://www.healthcare.gov/preventive-care-adults/



https://www.uspreventiveservicestaskforce.org/uspstf/recommendation-topics/uspstf-and-b-recommendations

WEEK 4: Healthy Eating

The key to achieving and maintaining a healthy weight is about transitioning to a lifestyle that includes healthy eating, balancing calories you consume with the number of calories your body burns, and regular physical activity. It is important to follow a healthy eating pattern across your entire lifespan. Focus on including a variety of food- eating from all food groups and nutrient dense foods- foods that pack a lot of nutrition per serving. Try to limit calories from added sugar, saturated fat, and reduce sodium intake.

A great tool to help you plan healthful meals is MyPlate. MyPlate is the current nutrition guide published by the United States Department of Agriculture (USDA) Center for Nutrition Policy and Promotion. MyPlate is represented by a pie chart depicting a place setting that is divided into five food groups. The five food groups represented are fruits, vegetables, grains, protein, and dairy. The amount needed from each food group varies on age, weight, height, sex, and level of physical activity. For your personalized recommendations visit https://www.myplate.gov/myplate-plan.

For women ages 31+ the amount recommended for each food group is:

- Fruit-1.5-2 cups
- Vegetables- 2-3 cups
- Grains- 5-7 ounce-equivalent
- Protein- 5-6 ounce-equivalent
- Dairy- 3 cups

Some examples of Serving sizes are:

- 1 cup of fruit example- 1 small apple, 1 large banana, 22 seedless grapes
- 1 cup of vegetables example- 1 avocado, 2 medium baby carrots, 1 large sweet potato
- 1 ounce-equivalent of Grains example- 1 small biscuit, 5 whole wheat crackers, 1 pancake
- 1 ounce-equivalent of Proteins example- 1 slice deli meat, 1 egg, 1 tablespoon of nut butter
- 1 cup of Dairy example- 1 cup of milk, 1 cup yogurt, 1/3 cup of shredded cheese

When it comes to making choices from each food group, there are some key points to keep in mind.

- Try to fill half your plate with fruits and vegetables. Fresh, frozen, or canned-low or no salt vegetables and fruit are good options.
- Make half of your total grains whole grains. Whole grains offer more nutrients.
- Try to choose more fat-free and low-fat dairy choices in place of full-fat products. The same nutrients are present with less fat and calories.
- Choose lean protein options including fish, legumes, nuts, and seeds. Lean sources contain less fat than other sources making it a heart healthy choice.

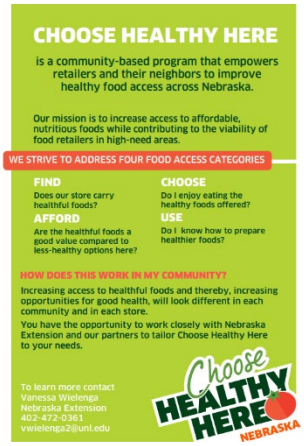
Try to consume less:

- Added sugars supply calories without nutrition. Try and consume less than 10% of calories.
- Type of fat affects disease risk. Consume less than 10% of calories from saturated fat.
- Relationship between high sodium and high BP/ risk of heart disease. Try to limit sodium to 2,300 mg/day

What to review:

- The U.S. Department of Agriculture estimates 52.5 million people in the U.S. have limited access to a supermarket. Corner stores, gas stations, or convenience stores may be nearby, but these options often lack fresh fruits, vegetables, and/or low-fat snack options. Residents are left with high-priced and high-processed foods; a situation that contributes to the obesity epidemic and other health disparities.
- Choose Healthy Here provides healthy environment education for both store owners and consumers. The program provides community outreach guidance, marketing signage, and promotion.
- The key to achieving and maintaining a healthy weight isn't about short-term dietary changes.
  It's about a lifestyle that includes healthy eating, regular physical activity, and balancing the number of calories you consume with the number of calories your body uses.
- Overweight and obesity are increasingly common conditions in the United States. Obesity is a serious medical condition that can cause complications such as metabolic syndrome, high blood pressure, atherosclerosis, heart disease, diabetes, high blood cholesterol, cancers and sleep disorders.
- The DASH eating plan follows heart healthy guidelines to limit saturated fat and cholesterol. It focuses on increasing intake of foods rich in nutrients that are expected to lower blood pressure, mainly minerals (like potassium, calcium, and magnesium), protein, and fiber. It includes nutrient-rich foods so that is meets other nutrient requirements as recommended by the Institute of Medicine.

HEALTHY EATING RESOURCES:



https://food.unl.edu/NEP/CHH/Website-Info-Flyer-RD5.pdf

https://food.unl.edu/NEP/NEP%20Documents/Healthy-shopping-list.pdf

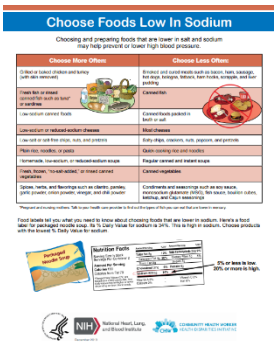
https://myplate-prod.azureedge.net/sites/default/files/2021-07/WhatsMyPlateAllAbout.pdf

https://snaped.fns.usda.gov/snap/resourcefinder/GreatPlate_EnglishVietnamese.pdf

https://myplate-prod.azureedge.net/sites/default/files/2021-01/MyPlateStyleGuide_2020-2025.pdf

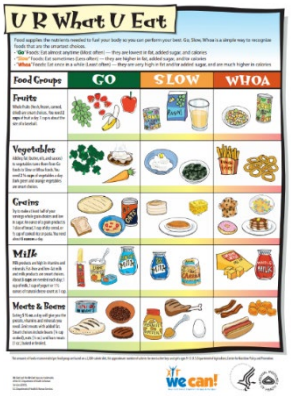
https://myplate-prod.azureedge.net/sites/default/files/2020-12/DGA%20Infographic%282018%29.pdf

https://www.myplate.gov/tip-sheet/meal-planning



https://www.nhlbi.nih.gov/health/educational/healthdisp/pdf/tipsheets/Choose-Foods-Low-in-Sodium.pdf

