Pillars
Physical / Healthy Lifestyles

Facilitators Guide 2020

Life Learning Center

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Revision History

Document Name	Rev. #	Release Date	Description	Reviewers
2020 Pillars - Physical / Healthy Lifestyle – Facilitators Guide	1	Feb. 2020	Refresh – Add Facilitator Tips, rework PPTs, remove redundancy, improve usability	Denise Govan (LLC) Ashton Van Gorden (LLC) Tom Crutchfield (volunteer) Steve Frazer (volunteer) Blanche Gaynor (volunteer)
	2	May 2020	Entire document revised; most revisions a matter or order, a few rewrites. Virtual Approach recommendations (shown in Red);	Tony Aloise (volunteer) Sally Ahrens (volunteer) Tom Crutchfield (volunteer) Blanche Gaynor (volunteer)

Pillars Part 1: Physical / Healthy Lifestyles

Facilitators Guide 2020

Life Learning Center

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Facilitator's Checklist – Part 1

The facilitator should make sure of the following before beginning Part 1 activities.

Check Supplies

- ❑ Basket to collect cell phones
- ❑ Post-It Easel pad with markers (check markers to make sure they have ink)
- ❑ Pens, Tape, Crayons, Markers, Scissors, Glue

Check Presentation Equipment

- ❑ Power On
- ❑ PowerPoint appropriate for sessions
- ❑ Mayoclinic.org/healthy-lifestyle – Scavenger Hunt
  *(run from hyperlink or from classroom laptop)

Reference Material During Session

- ❑ **Working for a Better Life Journal Pages:** W-25 and W-26
- ❑ **Foundations Life Journal Pages**: **F-57**
- ❑ **Physical Life Journal Pages:** P-5 thru P-19

VA: More details shown in Guide text

Facilitator Material During **VA** Session

- ❑ Zoom Breakout Room **(VA – Virtual Best Practices for Faculty 2020)**
- ❑ Virtual Bucket O Questions.pdf **(VA – Share Screen)**
- ❑ Physical-Wbd Benefits.docx **(VA – Share Screen)**
- ❑ Physical–Wbd Avg Sleep.docx **(VA – Share Screen)**

Check ***Facilitator Bin*** for Supply of Handouts

- ❑ Bucket with Tough Questions **(VA – use PDF)**
- ❑ Evaluations

Candidates Materials

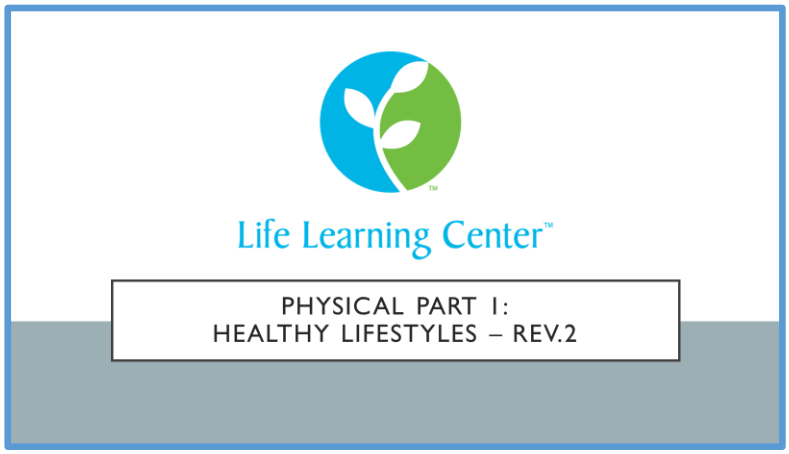
- ❑ Cohort Schedule
- ❑ LLC Journal
- ❑ LLC Diary Books for Journaling
- ❑ **VA: Blank 8.5 x 11 paper, pen/pencil, highlighters (2 different colors)**

> ***Facilitator Tip:***
> *As this text is used universally, check schedule to incorporate use of such terms as: "this afternoon/evening," "break/meal."*

Welcome & Review
10 minutes

PPT—Slide 1

VA: Share screen (typical for all PPTs)



Welcome to the *Pillars Physical Domain* class.

During Orientation, you received a schedule of your classes. Please get out these schedules now and let's make sure everyone is aware of what we'll be working on. In your Pillars classes, we will examine the five domains of life:

1. Physical Healthy Lifestyles
2. Emotions
3. Relationships
4. Financial
5. Spiritual

Your daily schedule will always be posted on your classroom door, so you know when and where to be. According to the schedule, your Cohort will meet on _____ in room _____.

Congratulations on your **personal** commitment to dedicating more time for your own personal growth. We look forward to being part of your journey toward Transformational Permanent Change.

As we go forward with our materials, we will continue to work together on some ideas, techniques, and skills to help you bridge the gap between where you are today and where you'd like to be in the future. This will help you achieve the goals you will outline in your Life Blueprints.

Our subject matter for this class is Physical Healthy Lifestyles.

An LLC motto that sums up Transformational Permanent Change is "I can make changes, or I can make excuses, but I can't make both!"

Let's repeat that together.

Pause and repeat the motto together. Encourage Candidates to say it out loud and with boldness.

Welcome and Review (Cont.)

The last session of the Foundations was the creation of your Blueprint for Change. It ended with each candidate presenting their Vision Board and presenting vision for the five domains of life:

1. Physical
2. Emotional
3. Relationships
4. Financial
5. Spiritual

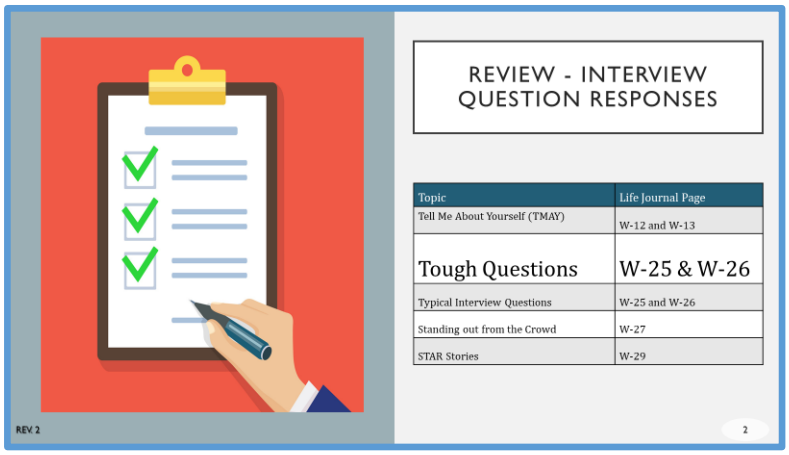
A critical thread in the success of accomplishing your goals is your commitment to a healthy lifestyle. During this class, we'll be spending time primarily focusing on your physical health by providing you tools and tips to create the healthiest version of your life.

First, though, let's practice our Tough Questions.

Bucket O' Questions
10 Minutes

During the Working for a Better Life segment of your Transformational Life Journey, you had the opportunity to practice answering some tough questions you might be asked during an interview. It's time to get a little more practice.

PPT—Slide 2



Hold up the Bucket O' Questions.

VA: Use *Virtual Bucket O Questions.pdf* and share screen. Follow same process.

This is the official "bucket o' questions." Each of you will have an opportunity to draw a question out of the bucket and ask that question to one of your fellow Candidates. That person will then answer the question as if in an actual interview and the rest of us will provide feedback.

The Candidate who just answered the question will then draw a new question and choose someone else to answer it who hasn't yet had a turn. We'll do this until everyone has had the opportunity to answer a question.

Who would like to get us started?

Select from volunteers or select a Candidate if there are no volunteers.

Ok, "*Name,*" pick a question and choose someone who you'd like to have answer it.

Hold out the bucket to the Candidate and allow them to draw a question. Ask them to choose someone to answer the question and then ask it. Repeat the question if needed.

Prompt the following after the chosen Candidate answers the question:

Ok "*Candidate who asked the question," w*hat do you think of "*Candidate's*" answer?

Pause for response.

What do the rest of you think about "*Candidate's*" answer?

Bucket O' Questions (Cont.)

Pause for response. Provide personal feedback to the Candidate, if appropriate. Thank the Candidate for answering the question.

Retrieve the question slip and hold it separately to avoid having the same question repeated.

Allow the Candidate who just answered to select and ask the next question.

Repeat this process until all Candidates have had the opportunity to ask a question and answer a question.

Thank you all for participating. The more you practice answering questions like these, the better prepared you'll be for an actual interview.

Each week we'll practice again using the "bucket o' questions," so when you have time, consider how you might best answer questions like these.