HEALTHY EATING RESOURCES:

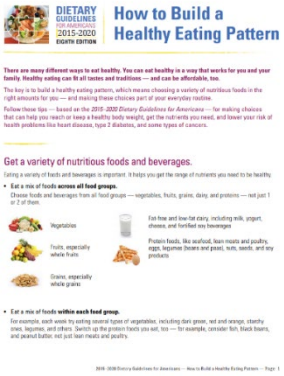


https://www.nhlbi.nih.gov/health/educational/wecan/downloads/urwhateat.pdf

https://www.cdc.gov/nccdphp/dch/images/infographics/GLGBInfographic.png

https://www.heart.org/-/media/files/health-topics/answers-by-heart/how-do-i-follow-a-healthy-diet.pdf

https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/making-the-most-of-the-nutrition-facts-label



https://www.dietaryguidelines.gov/sites/default/files/2020-12/DGA_2020-2025_StartSimple_withMyPlate_English_color.pdf

WEEK 5: Lifestyle Change

Starting small, focusing on one behavior at a time and support from others can help you achieve your exercise or other health-related goals.

Are you feeling motivated to eat better, walk more, or drink less soda? Like many, maybe you've tried to make these changes before but without much success? Making a lifestyle change is a challenge, especially if you're trying to change more than one thing at a time. When you're trying to change multiple things, think of it not as a resolution but as an evolution. Something that you can do over time, little by little.

Lifestyle changes take time and most times having people support you make it easier. Make sure you make a plan, do some research so that you can be successful. Set small goals.

Here are some helpful ideas to help make lifestyle changes:

Make a plan that you can stick to. Think of your plan as a map that will guide you on your journey. When making your plan, be specific with your goals. Want to walk more? Write down the time of day when you can take walks and how long you'll walk. Write everything down, and ask yourself if you're confident that these activities and goals are realistic for you. If not, start with smaller steps. Post your plan where you'll most often see it as a reminder.

Start small. After you make short-term and long-term goals, break down your goals into smaller steps. If you want to walk be specific about when and how long. Want more sleep, then go to bed 30 minutes earlier. Want to eat healthier then decide to add more fruits and vegetables to your meals and snacks. If drinking more water is a goal, then maybe you drink a glass of water before you have your morning coffee and then before each meal. It will add up and before you know it you'll have reached your goal.

Change one thing at a time. Replacing unhealthy behaviors with healthy ones takes time. Many people run into problems when they try to change too many things at once. So that you are successful try to increase your water first. Once you meet that goal and feel like you can continue, then start adding in walking. If you tried to increase water, increase your walking and eat more vegetables, you might not be as successful as you want.

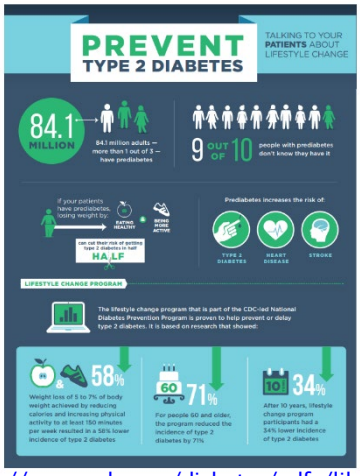
Find Support. Friends, coworkers or family member involved in your lifestyle changes can help keep you motivated. Having someone to walk with you or someone to talk to about the choices you're making can be so helpful.

Making lifestyle changes takes time and commitment, but you can do it. Just remember that no one is perfect and you can't be perfect all the time. Be kind to yourself but overall do not give up and if you make unhealthy choices just decide to get back on track.

Lifestyle changes are behavior **modifications** or habit **changes** that encourage positive **changes** in your life and with your families. . Things that you can do with your family to make family changes include the following ideas:

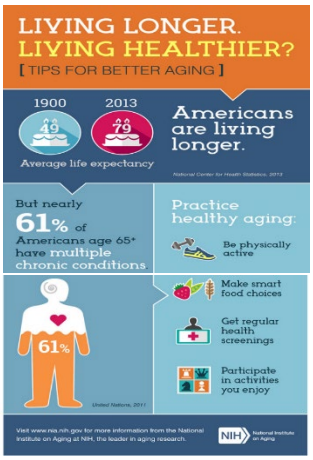
- Eat at least one meal a day as a family.
- Involve your family in making healthy meal choices and involve them in making the meal.
- Get your family involved in activities outside, such as walking, picking up the yard, walking the dog.
- Turn off the technology – this includes phone, IPads, televisions.
- Never use food as a reward for chores or doing well in their activities or with grades.

LIFESTYLE CHANGE RESOURCES:



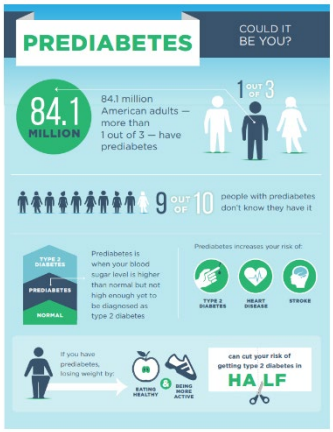
https://www.cdc.gov/diabetes/pdfs/library/socialmedia/HCP-infographic.pdf

https://healthyforgood.heart.org/be-well/infographics/be-healthy-for-good-with-lifes-simple-7-infographic



https://www.nia.nih.gov/health/infographics/living-longer-living-healthier-tips-better-aging-infographic

https://www.cdc.gov/diabetes/pdfs/library/socialmedia/diabetes-infographic.pdf



https://www.cdc.gov/diabetes/pdfs/library/socialmedia/prediabetes-infographic.pdf

WEEK 6: Physical Activity

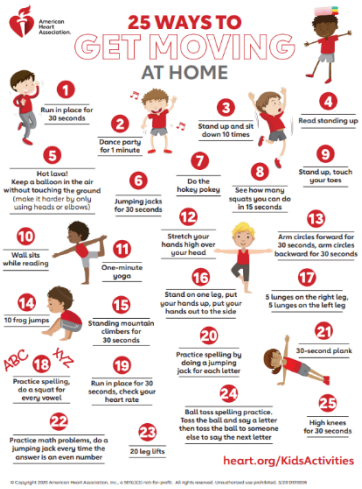
What to review:

- Physical activity is anything that gets your body moving. It is important to be physically active every day.
- You should get 150 minutes of activity each week AND light muscle strengthening activities on at least 2 days a week.
- Regular physical activity helps improve your overall health and fitness and reduces your risk of developing type 2 diabetes and metabolic syndrome.
- Being physically active lowers your risk for two types of cancer: colon and breast.
- Regular physical activity can help keep your thinking, learning, and judgment skills sharp as you age. It can also reduce your risk of depression and may help you sleep better.