Healthy Lifestyle Quiz and Objectives
15 Minutes

By a show of hands, how many of you think you are already living a healthy lifestyle?

Get a show of hands.

Answer these questions to yourself:

- Are you sad or disappointed about your weight or physical appearance?
- Are you worried about getting old?
- Are you troubled by depression?
- Do you have an ongoing health issue?
- Does your family have a history of disease?
- Do you get tired during the day?

If you answered "yes" to one or more of these questions, this session's topic will be of value to you.

LJ—Page P-5

So, let's get started by taking the Healthy Lifestyles Quiz. It can be found on page P-5 in your Physical Life Journal.

Read the statements from the Healthy Lifestyles Quiz. Ask Candidates to mark them as True or False in their Life Journal as you read them:

1. Walking is not as effective as running.
2. Exercise increases hunger.
3. It doesn't matter where your calories come from.
4. Diet alone is enough for sustained weight loss.
5. There is no best time to exercise.
6. Giving children sugar makes them hyper.
7. Children with diarrhea should not eat dairy.
8. Vitamin C helps ward off colds.
9. Cuts heal quicker when exposed to air.
10. Eating carrots will improve vision.

Okay, is everyone ready to find out how they did? It may come as a shock to you that **all of the answers are false.**

Read the statement again and discuss as a group.

1. Walking is not as effective as running. You'll burn twice as many calories running for 30 minutes than you would walking. However, if a runner and walker cover the same distance, they burn about the same number of calories. So, if you have the time, going the slow route works. Studies show how long you exercise matters more than how hard you exercise.

2. Exercise increases hunger. Exercise has no effect on a person's food needs with the exception of endurance athletes, who exercise for

Healthy Lifestyle Quiz and Objectives (Cont.)

two hours or more per day. The best news is that research shows that exercise suppresses hunger during and after a workout!

3. It doesn't matter where your calories come from. Remember, this is false. First, some foods, like proteins, take more energy to chew, digest, metabolize, and store than others. Foods like fats and carbohydrates require fewer calories to digest and store.

   Second, different food types have different effects on your blood sugar. Refined carbs, like white bread, cookies, and fruit drinks, raise blood sugar levels dramatically, which encourages fat storage, weight gain, and hunger. Fibrous foods, like apples and proteins, raise blood sugar less, making them better for your waistline.

   Finally, foods that contain a lot of water, such as vegetables and soup, tend to fill the belly on fewer calories.

4. Diet alone is enough for sustained weight loss. Yes, you'll lose weight in the short-term, but exercise is what keeps the pounds off for good. Exercise burns calories and builds muscle, which takes up less space than fat—causing you to look thinner. Additionally, the more muscle tissue you have, the more calories you'll burn at rest, such as while you're sleeping or watching TV. Therefore, consistent exercise is more effective than consistently eating less.

5. There is no best time to exercise. If you're walking, it doesn't matter. However, late afternoon tends to be the best time for athletes when the body temperature is at its highest. Reaction time is quicker, and strength is at its peak when the muscles are warm.

6. Giving children sugar makes them hyper. According to more than a dozen studies, there is no difference in a child's behavior if you give them high doses of sugar versus a sugar substitute.

7. Children with diarrhea should not eat dairy. If children have only a mild case of diarrhea with no vomiting, it is better to give them milk from a cow. Yogurt is also a helpful supplement to add to a child's diet to reduce the duration of diarrhea.

8. Vitamin C helps ward off colds. It may shorten the length and severity of a cold, but only if you're already taking 200 mg of the vitamin every day before the symptoms started. You can get your dosage by eating fortified cereal, citrus, and vegetables.

9. Cuts heal quicker when exposed to air. A covered wound heals faster, with less scarring, because a bandage holds in moisture, which prevents drying out and scabbing over. Scabs slow down the healing process and lead to increased risk of scarring.

Healthy Lifestyle Quiz and Objectives (Cont.)

10. Eating carrots will improve vision. Carrots are a great source of vitamin A. Although severe deficiency of vitamin A can cause night blindness, there is no proof that consuming extra vitamin A improves eyesight.

What are your thoughts? Were you surprised by any of these false statements?

Prompt discussion.

In today's busy and non-stop world of working, taking care of family, chores, preparing meals, and attending school functions, we often cut out exercise and healthy meal choices to save time.

So, what can we do about it? We can learn some tips and tools for being a healthier person. This Healthy Lifestyles Quiz should have given you a "taste" of the topics we'll be covering throughout the Physical Pillar.

So, let's look at our objectives on page P-6 in your Life Journal.

Objectives
PPT—Slide 3
LJ—Page P-6

Review the objectives. Expand on the ideas where needed.

We should note that this class gives a great deal of information. Keep in mind, we don't expect you to apply it all at once. Simply take it one day at a time, one step at a time.

We'll be doing some exercises and stretches throughout the class to keep us moving and remind us that exercise is part of a healthy lifestyle!

Healthy Defined
10 Minutes

Let's start by figuring out what we mean by "healthy."

At the bottom of page P-6 in your Life Journal, you'll see a spot for notes. When I say, "living healthy," what thoughts come to mind?

LJ—Page P-6

List the thoughts and words on the classroom white board.

VA: Use Physical-Wbd Benefits.docx. Share screen and add input as candidates share.

What different types or categories of "health" are there?

Possible answers:

- *Physical/Nutritional health.*
- *Mental/Psychological health.*
- *Social health.*
- *Spiritual health.*
- *Healthy environment.*

These all play a role in our overall health and living a healthy lifestyle.

LJ—Page P-7

With these ideas in mind, turn to page P-7 in your Life Journal. According to the World Health Organization, health is defined as "a state of complete physical, mental, and social well-being and **not** merely the absence of disease or infirmity."

According to the Merriam Webster dictionary, health is defined as the "condition of being sound in body, mind or spirit—especially freedom from physical illness, injury, disease or pain."

An Alameda County Study examined the relationship between lifestyle and health. It found that people can improve their health by:

- Exercising.
- Getting enough sleep.
- Maintaining a healthy weight.
- Limiting alcohol use and avoiding smoking.

We may already know this information—the key is LIVING it.

The decisions we make relative to our health are often based on the personal observations we make on a day to day basis. For example:

- "My neck muscles feel achy in the morning. I'll try sleeping on a different pillow."
- "I feel tired in the morning. I'm going to go to bed earlier."
- "My shoes are tighter than usual, and my feet appear swollen. I will schedule a doctor's appointment to determine the cause."

Personal health also depends partially on the **social structure** of our lives. The maintenance of strong social relationships is to:

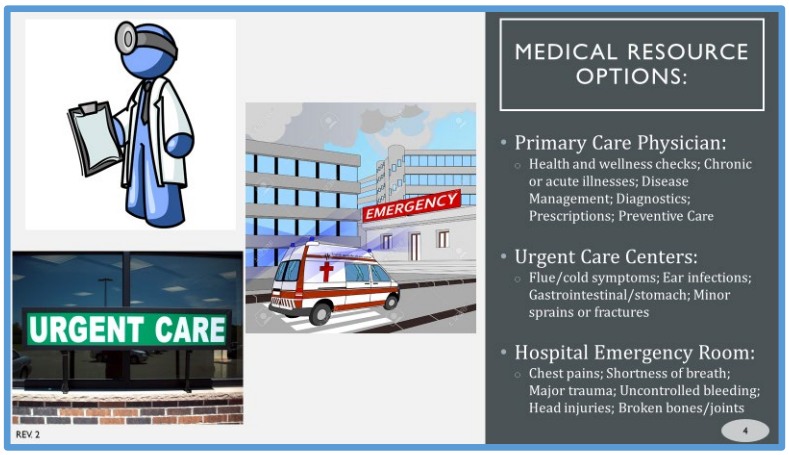
Healthy Defined (Cont.)

- Positive health conditions.
- Longevity.
- Productivity.
- Positive attitude.

Medical Resource Options
LJ—Page P-8

We now have a good foundation for what "healthy" means. Let's take a moment to look at Life Journal page P-8 to gain a little insight into a few of the medical care resources and how they can help maintain a healthy life.

PPT—Slide 4



Let' start with the primary care physician, which is the least costly option for non-emergency health issues. Everyone should have a primary care physician, because they will have an understanding of your full medical history. Examples of services offered by primary care include:

- Health and wellness checks
- Chronic or acute illnesses
- Disease management
- Diagnostics
- Prescriptions
- Preventative care

The next resource is the Urgent Care Center. This option can be used when your primary physician isn't available, but you really need treatment the same day. Conditions requiring same-day treatment warranting a visit to an urgent care include:

- Flu/cold symptoms
- Ear infections
- Gastrointestinal/stomach virus
- Minor sprains or fractures

Healthy Defined (Cont.)

Another resource is a Hospital Emergency Room. The ER is for emergencies or symptoms that might require hospitalization or surgery. Some examples include:

- Chest pain
- Shortness of breath
- Major trauma
- Uncontrolled bleeding
- Head injuries
- Broken bones/joints

Now that we have an awareness of what healthy living includes for our physical domain, let's assess our current physical state.

Physical Life Blueprint Current
25 Minutes

So far during our journey to Transformational Permanent Change, we have:

- Discovered our Purpose.
- Designed a Vision for the Five Domains of Life.
- Created a Vision Board.
- Determined our Priorities.

LJ—Foundations Page **F-57**

We all realize that the most important discussion is about how we get there. In Foundations, Foundations 5 was entitled "Blueprint for Change." A final exercise was to create a personal Vision Board.

In this session, we are going to expand your Vision Board to include a Physical Life Blueprint. The Blueprint will provide a process to help you set goals that align with your stated "Life's Purpose" you presented on your Vision Board.

First, in your **Foundations** Life Journal, turn to page **F-57**. On this page, you created your Purpose Statement. Keep this page handy, as we are going to use some of the information in developing your Physical Life Blueprint.

LJ—Pages P-9

Now, turn to your Physical Life Journal at page P-9. The first section is entitled "My Life's Purpose." Please copy what you wrote on page F-57 in your Foundations Life Journal in the area under "My Life's Purpose. Then please fill in the "Assess My Current Physical Domain" area. Please look up when you've finished.

LJ—Pages P-9 thru P-11

Now pages P-9 thru P-11 contain a number of questions, some of which you may not be able to answer at this time. Skip over these for now but check with your primary care physician to get the information and record it later.

Utilize the remainder of segment to complete pages P-9 thru P-11 of the Physical Life Blueprint. Allow time between each question for Candidates to write their answers and prompt discussion.

In each of the remaining domains, we will create a blueprint that allows you to document your current state, your desired future state, and then a list of action items you will take to get there.

Before we go any further with our blueprint, we're going to spend the rest of this class and much of the next learning about options to help us determine the future we want for ourselves.

Sleep and Rest
20 Minutes

Let's start off with the question, "how many of you feel tired often?"

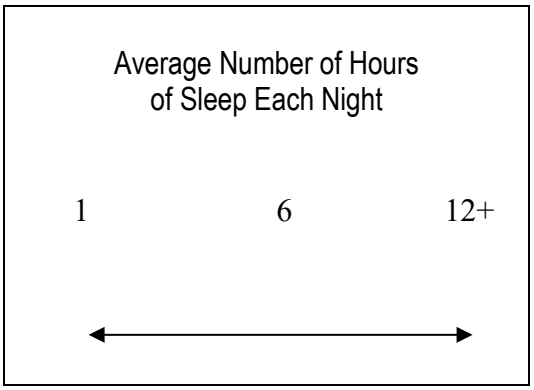
Get a show of hands.

Average Sleep Exercise

Grab a small Post-It Note® and write the average number of hours you sleep each night.

VA: Use *Physical-Wbd Avg Sleep.docx.* Share screen and add input as candidates share.

Draw the following on classroom white board as you discuss:



Now, come to the front of the room and put your Post-It Note® on the line, where it belongs.

Allow a minute.

LJ—Page P-16

Another area to consider when managing stress and moving toward a healthy lifestyle is Sleep and Rest. Turn to page P-16 in your Life Journal.

Sleep is the amount of rest you need to function appropriately in all areas.

Rest is a state or period of refreshing freedom from exertion.

According to the National Sleep Foundation:

- More than 50% of the American workforce report that sleepiness on the job interferes with the amount of work they accomplish.
- About 41% admit that their quality of work suffers.
- One out of five workers say they make occasional or frequent errors, because they're sleepy.

Sleep vulnerability is a serious issue for organizations, with risk to:

- Safety.
- Productivity.
- Employment longevity.

Sleep and Rest (Cont.)

In a study:

- 1/3 of American adults sleep only 6.5 hours or less nightly during the week
- 45% of respondents said they often choose to sleep less to accomplish more
- 1 out of 4 adults has difficulty getting up for work two or more days a week
- 27% are sleepy at work 2 or more days a week
- 58% to 68% report that sleepiness makes it difficult to concentrate, handle stress, make decisions, and solve problems
- 57% say listening to others is difficult when they're sleepy
- Overall, employees estimate that the quality and quantity of work is diminished by about 30% when they're sleep deprived

Who can relate to some of these findings?

Get a show of hands.

Women are especially prone to sleep disturbances. In one national survey, more than half of women reported that their sleep problems frequently interfered with their daily activities.

Sleep and Rest Tidbits and Tips
LJ—Page P-16

Take a look at the Sleep and Rest Tidbit and Tips on page P-16 in your Life Journal. Highlight those Tidbit and Tips you currently use with a one color and use another color to highlight those tips that you think you should consider using in the future.

Allow a minute.

Who has children or lives with people under the age of 18?

Get a show of hands.

Most of us would be surprised to learn that one reason many of us aren't getting enough sleep is that our kids are sleep deprived. A recent survey by the National Sleep Foundation found that many parents don't know how much sleep their children need—and many are also clueless about the disruptive effects of caffeine and television on children's sleep patterns. Poll results show that, on average:

- Infants 3 to 11 months require 14 to15 hours a day but sleep only 12.7.
- Toddlers 12 months to 3 years require 12 to 14 hours but sleep 11.7.
- Children 4 to 5 years require 11 to 13 hours but sleep 10.4.
- Children 6 to 10 require 10 to 11 hours but sleep 9.5.

Sleep and Rest (Cont.)

According to the study, 30% of children 10 and under need attention at least once a night. Of those children 3 and older, 26% drink at least one caffeinated beverage a day, and those who consume caffeine sleep about a ½ hour less than those who don't.

In addition, the survey found that 43% of school-age children have television sets in their bedrooms, as do more than 30% of those children ages 3 to 5 and 20% of infants and toddlers. Those with television sets in their bedrooms lose about 2 hours of sleep a week.

Consider these findings, too. Recent studies found that adolescents used multiple forms of technology late into the night, including gaming systems, cell phones, and computers. As a result, they demonstrated difficulty staying awake and alert throughout the day.

"Any factor that deteriorates the quality or quantity of sleep will lead to difficulty with school performance and behavior problems," said William Kohler, MD (medical director at Florida Sleep Institute). "When children stay up late at night texting in bed or playing computer games, they are increasing their risk for neurocognitive problems."

According to the study, language, reading, and math scores were higher in children, whose parents reported enforcing regular bedtimes.

Inadequate nightly sleep in adolescents, defined as fewer than nine hours, is a known problem and a major public health concern.

Not surprisingly, many studies have documented that the average adolescent is "chronically sleep-deprived and pathologically sleepy."

The consequences of sleep deprivation are:

- Impairments in mood, attention, and memory.
- Behavior control and quality of life.
- Lower academic performance.
- A decreased motivation to learn.
- Health-related effects, including increased risk of weight-gain, lack of exercise, and use of stimulants.

Sleep Hygiene
LJ—Page P-17

Please turn to page P-17 in your Life Journal.

For better sleep hygiene, Kohler recommended maintaining a routine bedtime pattern to prepare the brain for sleep, such as:

- Exciting, high-energy activity should be avoided within one hour before lights-out.
- Pre-bedtime activities like drinking milk, taking a bath, teeth-brushing, and reading anon-stimulating book will signal to the brain that it's time to sleep.

Sleep and Rest (Cont.)

- Exercise, caffeine, and sugary foods should be avoided.
- The ideal sleeping atmosphere is a dark, quiet room that is kept below 75 degrees.
- Technology should be removed from the bedroom.

Seems like this would apply to adults as well, right? Hmmm....

Here's something else to consider: if you're commuting to work, be careful.

It's estimated that on any given day some 80,000 American drivers doze off behind the wheel. In fact, the National Sleep Foundation reports that sleep deprivation costs American businesses more than $100 billion a year in lost productivity and damage to worker health and safety.

Insomniacs have higher concentrations of stress hormones than others, both day and night *(according to a study conducted at the National Institutes of Health in Bethesda, Maryland).*

Experts believe that sleep, especially deep sleep, enables our nervous system to function well. Without it, we lose our ability to:

- Concentrate.
- Remember.
- Analyze.

Some experts speculate that during deep sleep, cells manufacture more proteins, which are essential for cell growth and repair of damage from things like stress and ultraviolet rays.