PHYSICAL ACTIVITY RESOURCES

https://www.heart.org/-/media/AHA/H4GM/PDF-Files/LifeSimple7compressed.pdf

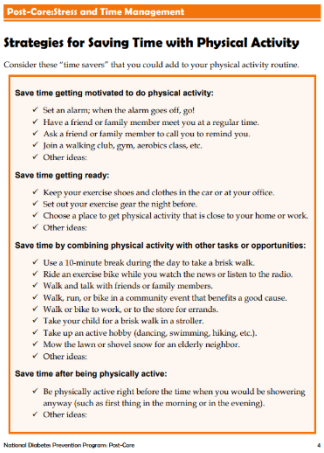
www.cdc.gov/vitalsigns/pdf/2010-08-vitalsigns.pdf



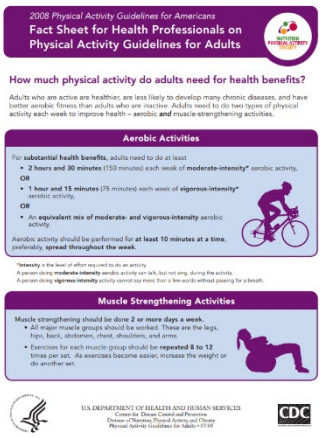
https://www.heart.org/en/healthy-living/fitness/getting-active/25-ways-to-get-moving-at-home-infographic

www.cdc.gov/physicalactivity/downloads/healthy-strong-america.pdf

https://www.heart.org/en/healthy-living/fitness/fitness-basics/why-is-physical-activity-so-important-for-health-and-well-being



www.cdc.gov/diabetes/prevention/pdf/posthandout_session12.pdf



https://www.cdc.gov/physicalactivity/downloads/PA_Fact_Sheet_Adults.pdf

WEEK 7: Healthy Weight

Healthy weight is a weight that fits your body, supports your overall health, provides a positive sense of self, and can be maintained. There are several factors that influence weight: genetics, metabolic rate, body frame size and shape, and environmental factors. There are also several reasons for weight changes. Weight can change with your lifestyle- active or sedentary, food environment- availability, quality, and quantity of food, and family influences- family lifestyle, surroundings, and upbringing, hormones, health conditions, and sleep.

In the United States, the number of children and adults with obesity has continued to rise over the past two decades. Obesity in childhood poses immediate and future health risks. Parents, guardians, and teachers can help children maintain a healthy weight by helping them develop healthy eating habits and limiting calorie-rich temptations. You also want to help children be physically active, have reduced screen time, and get adequate sleep.

Obesity is serious because it is associated with poorer mental health outcomes and reduced quality of life. Obesity is also associated with the leading causes of death in the United States and worldwide, including diabetes, heart disease, stroke, and some types of cancer.

Portion Control

When eating at many restaurants, it is hard to miss that portion sizes have gotten larger in the last few years. The trend has also spilled over into the grocery store and vending machines, where a bagel has become a BAGEL and an "individual" bag of chips can easily feed more than one.

Research shows that people unintentionally consume more calories when faced with larger portions. This can mean significant excess calorie intake, especially when eating high-calorie foods. Here are some tips to help you avoid some common portion-size pitfalls and how to help manage your weight:

- The Portion Distortion Quiz from the National Heart Lung and Blood Institute (NHLBI) (https://www.nhlbi.nih.gov/health/educational/wecan/downloads/tip-portion-size.pdf) shows how portion sizes of some common foods have changed over the years.

- Food labels can help you understand that portion sizes are often larger than you think. Click the links below to learn how to use the Nutrition Facts Label on food packages:
    - How to Understand and Use the Nutrition Facts Label, Food and Drug Administration, Center for Food Safety and Applied Nutrition. https://www.fda.gov/food/new-nutrition-facts-label/how-understand-and-use-nutrition-facts-label

- Take the NHLBI Visual Reality quiz (https://www.nhlbi.nih.gov/health/educational/wecan/eat-right/portion-distortion.htm) to test your skills at estimating serving sizes.

- Use this handy Serving Size Wallet card from NHLBI to help estimate the right amount to eat. (https://www.nhlbi.nih.gov/health/educational/wecan/downloads/servingcard7.pdf)

- Check out https://www.fns.usda.gov/mypyramid for detailed information on how much to eat from each food group without eating more calories than you need.

Mindful Eating

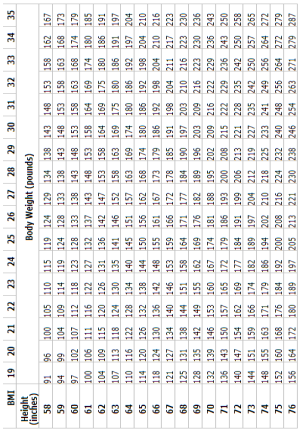
Mindful eating is a practice of being fully present while cooking or eating. It is another tool you can use to help maintain a healthy weight. Being fully present while eating, helps you pay better attention to your body and to decipher and what cues you are receiving whether it be hunger cues or fullness cues. Some tips to become a more mindful while eating are:

- Check-in with yourself before eating to determine if you are hungry.
- Sit down to eat and limit distractions like television.
- Choose foods that take longer to eat.
- Eat slowly and enjoy each bite.
- Listen to your body and stop when you are full.

HEALTHY WEIGHT RESOURCES

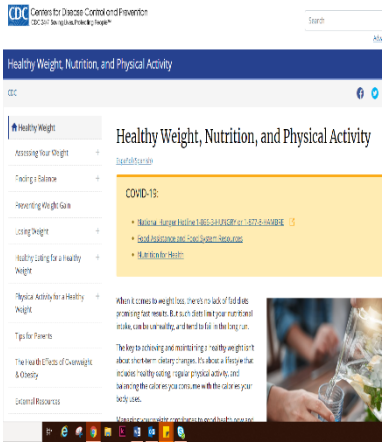
https://www.myplate.gov/life-stages/kids

https://www.cdc.gov/nccdphp/dnpa/nutrition/pdf/portion_size_pitfalls.pdf

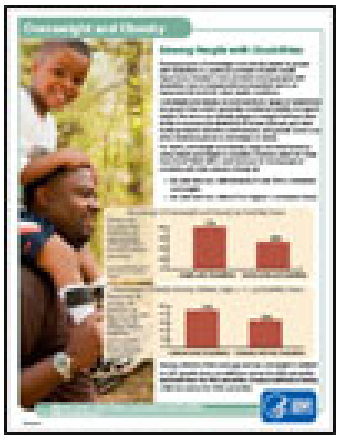


BMI	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35
Height (inches)	Body Weight (pounds)																
58	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167
59	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173
60	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179
61	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185
62	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191
63	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197
64	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204
65	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210
66	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216
67	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223
68	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230
69	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236
70	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243
71	135	143	150	157	165	172	179	186	193	200	208	215	222	229	235	242	250
72	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	257
73	144	151	159	166	174	182	189	197	204	212	219	227	235	242	249	256	265
74	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272
75	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279
76	156	164	172	180	189	197	205	213	221	230	238	246	254	263	271	279	287

https://www.nhlbi.nih.gov/health/educational/lose_wt/BMI/bmi_tbl.html

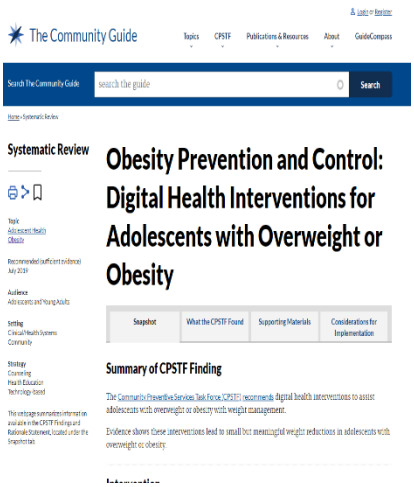


https://www.cdc.gov/healthyweight/index.html



https://www.cdc.gov/ncbddd/disabilityandhealth/materials/factsheets.html#anchor_HealthyWeight

https://www.cdc.gov/vitalsigns/pdf/2010-08-vitalsigns.pdf



https://www.thecommunityguide.org/findings/obesity-prevention-and-control-digital-health-interventions-adolescents-overweight-obesity

WEEK 8: Lifestyle Modification

What to review:

- Smart Moves is a lifestyle change program of the National Diabetes Prevention Program (NDPP), a partnership of public and private organizations working to prevent or delay type 2 diabetes, proven to help people with prediabetes make lasting and healthy changes and cut their risk of type 2 diabetes.

- Partners work to make it easier for people with prediabetes to participate in evidence-based, affordable and high-quality lifestyle change programs to reduce their risk of type 2 diabetes and improve their overall health. A Centers for Disease Control-recognized lifestyle change program is a structured program developed specifically to prevent type 2 diabetes. It is designed for people who have prediabetes or are at risk for type 2 diabetes, but who do not already have diabetes.

Participants meet with trained lifestyle coaches in a small group setting with other individuals making similar life changes to prevent diabetes. Sessions are held weekly for 16 weeks then once a month for 6 months.

What to review:

- Be an active partner in your care: ask your health care team questions about your condition so that you understand why your medication is needed; and work with your health care team to devise a medication plan that fits your life.

- Set a routine so that you can remember to take your medications at the same time every day; perhaps around a daily routine activity like eating breakfast or brushing your teeth. If you need an extra nudge, set an alarm or sign up for a reminder service through your pharmacy or online.

- Keep your medications in their original containers so that you can read the label carefully. This will help you take and store your medications properly.

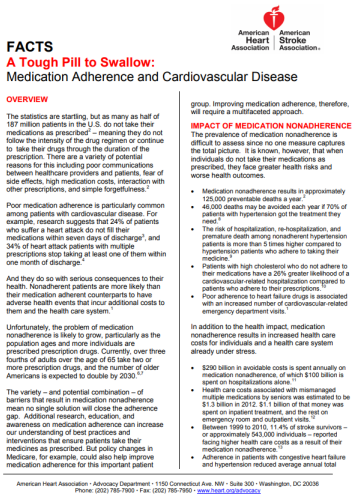
- Report side effects from your medications and any other concerns you may have about your medications to your doctor immediately.

- Do not stop taking any of your medications without talking to your doctor first, even if you start feeling better and do not believe that a/several medication(s) is/are necessary.

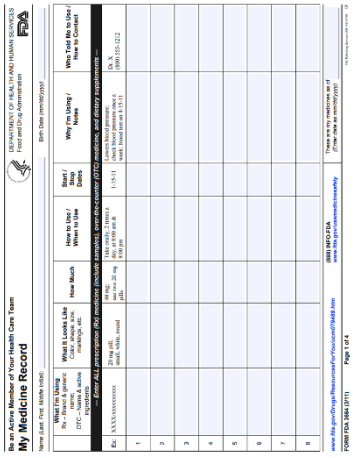
LIFESTYLE MODIFICATION RESOURCES:

https://millionhearts.hhs.gov/files/TipSheet_How_to_MCYG_General.pdf

https://www.fda.gov/media/83298/download



https://www.heart.org/idc/groups/heart-public/@wcm/@adv/documents/downloadable/ucm_460769.pdf



https://www.fda.gov/downloads/AboutFDA/ReportsManualsForms/Forms/UCM095018.pdf

https://www.heart.org/en/health-topics/cardiac-rehab/managing-your-medicines

https://www.fda.gov/downloads/ForConsumers/ByAudience/ForWomen/FreePublications/UCM393837.pdf