Scientists believe that activity in the area of the brain that controls emotions and social interactions lessens during sleep and that deep sleep may help:

- People be emotionally and socially adept when awake.
- Our brain to store a newly learned activity in its memory bank.

Studies have shown that people are more productive and less prone to errors if they catch a 10 to 30-minute nap in the afternoon.

Obviously, taking a nap during the workday, like at your desk or on the assembly line may be frowned upon by your employer. But, are there any ways or times that you could rest?

Examples: At lunch, sit in your car or a secluded spot and take a power nap – be sure to set an alarm to wake up! Take a break from your work (scheduled 15-minute breaks or get up and walk around type of break) to change your pace or scenery, etc.

Sleep and Rest (Cont.)

Journaling also helps us sleep longer. According to James W. Pennebaker (Ph.D., professor of psychology at the University of Texas, in Houston*)*, "Writing down your feelings helps you stop dwelling on past events, which reduces stress and allows for better sleep." Also, putting a small pad next to your bed to write down thoughts, things you don't want to forget to do in the AM, can also be helpful.

In fact, Dr. Pennebaker found 21 cancer patients slept longer and with fewer interruptions during the night, after venting their feelings on paper, compared to 21 patients, who wrote about their diet and exercise.

"Journaling allows you to 'empty your brain out,'" according to Dr. Liz Woolford (of the Alliance Institute for Integrative Medicine*).*

So, here's your own personal journal. Be sure to write your name in it. Make it your own. Write, draw, doodle…anything that helps.

LLC Diary Book
VA: LLC will distribute Diary Books for journaling.

Distribute an LLC Journal to each Candidate.

Journaling is used to:

- Record your thoughts and feelings.
- Record the events in your life as you see them.
- Be a mirror of yourself.

Journaling is **not** an hour-by-hour listing of what happened each day or what you do at a certain time. Journaling can help in making decisions and solving problems. It separates the "junk" in our heads.

We can capture our feelings, when they are happening, regardless of whether we're happy, frustrated, angry, or in love. If you're having conflict with someone, journal as if you were speaking to them.

Never edit or rewrite in your Diary Books. What you wrote is what you felt at that time, so date it. Later, if your feelings change, add your new reflections on another page with that date.

Occasionally, reread what you have written. See your growth.

Dr. Pennebaker recommends setting aside 20 minutes each day for 4 consecutive days to write. Find a place where you won't be distracted and pour out your thoughts without stopping—or worrying about spelling or grammar. It's not the punctuation, but the release of feelings that will make you feel better and snooze more soundly.

Challenge the candidates to start by journaling just 5 minutes per day for the next 3 days. And then build from there.

Sleep and Rest (Cont.)

Facilitator Tip:
Check availability of Technology Lab in Advance.

How many of you would say you are "athletes" or like to exercise?

Get a show of hands.

Well, here's something you might find surprising.

Athletes had to learn that, while the stress part of training is important, recovery is equally critical. Stress is the stimulus for growth; resting and recovery is when growth occurs. If you have no recovery, you have no growth.

Therefore, we must strategically and intentionally disengage from our work periodically throughout the day. As a result, our performance will improve.

VA: You will be browsing a website for them in lieu of using Tech Lab.

All right let's switch gears and wrap up the day with a fun activity. Please head downstairs to the technology lab and wait for my instruction. You'll want to take your belongings with you.

Activity—Scavenger Hunt
35 Minutes

We're going to do something a bit different today—we're going to do an online scavenger hunt of health and fitness information. You'll be looking at websites that can help you with such things as healthy living, dieting, eating well, etc.

VA: No pairing

However, if there is someone in the class who does not feel comfortable with navigating various websites, we want to pair you up with one of the people who feels comfortable on the computer.

LJ – Pages P-18 and P-19

Turn to page P-18 in your Life Journal. Scavenger Hunt instructions will be listed for you to complete.

Instruct candidates to skip any questions that they may get stuck on/have difficulty finding answers for.

You will fill in the information requested on pages P-18 and P-19 in your Life Journal. The prize will be that you will have many additional resources to help you realize a healthy lifestyle.

Any questions? We will have about 30 minutes to finish this.

PPT—Slide 5

VA: Pull up website on your screen. (Share screen)
Browse to each topic one at a time, allowing Candidates to read what is on the screen and enter information in their Life Journals. Where choices are required, ask Candidates to state what is of interest to them (i.e., Diseases) and browse accordingly.

Let's boot up our computers and get started! Enter the following website into your internet browser: www.mayoclinic.org/healthy-lifestyle.

Run video directly from hyperlink.

Provide assistance as needed.

Notify Candidates when 5 minutes remain and direct to start wrapping up.

Wasn't that fun? Let's wrap up with a quick review and evaluations.

Wrap Up & Evaluations
10 Minutes

Let's review the objectives of this segment.

- Defined characteristics of a healthy lifestyle
- Developed a Physical Life Blueprint of current habits\
- Identified healthy sleep habits
- Had fun with a Scavenger Hunt

Quickly *review the objectives and ask for questions or comments.*

Evaluations

Normally, completing Evaluations signals the end of the session. That is not the case with this session. Instead, after you have completed your Evaluations and I've collected them, please remain in your seats.

At that time, another Life Learning Center volunteer will lead you through a session entitled "Life's Healing Choices."

Distribute evaluation form to each Candidate and remind them:

- *Put their name on the evaluation form*
- *Of the importance of completing all parts of the form*
- *Comments are an expectation and should be given*
- *To provide facilitator feedback on back of form*

Facilitator will collect the Evaluations.

**Ensure every Candidate submits a form and both sides are filled out. Return incomplete forms back to candidates for completion and collect.*

Once all evaluation forms are collected, return to LLC Administrative Assistant at the front desk.

Life's Healing Choices
60 Minutes

Life's Healing Choices is being delivered by another LLC Volunteer Faculty team member.

Pillars Part 2: Physical / Healthy Lifestyles

Facilitators Guide 2020

Life Learning Center

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Facilitator's Checklist - Part 2

The facilitator should make sure of the following before beginning Physical Domain Part 2activities.

Check Supplies

- ❑ Basket to collect cell phones
- ❑ Post-It Easel pad with markers (check markers to make sure they have ink)
- ❑ Pens, Tape, Crayons, Markers, Scissors, Glue

Check Presentation Equipment

- ❑ Power On
- ❑ PowerPoint appropriate for sessions
- ❑ Video: Mechanism of Drug Addition in the Brain*
- ❑ Video: Addiction to Technology is Ruining Lives*

*(run from hyperlink or from classroom laptop)

VA: More details shown in Guide text

Facilitator Material During **VA** Session

- ❑ Zoom Breakout Room **(VA – Virtual Best Practices for Faculty 2020)**
- ❑ Physical–Wbd Benefits.docx **(VA – Share Screen)**
- ❑ Physical–Wbd Exercise.docx **(VA – Share Screen)**

Reference Material During Session

- ❑ **Physical Life Journal Pages:** P-20 thru P-53
- ❑ **Working for a Better Life Journal Pages**: W-12 and W-13
- ❑ *Eat This, Not That* by David Zinczenko 2010 **(VA – not needed)**

Check ***Facilitator Bin*** for Supply of Handouts

- ❑ 8 oz. glass **(VA – facilitator to provide)**
- ❑ Paper Plates **(VA – facilitator to provide or use PPT)**
- ❑ Baseball **(VA – facilitator to provide)**
- ❑ Deck of Cards **(VA – facilitator to provide)**
- ❑ Tennis Balls **(VA – facilitator to provide one for self)**
- ❑ Evaluations

Candidates Materials

- ❑ LLC Journal
- ❑ **VA: Blank 8.5 x 11 paper, pen/pencil**

Facilitator Tip:
As this text is used universally, check schedule to incorporate use of such terms as: "this afternoon/evening," "break/meal."

Welcome and TMAY 10 Minutes

It's great to see all of you again!

PPT—Slide 6

So, who's been eating healthier since we met last?

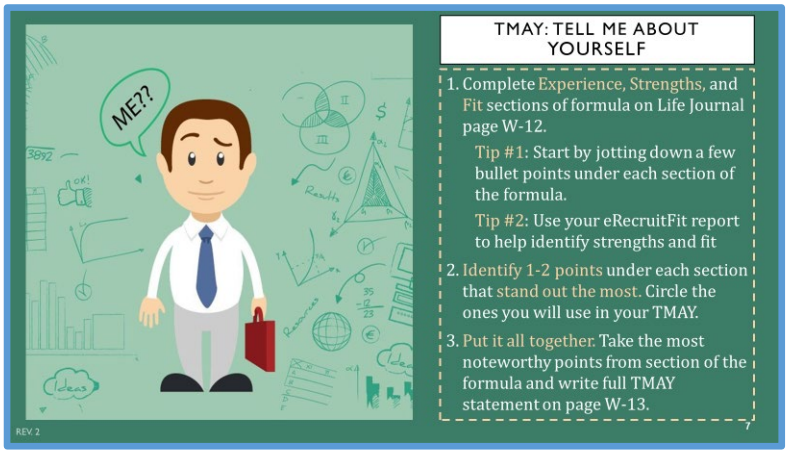
Add disclaimer for self—so they can relate. Be sure to have a relatable moment.