WEEK 9: Alcohol and Tobacco

What to review:

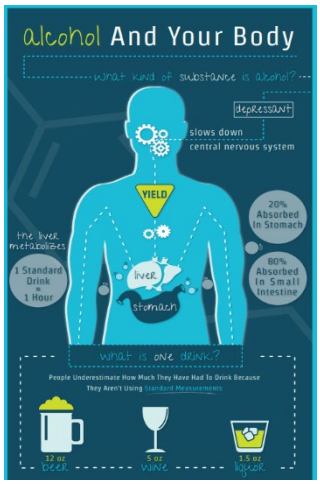
- Tobacco products are the leading preventable cause of death in the United States.
- Tobacco products harm nearly every organ of the body, cause many diseases, and reduces the health of smokers in general.
- Smoking and drinking are two lifestyle habits that get a lot of negative criticism in the health industry, and for good reason. They both cause multiple complications within the body that can range from mild to life-threatening.
- The lungs are pliable organs that need to be elastic and flexible to breathe properly. Smoking causes the lungs to become damaged and it compromises their elasticity. This in turn leads to a condition called emphysema where breathing becomes labored, even with minimal exertion.
- When you drink excessively and use tobacco products, you increase your chances of getting high blood pressure. This is defined as a reading of 140/90 mmHg or above. If left untreated, high blood pressure can cause congestive heart failure, heart attack, stroke, kidney damage and vision loss, notes the American Heart Association.
- The liver is a major organ in the body that produces bile which breaks down fat; the liver also helps purify the blood. Heavy drinking over the course of time can cause liver damage. In the worst of cases, a condition known as cirrhosis can take place. Cirrhosis is a condition in which the liver slowly deteriorates and malfunctions due to chronic injury.

National Institute on Alcohol Abuse & Alcoholism
www.niaaa.nih.gov

Nebraska Tobacco Quit Line
www.quitnow.ne.gov

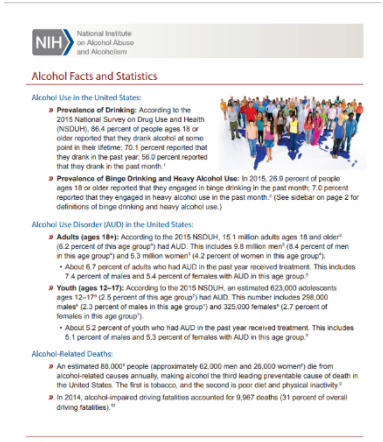
ALCOHOL AND TOBACCO RESOURCES:

https://www.cdc.gov/alcohol/pdfs/alcoholyourhealth.pdf

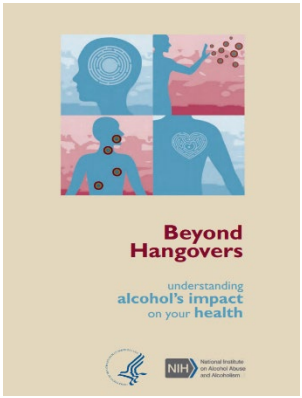


http://www.rehabcenter.net/wp-content/uploads/2015/01/Alcohol-Your-Body-Infographic.pdf

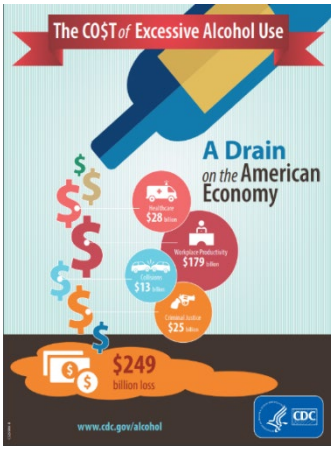
https://www.cdc.gov/alcohol/pdfs/excessive_alcohol_use.pdf



https://pubs.niaaa.nih.gov/publications/AlcoholFacts&Stats/AlcoholFacts&Stats.pdf



https://pubs.niaaa.nih.gov/publications/Hangovers/beyondHangovers.pdf

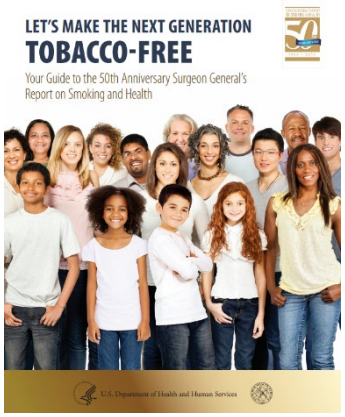


https://www.cdc.gov/media/images/releases/2015/p1015-excessive-alcohol.pdf

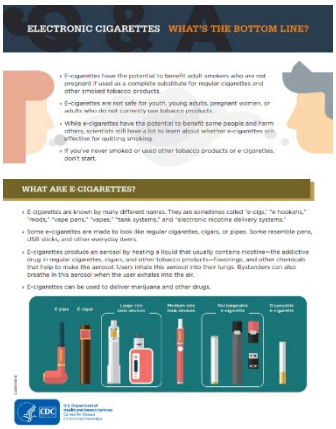
ALCOHOL AND TOBACCO RESOURCES:

https://www.cdc.gov/media/images/releases/2016/p0713-secondhand-smoke.pdf?s_cid=bb-osh-shs-graphic-007

https://www.cdc.gov/tobacco/infographics/policy/pdfs/going-smokefree-matters-home-infographic.pdf

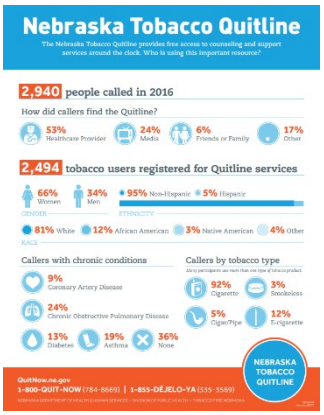


https://www.surgeongeneral.gov/library/reports/50-years-of-progress/consumer-guide.pdf



https://www.cdc.gov/tobacco/basic_information/e-cigarettes/pdfs/Electronic-Cigarettes-Infographic-508.pdf

https://www.cdc.gov/vitalsigns/pdf/2016-11-vitalsigns.pdf



http://dhhs.ne.gov/Reports/Nebraska%20Tobacco%20Quitline%20Fact%20Sheet%202016.pdf

WEEK 10: Stress and Sleep

Sleep

A third of US adults report that they usually get less than the recommended amount of sleep. Not getting enough sleep is linked with many chronic diseases and conditions—such as diabetes, heart disease, obesity, and depression—that threaten our nation's health.