Okay…who's been planning on eating healthier?

Good for all of you! We've got an information filled class planned, but before we begin, let's practice our "Tell Me About Yourself."

During the Working for a Better Life segment of your Transformational Life Journey, you learned about how to present yourself. One of the things you developed was your elevator speech, more commonly known as "Tell Me About Yourself."

PPT—Slide 7



W4BL LJ-page W-13

Refer to your **Working for a Better Life** Journal page W-13.

This practice is so important that the Life Learning Center has decided from this point on, each week we'll include the opportunity to practice

Welcome & TMAY (Cont.)

your TMAY. The objective is to help you become comfortable with sharing your talent and value at a moment's notice.

We're going to go around the room, and each Candidate will give their "Tell Me About Yourself" statement.

Thank you. How many of you were uncomfortable with suddenly having to give your TMAY?

Show of hands.

I can relate. By the end of your Transformational Life Journey, this will be one of those things that should be easier.

Let's talk about Healthy Lifestyles.

Review, and Objectives
10 Minutes

In our last session, we:

- Defined Healthy
- Began work on a Physical Life Blueprint
- Learned about Sleep and Rest and Sleep Hygiene
- Participated in a Scavenger Hunt
- Learned about Life's Healthy Choices

Now, let's spend a few minutes on our objectives, which you will also find on page P-6 of your Life Journal. Here is what we are going to accomplish:

PPT—Slide 8
LJ—Page P-6

Read and comment on the objectives.

First, let's jump right into the "stuff" we all dread—food and nutrition.

Food and Nutrition
15 Minutes

Because it is such an important part of our overall health status, let's talk about Food and Nutrition**.** Along with exercise, a healthy diet and nutrition are the main ways we determine our overall health. Turn to page P-20 in your Life Journal.

Food is the fuel that provides us energy. We like food because it tastes good, but we need it for energy. So, let's think of food as the fuel that keeps our engines running smoothly all day.

LJ—Page P-20

Let me give you an example. You have probably been in a car when the gas light turns on, telling you the car needs more gas. So, you rush to the nearest gas station and fill up with gas—not windshield wiper fluid, not dish soap, etc. Additionally, depending on the car, you may need to fill up on premium gas for your car to run properly.

So, just like a car, your body needs the right fuel to run smoothly and this means providing the best combination of food groups, which we will be talking about in a few minutes.

Another important definition to know is nutrition. **Nutrition deals with our dietary habits and motivations.** It can be defined as the process of nourishing our bodies through food.

Start evaluating your dietary habits and motivations as we continue our discussion. You'll want to consider:

- The kind of food you eat.
- Where you eat it.
- How much you eat.

By evaluating your habits and motivations, you will gain surprising insights for creating future change.

How many of you have heard of the food pyramid?

Show of hands.

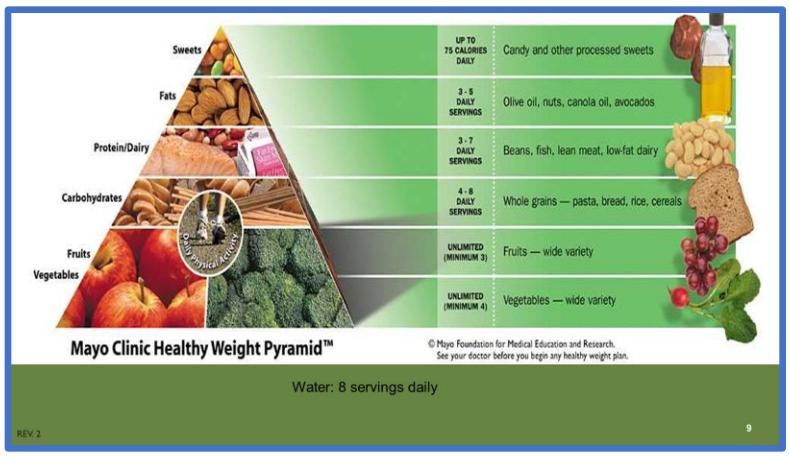
Although there are several versions of the food pyramid, we're going to look at the Mayo Clinic's Healthy Weight Pyramid. You'll find it on page P-20 in your Life Journal.

There are six food groups. Let's start at the base of the pyramid.
First, note that water is mentioned. Because our bodies are made up of so much water, we want to be sure to include it daily. Sip it throughout the day. Do you think that means other liquids qualify?

Encourage responses.

Food and Nutrition (Cont.)

PPT—Slide 9



VA: Have an 8 oz. glass to show on your camera view.

> ***Facilitator Tip:***
> *Have the 8-ounce glass close at hand to show the Candidates.*

Some drinks may qualify as your liquid intake, but most of those are full of calories. Water has no calories and is important for our bodies to function properly. This is an 8-ounce glass and is the size of one serving.

LJ—Page P-21

Look at page P-21 in your Life Journal. You'll find a place to take notes about the types of foods that go into each of the groups.

We all have our own ideas or opinions on food and nutrition based on who our personal food gurus might be. The key is to do your own research and find the practices that work best for you.

Realize this, however; if your blood pressure is high, you have diabetes or pre-diabetes, are overweight or underweight and/or just don't feel all that well, diet may have something to do with it.

Food Pyramid Groups

- **Fruits**: We should eat 3 servings a day at a minimum—but here's the great news—we can have unlimited fruits throughout the day! So, what are some fruits that you can eat to ensure you get your daily servings?
  - *Oranges, apples, grapes, melons, berries, bananas, etc.*
- **Vegetables:** We should eat a minimum of 4 servings of vegetables daily. Again, we can have as many as we want. Vegetables are generally lower in calories than fruit. We can eat them fresh, canned, or frozen. Note, however, that if sodium is a health concern, be aware that canned vegetables usually contain more sodium than

Food and Nutrition (Cont.)

Apples and 4 servings of broccoli every day! What are some vegetables that could be incorporated into your diet?
- *Spinach, carrots, broccoli, cauliflower, potatoes, etc.*

- **Carbohydrates:** We should have 4-8 servings of carbs a day. You can check the label of these foods to see what makes up one serving. Keep in mind, actual serving sizes tend to be much smaller than we perceive them to be. Try choosing whole grains over refined grains that can be found in white bread. Consider some carbohydrate options that would fit into this category:
  - *Oatmeal, breads, rice, pastas, popcorn, etc.*
- **Dairy and Protein:** This category says we can have 3-7 servings daily. As you may expect, protein and dairy include meat and dairy products.
  - *Think farm animals—chicken/eggs, beef, milk cheese, yogurt, etc.*
  - *Fish, dry beans, peas, nuts, seeds*

  Foods made from **milk** that retain their calcium content are part of this group; however, foods made from milk that have little to no calcium, such as cream cheese, cream, and butter, are **not**. Most milk group choices should be fat-free or low-fat.

  You have only until age 35 to build bone. The more bone you build in your 20s and 30s, the better off you'll be in your later years. Avoid a fragile frame by getting the recommended daily value of 1,000 milligrams of calcium and 400 IU of vitamin D a day as well as doing weight-bearing exercises, like running.

  The **protein** group is made up of meats, poultry, fish, dry beans, nuts, and seeds. It is recommended that you get two servings of protein a day. All foods made from meat, poultry, fish, dry beans or peas, eggs, nuts, and seeds are considered part of this group.

  Most meat and poultry choices should be lean or low-fat. Fish, nuts, and seeds contain healthy oils, so choose these foods frequently, instead of meat or poultry. This group also includes nuts and beans that are high in protein like garbanzo and pinto beans.
- **Fats:** We need a certain amount of fats and oils in our diets daily to "grease the wheels" so to speak. However, be sure to check your food labels and be aware of consuming too much trans-fat.
- **Sweets:** only 75 calories here! Major bummer! I guess that says it all about sweets.

Address any issues or questions Candidates may have about the food pyramid groups.

Obesity, Dieting, and Weight Loss
20 Minutes

First, a few statistics: The rise of obesity has been stunningly rapid. As recently as 1980, just 15% of adults were heavy enough to be defined as obese. By 2008, the rate had hit 34%…and according to the CDC (Centers for Disease Control) as of 2016, the adult obesity rate is approaching 40% with an 18% rate for children between the age of 2 and 19.