Sleep deprivation can cause forgetfulness, exhaustion, and fatigue, to name a few. When a person is exhausted and fatigued, it causes pessimism, sadness, stress, and anger. In addition, lack of sleep affects the brains ability to solve problems.

Signs of poor sleep quality include:

- not feeling rested even after getting enough sleep
- repeatedly waking up during the night, and
- experiencing sleep disorder symptoms.

The healthy amount of sleep for the average adult is around seven to eight hours each night.

Stress

Stress can have a negative impact on your health. Stress is a reaction to a situation where a person feels threatened or anxious. Stress can be positive (e.g., preparing for a wedding) or negative (e.g., dealing with a natural disaster). The symptoms may be physical or emotional.

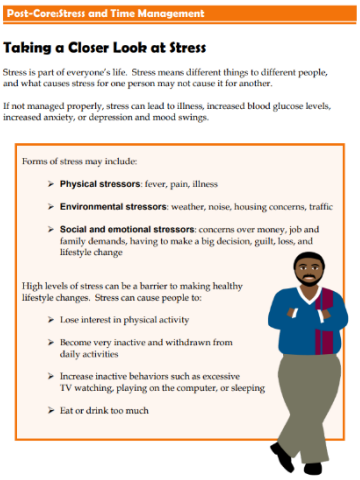
Ongoing, chronic stress can cause or exacerbate many serious health problems, including: Mental health problems, such as depression, anxiety, and personality.

There are several ways to help you manage stress. Some helpful tips to manage stress include:

- Remembering to look at the big picture and put things into perspective. Ask yourself if it will matter in the following days, months, years.
- Accept there are events that you cannot control.
- Manage your time well.
- Seek out support. Spend time with those you love.
- Include exercise into your daily life. It will contribute to better sleep and less stress.
- Follow a healthy diet. Healthful foods help lessen stress and build up your immune system.

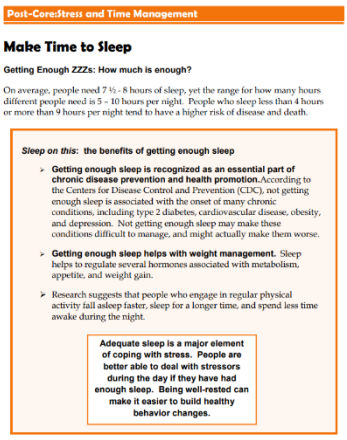
STRESS AND SLEEP RESOURCES

https://healthyforgood.heart.org/be-well/infographics/how-to-sleep-better-infographic

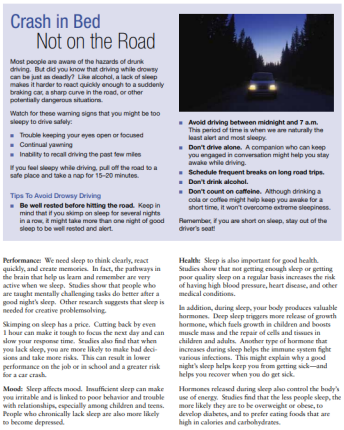


www.cdc.gov/diabetes/prevention/pdf/posthandout_session12.pdf

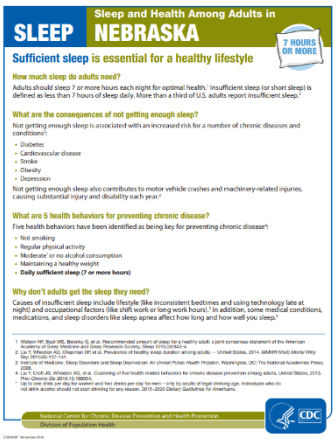
https://www.nhlbi.nih.gov/files/docs/public/sleep/healthysleepfs.pdf



www.cdc.gov/diabetes/prevention/pdf/posthandout_session12.pdf

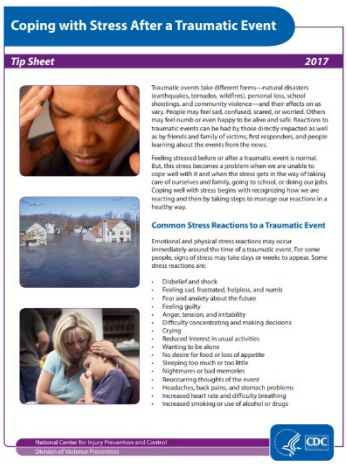


https://www.nhlbi.nih.gov/files/docs/public/sleep/healthysleepfs.pdf



www.cdc.gov/sleep/pdf/states508/FS_ShortSleepByState_NE_508tagged.pdf

https://healthyforgood.heart.org/be-well/infographics/fight-stress-with-healthy-habits-infographic



www.cdc.gov/violenceprevention/pdf/CopingwithStress.pdf

https://adaa.org/sites/default/files/Anxiety%20Tips%20ADAA%20and%20MHA%20Collaboration%20Oct%202017_0.pdf

WEEK 11: Mental Health

Poor **mental health** is a risk factor for chronic **physical** conditions. People with serious **mental health** conditions are at high risk of experiencing chronic **physical** conditions. People with chronic **physical** conditions are at risk of developing poor **mental health**.

Poor physical health can lead to an increased risk of developing mental health problems. Poor mental health can negatively impact physical health, therefore leading to an increase risk in some health conditions.