How do you define obesity? What are some of the health issues surrounding being overweight?

Encourage responses.

Body Mass Index
LJ—Page P-22

Turn to page P-22in your Life Journal for the definition. Obesity is defined as having a Body Mass Index (BMI) of more than 30. As a rule of thumb, a BMI of 20 to 25 is considered "normal." A BMI of 40 is considered "morbidly obese." Anything less than 20 is considered "underweight."

BMI is a measurement for human body fat based on an individual's weight and height. BMI does not actually measure the percentage of body fat, but is the individual's body weight divided by the square of his or her height.

If anyone is interested, we have a scale located in the fitness center to assist in determining your weight. You can access a BMI calculator online by Googling "BMI Calculator." Enter your height and weight and get a result.

Employers are starting to get involved in this situation now, too. Why? Well, although increasing obesity is a global problem, a study from George Washington University found that the high level of obesity in the United States population is affecting the bottom line for employers. Its study detailed the high costs of added benefits and absenteeism—especially for women employees.

Researchers looked at:

- Employee sick days.
- Lost productivity.
- The need for additional gasoline.
- And more.

Their findings showed that the annual cost of being obese is **$4,879 for a woman and $2,646 for a man**.

Obesity, Dieting, and Weight Loss (Cont.)

And, here is another reason why you should care. According to other recent studies, larger women were found to **earn less** than leaner women, and even though it's not fair or right, wages are much the same for men no matter what sizes they are.

If nothing changes, healthcare costs directly related to being overweight and obesity will double each decade, reaching $957 **billion** in 2030, which will account for 1/6th of the healthcare dollars spent in the U.S. Can you see why employers may take a look at the potential cost associated in their hiring decisions?

But let's not stop there…let's look at childhood obesity.

Over the past 30 years, the number of kids with weight problems has increased at an alarming rate. Today, 1 out of 3 children and teens in the U.S. are overweight or obese. Those extra pounds put kids at risk for developing serious health problems, including:

- Diabetes
- Heart disease
- Asthma

Childhood obesity also takes an emotional toll. Overweight and obese children often have trouble keeping up with other kids and joining in sports and activities. Other kids may tease and exclude them, leading to:

- Low self-esteem
- Negative body image
- Depression

Most cases of childhood obesity are caused by:

- Eating too much
- Exercising too little

Children need enough food to support healthy growth and development; however, like adults, children take in more calories than they burn throughout the day, which results in weight gain.

Calorie Imbalance
LJ—Page P-22

Let's discuss this for a minute. Turn to page P-22 of your Life Journal. So, what do you think contributes to this imbalance between calories in and calories out?

Possible answers are:

- *Busy families are cooking less and eating out more.*
- *Easy access to cheap, high-calorie fast food and junk food.*
- *Food portions are bigger than they used to be, both in restaurants and at home.*
- *Kids spend less time actively playing outside, and more time watching TV, playing video games, and sitting at the computer.*

Obesity, Dieting, and Weight Loss (Cont.)

Many schools are eliminating or cutting back their physical education programs so, what do we do? Choose to manage our weight. It all comes back to **personal choice**.

Weight management:
- Makes you look and feel better.
- Influences your future health.

A healthy weight decreases your chances of developing serious health risks, such as heart disease or diabetes.

In our eat-and-run society with a growing multitude of food choices and massive-portion-sized world, maintaining a healthy weight can be hard enough, and healthy weight loss can be a real struggle.

Adding to the difficulty is the abundance of fad diets and "quick-fix" plans that tempt and confuse us and usually do not work.

If your last diet attempt wasn't a success, or life events have caused you to gain weight, don't be discouraged.

The key is to find a plan that works for you and your family, so that you can avoid common diet pitfalls. Instead of dieting, make lasting lifestyle changes that can help you find long-term, healthy weight loss success.

Fad Diets
LJ—Page P-23

Turn to page P-23 in your Life Journal. Why do fad diets and "quick fix" pills and plans fail? Take some notes as a reminder to yourself.

Possible answers are:
- ***You feel deprived.***
- ***You "plateau" or get stuck after losing a few pounds.*** *Often your body adjusts to a new way of eating, and it's only with increased physical activity that the pounds will continue to burn off.*
- ***You lose weight but can't keep it off.***
- ***After your diet, you seem to put on weight more quickly****.*
- ***You break your diet and feel too discouraged to try again.***
- ***You lose money faster than you lose weight****. Special shakes, meals, and programs may be too expensive and less practical for long-term weight loss and healthy weight maintenance.*
- ***You feel isolated and unable to enjoy social situations revolving around food****, such as holidays, birthdays, etc.*
- ***The person on the commercial lost 30lbs in 2 months – and you haven't****.*

Obesity, Dieting, and Weight Loss (Cont.)

So, what makes some weight loss programs successful?

Possible answers are:

- ***They're about a** permanent lifestyle change.*
- ***There's a s**ocial support system, like Jenny Craig and Weight Watchers. Seek out support, whether it's in the form of family, friends, or a support group, so that you can get the encouragement you need.*
- ***There's commitment to a plan and stick-to-it-ness.** Find a good, long-term plan that helps you lose the weight and maintain that loss in a way that works for you.*
- ***You lose weight slowly**. Losing weight too fast can take a toll on your nervous system, making you feel sluggish, drained, and sick. When you drop a lot of weight quickly, you're actually losing mostly water and muscle, rather than fat. Aim to lose 1 to 2 pounds a week to ensure healthy weight loss.*
- ***You stay motivated and keep track of your progress.** Keep a food journal or weigh yourself regularly. Find and use tools that help keep you motivated. Stay focused: when frustration and temptation strike, concentrate on the many benefits you will reap from being healthier and leaner.*

Food isn't just used to satisfy hunger—it is also a common part of social interactions and a means of comfort and stress relief. How we eat is also partially dictated by how we were raised.

How many of you have heard the phrase, "Clean your plate; there are children starving in Africa?"

Get a show of hands.

The problem is that if your friends and relatives start packing on the pounds, you are more likely to do so as well.

Lifestyle Tips
LJ—Page P-24

So, turn to page P-24 in your Life Journal and look at some Lifestyle Tips.

Allow Candidates to take turns reading out loud.

Do you need or want to lose weight? If so, consider:

- Eating on a smaller plate.
- Ordering off the kid's menu or get a kid size portion.
- Asking the waiter to only bring ½ of your food to the table and box the rest for taking home.

What comments or questions do you have?

Obesity, Dieting, and Weight Loss (Cont.)

On another note, we recently saw a TV *show (Extreme Makeover: Weight Loss)* that showcased a person who weighed close to 500 pounds. When the doctor ran all his tests, his diagnosis included MALNUTRITION! Can you believe it? Malnutrition! The 500-pound person had been eating only junk and fast food and even with enough food eaten to get to that weight, the calories were all empty. That's why this person was always hungry. The body was looking for nutrition, so it kept sending out hunger signals.

With the lifestyle tips and what we have learned about nutrition in mind, let's look at some things we should consider when eating out.

Eating This, Not That, and Serving Size
35 minutes

Let's face it, we **aren't** always able to cook or make our meals every night. When that becomes your situation, there are a few things that you should consider, so you make smart choices rather than impulse, glamorized choices.

LJ—Pages P-25 & P-26

We're going to look at some examples of good versus bad choices taken from David Zinczenko's 2010 book, *Eat This, Not That*. So, turn to pages P-25 & P-26 in your Life Journal to see some easy tips you can practice now for eating:

- On the run.
- From vending machines.
- During the holidays.

Quickly review the food items in each section.

VA: No need to find the book.

For those of you interested in finding out about some of your other favorite foods, you can find Zinczenko's book at most libraries where you can check it out for a month for free, instead of paying the $19.00 cover price.

Paper Plate Exercise
PPT—Slide 10

I have another tip that will help us with serving sizes and one of the real keys to healthy eating – portion control. I'm going to give you each a paper plate

VA: Candidates will need their own paper plate, or they can draw one on a blank sheet of paper.

Distribute a paper plate to each Candidate. Demonstrate the places to make the lines on the plate on the white board.

Eat This, Not That and Serving Size (Cont.)

Draw a line down your paper plate. On half of the plate, write fruits and vegetables. Every time you eat, ½ of your plate should be full of fruits and vegetables. Yes, though you only need 5 servings, those servings are usually "larger" – visually – than the other servings.

On the other ½ of the plate, divide it in half. Write grains in one part or ¼ of the plate; and write proteins (meats and dairy) in the other part of the plate.