These lifestyle factors can influence both physical and mental health:

1. **Exercise:** Physical activity in any form is a great way to keep you physically healthy as well as improving your mental wellbeing. Exercise releases and uptake of feel-good chemicals called endorphins in the brain. Even short 10 minute bursts of brisk walking increases our mental alertness, energy and positive mood.
2. **Diet:** Good nutrition is a crucial factor in influencing how we feel. A healthy balanced diet is one that includes healthy amounts of proteins, essential fats, complex carbohydrates, vitamins, minerals and water. The food we eat makes a difference in the development, management and prevention of numerous mental health conditions including depression and Alzheimer's.
3. **Smoking:** Smoking has a negative impact on both mental and physical health. Many people with mental health problems believe that smoking relieves their symptoms, but these effects are only short-term. Nicotine in cigarettes interferes with the chemicals in our brains. Dopamine is a chemical, which influences positive feelings, and is often found to be lower in people with depression. Nicotine temporarily increases the levels of dopamine, but also switches off the brain's natural mechanism for making the chemical.

Most people think of mental health as the absence of diagnosable disorders, but on one end of the spectrum are people who exhibit active resilience and are capable of taking life's uncertainties in stride. On the other end of the spectrum are individuals whose disorders cause severe impact on daily functioning. If someone falls in the center of the spectrum, they would likely describe their mental health as "fine."

It's possible, even common, for people to fall somewhere in the middle. Even if you don't have a diagnosed condition and feel you function well enough in your day-to-day life, you may lack the resources to cope with a sudden change. These are some of the signs that someone's mental health is shifting:

- Changes in sleeping and eating patterns
- Withdrawal from friends, family and activities
- Loss of energy
- Increasing irritability and mood swings
- Loss of performance at school or work

These symptoms indicate a decline in mental health and potentially point to a developing psychological disorder. Some of the most common disorders in children and young adults include:

- Depression
- Anxiety
- Bipolar Disorder
- Impulse Control Disorder

How Do Mental and Physical Health Interact?

The difference between physical and mental health is not as complex as you might think. We do know that mental illness impacts physical health directly and indirectly. Take a look at some of the concrete ways your body and mind influence each other:

Depression and the Immune System:
Depression, the most common mental disorder in the United States, doesn't just impact mood and motivation. It can directly affect the immune system making it easier to get sick and stay sick for longer. A weakened immune system can also lead to a jump in the severity of allergies or asthma.

Mental Illness and Fatigue:
Depression, anxiety and other mood disorders often result in persistent feelings of tiredness and exhaustion. Some inappropriately suggest that "it's all in your head," but research shows this is not the case. Being mentally tired leads to physical tiredness. When someone is chronically depressed or anxious, they are less likely to engage in exercise and to quit early when they do. Fatigue from mental illness can also interfere with basic hygiene, increasing chances of disease.

Anger, Anxiety and Heart Health:
Angry outbursts and the stress of anxiety are bad for the heart. Studies show that in the two hours following intense anger, which includes tense body language, clenched fists or teeth, and feeling "ready to burst," a person's risk of heart attack becomes 8.5 times higher.
In the case of anxiety, the risk of heart attack rises 9.5 fold in the following two hours. While youth are generally a long way away from having to worry about heart attacks, anger and anxiety involved in impulse control disorders can negatively affect their growing hearts.

What You Can Do to Improve Physical Health

For a child to get the most benefit from self-care and mental health treatment, they should also start habits that improve their physical health. Here are three long-term changes you can make to improve a child's health and yours.

Limit screen time: We have already covered how screen time results in a sedentary lifestyle, but that doesn't mean you need to ban your child from screens altogether. Technology is an inevitable part of modern life, so teaching kids how to consume media in moderation is key.

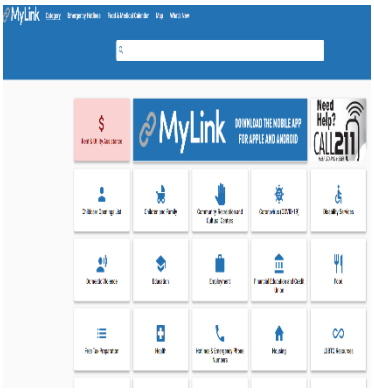
Teach healthy food choices: Eating well is tough for many adults, but learning more about food allows you to instill good habits in your child. If you are not sure where to start, visit the My Plate website from the United States Department of Agriculture (USDA) to see guidelines, resources and suggestions on healthy eating.

Encourage exercise: It's much easier for a child or young adult to incorporate healthy exercise habits than it is for an adult. Kids also have more time and more options to fit in exercise, from P.E. at school to local sports clubs. Making physical activity a routine part of life provides kids with a built-in, healthy coping mechanism that improves mental health in the long-run.

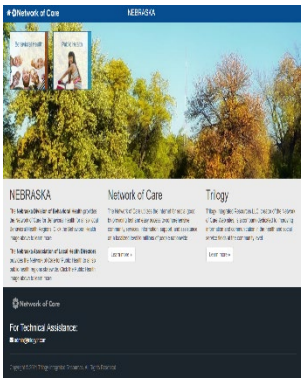
Source: https://hside.org/link-between-physical-and-mental-health/

MENTAL HEALTH RESOURCES

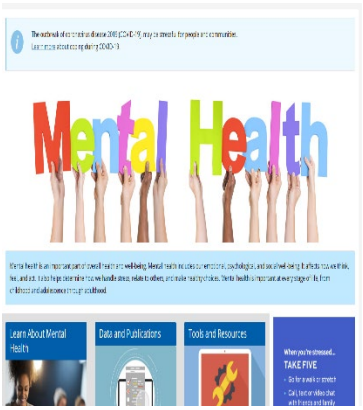
https://dhhs.ne.gov/Pages/Nebraska-Family-Helpline-About.aspx#:~:text=%E2%80%8BThe%20Nebraska%20Family%20Helpline,day%2C%20seven%20days%20a%20week



https://lincolnne.mylnk.app/categories?language=en



https://portal.networkofcare.org/Sites/nebraska



https://www.cdc.gov/mentalhealth/index.htm

Week 12: Staying Connected

Chronic loneliness does more than just make you bored; it can actually harm your health. Loneliness is associated with depression, cardiovascular disease, cognitive decline, declines in mobility and daily function, and increased risk of early death.