Again, every time you eat, be sure that your grains and proteins do not take up more than a ¼ each of your plate.

Remember, you are eligible for 6 servings of grains a day and 5 servings of protein—3 of milk and 2 of meats.

This is just a "rule of thumb," but if it is the only thing you remember today about nutrition, it's a great start on which to build healthy eating habits.

Serving Size Chart
LJ—Pages P-27

Now let's look at some ways to remember how much a serving really is. There is a Serving Size chart to help you on page P-27 in your Life Journal. We also have a handy serving size plate to give a realistic image of what your serving sizes should look like on your dinner plate!

Show serving size plate as you walk through each food category.

VA: Have a hardball to show on your camera view.

Carbohydrates: A rounded handful or a tennis ball cut in ½ represents about a ½ cup of cooked rice or pasta. It also is a good measure for a snack serving, such as chips or pretzels. So, just grab a "handful."

For breakfast, one serving of a pancake or small waffle is equal to a compact disc. Does anyone remember what they look like? Cooked oatmeal is about ½ cup, while cereal is about ¾ cup. A slice of bread should be the size of a CD, too.

Vegetables: A serving of vegetables is about the size of a baseball. A rounded handful equals about ½ cup of veggies. A computer mouse equals about the size of a small baked potato.

Fruits: A serving of fruit is about the size of a baseball. A ¼ cup of dried fruit is the size of a golf ball or large egg.

Milk: The recommended one cup serving of yogurt or milk is roughly the same size of a baseball. What about cheese? Well, a serving of cheese equals about four to six dice in size. This is about 1½ of the 2 ounces of processed cheese we are allotted to consume daily.

Eat This, Not That and Serving Size (Cont.)

VA: Have a deck of cards to show on your camera view.

Proteins: A deck of cards equals a serving of meat, fish, or poultry, which is about 2-3 ounces. A ¼ cup of nuts is the size of a golf ball or large egg. One teaspoon of peanut butter equals about the tip of your thumb.

Fats: A teaspoon of oil or salad dressing is about the size of a matchbook.

Learning how to "eyeball" your serving sizes can help you stay committed to watching your calorie intake. At home, you might practice measuring some of your favorite foods to see what ½ cup or 3-ounce servings look like.

Comments? Questions? *Encourage discussion.*

Calories
LJ—Page P-28

Now, let's review some information about calories. We'll start by taking a look at the definition on page P-28 in your Life Journal.

Calories are a unit of energy; they are a unit of measurement. Your body needs a certain number of calories each day to maintain your energy.

When you eat too many calories without burning enough of them through exercise or daily activities, it leads to weight gain.

How many calories should you consume a day? Well, the answer is "it depends." For example, an inactive woman or an older person may only consume about 1,600 calories a day; while an active man, a very active woman, or a teenage boy may be able to consume 2,800 calories a day without any weight gain.

On webmd.com, their diet section includes a chart including age and activity levels.

It's important to know that it takes burning 3,500 more calories than you consume to lose one pound of weight.

Serving portions for young children should be small. This is the best way for them to learn to eat only until satisfied. Encourage them to ask for more if they are still hungry.

Keep in mind that it usually takes our brains 20 minutes to realize we're full, so by then, we're usually "sick" from all we've consumed. Perhaps that's why six small meals a day are recommended.

If you don't eat six small meals a day, you can eat three large meals with three mini-snacks between each meal to keep your metabolism working.

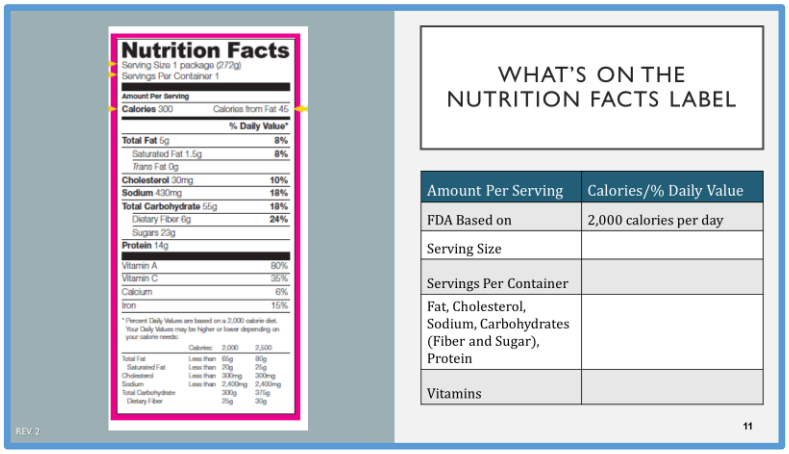
Eat This, Not That and Serving Size (Cont.)

Our hope is that all this information will help you in making the changes you desire in your physical domain.

Nutrition Labels
LJ—Page P-29 thru P-32

The Food and Drug Administration requires manufacturers of food products to affix a Nutrition Facts Label detailing the nutritional value of the product. The labels provide information about carbohydrates and fat. Turn to page P-30 of your Life Journal for a quick review.

PPT—Slide 11



Healthy Eating Tips
LJ—Page P-33 thru P-37

On pages P-33 thru P-37 in your Life Journal, we've inserted 6 tips on healthy eating and shopping. Read over them in your spare time for additional information on this important part of our physical health.

Symptoms of Hypoglycemia
LJ—Page P-38

There are a host of abnormal health conditions that can be a result of improper diet habits. One of these is Hypoglycemia. This is a condition which means there has been an abnormal reduction in our blood sugar. On page P-38 of your Life Journal on P-38, you will find a list of symptoms of Hypoglycemia.

We know that there are going to have to be changes made and with that thought in mind, we have another quote for you.

Gary Dawson, one of the owners of the LLC building, is fond of saying, "If nothing changes, then nothing changes." That pretty much sums it up!

Okay, let's move on to another topic that is vital to good health: Exercise & Flexibility.

Exercise and Flexibility
25 Minutes

LJ—Page P-39
VA: Use *Physical–Wbd Benefits.docx.* Share screen and add input as candidates share.

Let's turn to page P-39 in our Life Journals. Feel free to take notes as we go through this information.

We're going to talk about exercise and flexibility. There are benefits for exercise—even if most of us really don't like it! What are some of the benefits of exercise?

Document responses on white board.

Possible answers are:
- *Sleep better.*
- *Maintain and lose weight.*
- *Feel better.*
- *Strengthen bones, joints, etc.*
- *Can ward off osteoporosis.*
- *Eat better.*
- *Look better.*
- *Great example for children.*
- *Good habit for handling stress.*

As you are probably aware, what often happens when people are under high stress is that they tend to cut back on exercise and increase the bad food they eat—emotional eating—comfort foods, which is just doing the opposite of what they should be doing.

As we mentioned in the *Stress* class, chronic stress can contribute to increased belly fat.

According to Pamela Peeke *(*M.D., an assistant clinical professor at the University of Maryland School of Medicine and the author of *Fight Fat After Forty)*, this kind of midriff flab collecting around your middle is truly "toxic," because it puts you at higher risk for:
- Heart disease.
- High blood pressure.
- Diabetes.
- Stroke.
- Possibly some forms of cancer.

A sure way to control the problem is to get 45-60 minutes of brisk exercise a day. Physical activity not only burns calories, but also increases production of endorphins, the brain chemicals that neutralize stress hormones and make you feel great.

Exercise Options
LJ—Pages P-40 thru P-42

Speaking of Exercise…let's do a few exercises. You can find some to do at home on pages P-40 thru P-42 in your Life Journal.

Exercise and Flexibility (Cont.)

Spend a few minutes doing some stretches to get people moving.
Let's begin by doing some stretching to get our muscles warmed up.

> ***Facilitator Tip:***
> *Based on the exercises selected, consider using the fitness room. Check availability of Fitness Room in Advance.*

That wasn't so bad! Let's move on now. You can sit back down.

What types of exercise do you, or someone you know, perform?

VA: Use *PHYSCL–Wbd Benefits.docx*. Share screen and add input as candidates share.

Document responses on white board.

Possible answers are:

- *Yoga*
- *Cardio*
- *Stretching*
- *Strengthening*
- *Weightlifting*
- *Chair aerobics*
- *Aerobics*
- *Zumba*
- *Pilates*
- *Walking*
- *Running*
- *Jump roping*
- *Video gaming systems, such as Wii*

Remember, you can make exercising affordable by getting exercise books, videos, CDs, and DVDs from the library. There are also exercise programs on television and cable that you can watch and do.

Take the first step. The worst thing you can do is rest, if that's what you've been doing. Remember our quote: "If nothing changes, nothing changes."