Challenges to staying connected
Social ties often fray because of life events that occur as people age. Sometimes the death of a partner or loved one leads to social isolation. Or an illness or physical limitation might make it harder for you to get around. And even if you're healthy, your social network may start to shrink when these things happen to friends.

If your social calendar isn't as full as it used to be, there are things you can do to help bring people back into your life.

- **Make social connections a priority.** You know you need to schedule time for exercise, but you should also schedule time for friends. It's easy to get caught up in day to day responsibilities and lose touch with others. Don't allow that to happen. Make it a point to call, email or meet up with friends or family members on a regular basis.

- **Pay attention to your mental health.** Some people become more socially isolated because they're suffering from depression. For many people that experience late-life depression, talk therapy can be very effective, so you may not even need medications to treat it.

- **Consider getting a roommate.** In 2016, some 32% of women over age 65 lived alone, according to American Psychological Association. Living along is a major risk factor for loneliness and many of the adverse outcomes of loneliness. It is possible that we should be encouraging more shared housing for older people.

- **Take up a new hobby.** Common interests create bonds. If you enjoy reading, join a book club. Group exercise classes are also a great way to connect with others. A 2010 AARP (American Association of Retired Persons survey of adults ages 45 and older showed that people who were lonely were less likely to take part in activities that can build social connections, such as going to church, participating in community organizations, or taking up hobbies. Getting active can help you meet new people and build social networks.

Whatever strategy you choose, fostering social connections can make your life more enjoyable and help you maintain your health. Socializing should be as much a part of your everyday life as exercise and good nutrition.

Source: https://www.health.harvard.edu/staying-healthy/staying-connected-can-improve-your-health

STAYING CONNECTED RESOURCES


MINNESOTA DEPARTMENT OF HEALTH

STAY SAFE MN

#StayConnectedMN

MENTAL WELL-BEING AND COVID-19 COMMUNICATIONS TOOLKIT

1/15/2021

Mental health and well-being has always been important to overall health. Now, more than ever, it is crucial that Minnesotans take time to focus on our mental well-being, as we experience changing stress and challenges in our daily lives.

The COVID-19 pandemic has created new challenges and uncertainties for Minnesotans. Many are adjusting to changes that impact their work environments, home routines, children's school schedules, and access to mental health supports.

This toolkit provides information, messaging, and resources for people to use in their lives, with their loved ones, and anywhere in the community. Connection is one of the most important things for our mental well-being, and staying connected is one of greatest challenges from COVID-19. These messages focus on the importance of staying connected to our neighbors, loved ones, and the environment around us, and provide some tips on how to help.

Each week has a theme:

Week 1: Connect with yourself

Week 2: Connect with others

Week 3: Create a healthy environment

Week 4: Know how to find help and support

How to use the #StayConnectedMN Toolkit

The goal of this series is to share information about the importance of staying connected for our health and includes tips on how to do this.

- Introduce the weekly theme in an email to all staff or group members. We recommend adding images and graphics that tie into the theme. We have provided email language you can use, but feel free to edit and add your own ideas and resources.
- The key messages provide background about why staying connected is an important aspect of mental health. Use these as talking points, and share resources found within them.

https://www.health.state.mn.us/communities/suicide/documents/stayconnectedmntoolkit.pdf


MHA Mental Health America

Connect With Others

The 10 Tools

These proven tools can help you feel stronger and more hopeful. Check out each page for specific, easy-to-follow tips.

Connect with others

Stay positive

Get physical active

Help others

Get enough sleep

Create joy and satisfaction

Eat well

Take care of your spirit

HOW CONNECTIONS HELP

Research points to the benefits of social connections

https://www.mhanational.org/connect-others


THE SOCIAL SHAKE-UP

10 WAYS TO ENGAGE YOUR COMMUNITY ON SOCIAL MEDIA– AND KEEP THEM ENGAGED

By: Lucy Rendler-Kaplan

1. Ask Questions

https://www.socialshakeupshow.com/10-ways-to-engage-your-community-on-social-media/

Nebraska Department of Health and Human Services Resources:

Women's and Men's Health Program
1-800-532-2227 || dhhs.ewm@nebraska.gov

- Inflatable Colon:
  Have you ever wondered what the inside of your colon looks like? Well don't wait…the Nebraska Colon Cancer Screening Program has a 20 foot inflatable colon you can utilize at your next event.
- Fecal Occult Blood Test Kits (FOBT):
  The Nebraska Colon Cancer Screening Program can assist with distribution of FOBT kits within your community. Call and find out more information.
- Pop Up Tent:
  Women's and Men's Health Programs has an 8x8 octagonal pop up tent that you can check out for your events. Call to see if it's available for your event.

EXAMPLE:
"Walk & Talk" Survey Form

We appreciate your help. Please mark your response below by checking the circle.

	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
The goal of the walking group was clearly defined.	❍	❍	❍	❍	❍
Participation and being more active was strongly encouraged.	❍	❍	❍	❍	❍
Increasing my physical activity was important to me.	❍	❍	❍	❍	❍
The topics covered by my HC, Lay Leader or CHW in our walks related to me.	❍	❍	❍	❍	❍
The content was put together well and easy to follow during our walks.	❍	❍	❍	❍	❍
The materials handed out were helpful.	❍	❍	❍	❍	❍
The HC or CHW was knowledgeable about the topics discussed.	❍	❍	❍	❍	❍
The HC or CHW came well prepared each time.	❍	❍	❍	❍	❍
The time spent for the walking group was sufficient.	❍	❍	❍	❍	❍
I plan to start a walking group of my own or continue in this one.	❍	❍	❍	❍	❍

Comments:

HEALTH TRACKER

month/year: _____

	FOOD	WATER	ACTIVITY	TIME	DISTANCE
MON	Breakfast Lunch Dinner Snack				
TUES	B L D S				
WED	B L D S				
THURS	B L D S				
FRI	B L D S				
SAT	B L D S				
SUN	B L D S				

SLEEP	M	T	W	TH	F	SAT	SUN	WEIGHT

GOALS:

PROGRESS & ROADBLOCKS:

NOTES	