With any exercise program, you must remember to pace yourself. What's easy for one person may not be for another. It is better to take it slowly and build your strength and stamina, rather than to be someone who goes "all out" and then gives up because they are so sore the next day…or several days.

If you are someone who usually just sits around all day, then just taking a 5-minute walk is a great start. Remember, variety is the spice of life…so don't forget to try out some new exercises—especially the free ones.

Exercise and Flexibility (Cont.)

Also, keep in mind that just because you exercise some muscles, doesn't mean that you won't be sore when you start using other muscles. Again, remember to take it slow and build up to higher performance.

Always warm up and cool down before and after exercising. You know your body best. Listen to it.

Daily Routine Exercises

VA: Use *Physical–Wbd Exercise.docx*. Share screen and add input as candidates share.

What are some simple things you can do every day to get exercise during your daily routine that is not considered "exercise"?

For example, park at the end of the parking lot so you have to walk further to get to the building.

Document responses on white board.

Possible answers are:

- *Playing with your kids at the park.*
- *Lifting and holding your baby and kids.*
- *Walking around during shopping trips.*
- *Purposely parking further away at the grocery, library, etc. to create a longer walk.*
- *Walking your dog.*
- *Coaching your children's sports.*

Tidbits and Tips
LJ—Page P-43 and P-44

Take a look at the Exercise Tidbits and Tips on pages P-43 and P-44 in your Life Journal.

Highlight those Tidbits and Tips that you currently use with a highlighter and highlight those tips that you think you should consider using in the future with a different colored highlighter.

Allow 3 minutes.

What were some of the Exercise Tidbits and Tips you are already using?

Encourage responses.

What were some of the Exercise Tidbits and Tips you should consider using in the future?

Encourage responses.

Move your body. Even moderate amounts of exercise can reduce the bad effects of chronic stress.

Exercise and Flexibility (Cont.)

In addition to producing the mood-elevating chemicals dopamine and serotonin, workouts can also keep cortisol levels in check and belly fat in control.

Tennis Ball Exercise

VA: Do a demo with yourself on a wall (it can be entertaining…). Suggest that candidates try this on their own later.

Distribute a tennis balls to Candidate.

An easy way to relax your back muscles is with a tennis ball. Stand up and put your back to an open wall space. Place a tennis ball between your shoulder blades and press your back against the wall. By bending your knees and moving your body up and down, the tennis ball will massage the muscles along your spinal column. Or use side-to-side movements to relax the rest of your back. You can also use a rolling pin or wooden dowel to knead the tension out of your arm and leg muscles.

Allow a moment. Have them sit down again.

One last note – smiling is good exercise, not only for the muscles used, but also for the positive, "feel good" endorphins that exercises releases.

Exercise for the Enlightened
LJ—Page P-45

So, now that we've released some endorphins through exercise, let's release some through smiling! Turn to page P-45 in your Life Journal Exercises for the Enlightened. Let's read through a few of these for a good chuckle.

Invite Candidates to read a few of the "exercises."

Isn't it fun to exercise all of our muscles? Especially our "smile" muscles? Before we move onto Flexibility, does anyone have any comments/questions about exercise?

Flexibility
LJ—Page P-46

Let's talk about flexibility for a bit. Flexibility is another skill that, when used, will help you manage difficult bumps in your life road. Even though we were just talking about exercise, here we are not talking about the flexibility that allows you to touch your toes!

Turn to page P-46 in your Life Journal. Flexibility is the degree of structure or organization in your life as well as how comfortable you are with situations that are unstructured and unpredictable.

Some people prefer a greater degree of organization and structure in their life, while others prefer more innovation and variety. The more open you are to change, the more easily you can deal with stress.

Because **change** has nearly become a constant in today's world, having a great deal of flexibility can be an important resource for managing the stress in your life.

Exercise and Flexibility (Cont.)

If you find that flexibility is an area where you have an opportunity for growth, this could be an important factor contributing to the negative stress you are experiencing in your life, which drives your thoughts and actions towards bad and unhealthy habits.

Think about this:

- Do you ever find yourself becoming frustrated and defending the usual ways of doing things?
- Or do you often see new solutions and creative ways for dealing with issues?

There are four basic tips to follow in order to build your flexibility with others. They can be found on page P-46 of your Life Journal.

1. Be open to new and diverse ideas.
2. Brainstorm ideas without judging.
3. Avoid judging "right" or "wrong."
4. "Try on" other people's roles.

The first tip is to **be open to new and diverse ideas**. Most people have rather strong opinions about things, and it is difficult for them to change their ideas. Openness can increase your ability to understand other people's ideas. This openness is an asset to strong families and friendships.

Allow yourself to be open to new thoughts and experiences. This will increase your understanding and appreciation of other people's points of views. You only have one shot on this earth, and you need to live each moment to its fullest, as if it is your last.

This doesn't mean you have to accept every new idea that comes along but be wary of simply dismissing ideas without giving them your careful consideration.

Here's some food for thought on individuals who were flexible and creative and literally changed history: It was once believed that manned flight was impossible, according to the known laws of physics…until the Wright Brothers.

Before Roger Bannister broke the barrier of the 4-minute mile, there were dozens of scientific papers published explaining the physical impossibility of the human body running at that speed. According to those papers, Mr. Bannister's leg and ankle ligaments should have torn away from his bones before reaching that speed.

The point is that today's crazy notions (like cell phones, self-driving cars) sometimes turn out to be tomorrow's accepted wisdom.

Exercise and Flexibility (Cont.)

The second tip for developing greater flexibility is to **brainstorm ideas without judging.** Having a group of people brainstorm is a great way to generate creative solutions that increase flexibility.

You have heard us use the word, brainstorm, a few times over the last several weeks, but we have not clearly defined it. Brainstorming is creative, free-flowing thoughts and ideas that come to mind instantaneously when given a task, without auditing the thoughts and ideas before you share them.

For example, if you are asked to brainstorm how to fix a leaky ceiling, what might be your response?

Possible answers are:

- *Decide if you can do it or if you need help from others. If so, who?*
- *Start with YouTube – isn't that how we learn most things these days!*
- *If you're doing it, what tools do you need?*

Before a brainstorming session, you want to define the problem, and then encourage people to be as creative as possible. After brainstorming is complete, you can go back and evaluate ideas with greater scrutiny.

Don't forget to involve others in seeking creative answers. If someone in your family presents you with a problem they are juggling, ask them how they are thinking of handing it before you provide your ideas and feedback.

Avoid judging "right" or "wrong" is the third tip for developing greater flexibility. When we're in a stressful situation, it's common to want to judge statements as right or wrong or react with a crass comment, instead of processing the situation in your mind first. This often leads to making poor decisions that only create an even greater level of stress.

If we really think about it, most situations are never completely "right" or "wrong," but merely shades of gray.

The fourth tip is to **"try on" other people's roles**. This is a useful technique that helps strengthen relationships. Having people switch roles will increase their mutual understanding of one another.

Additional Tidbits and Tips
LJ—Pages P-46 thru P-48

Take a look at the Additional Flexibility Tidbits and Tips on pages P-46 through P-48 in your Life Journal. Get out 2 different colored highlighters. Highlight those Tidbits and Tips that you currently use with one color and those that you think you should consider using in the future with a different color.

Allow 5 minutes.

Exercise and Flexibility (Cont.)

What were some of the Tidbits and Tips you highlighted that you're already using?

Encourage responses.

What were some of the Tidbits and Tips you highlighted that you should consider using?

Encourage responses.

Remember, research shows that 85% of what we worry about doesn't happen and that a large proportion of the other 15% can be changed or improved by taking some action. So, what can you do to view your world differently? Perhaps it's taking small steps to get big rewards – one day at a time.

Brain Health and Addiction
30 minutes

All of life begins in the brain, true or false?

Solicit responses. Ask candidates to support their position. Discussion.

The answer is not straightforward.

LJ—Pages P-49

Let's first understand a few terms about the brain and turn to page P-49 in your Life Journal.

The brain is responsible for all voluntary and involuntary activity necessary to sustain life. At this time, the human brain is the LEAST understood system in the human body.

Some might describe the brain as our computer operating system, and it tells our body what to do. It is an accepted belief that our body is made of chemicals.

The brain is believed to function in a complex chemical environment, through neurons and neurotransmitters. **Neurons** are cells which are capable of instant communication. **Neurotransmitters** are the chemical messengers that transmit the communications from the neurons.

Another chemical, **Dopamine,** is the chemical that communicates with the front part of our brains which is associated with pleasure and award. This is sometimes referred to as the "reward pathway," which rewards us when we engage in behaviors necessary for survival—eating, drinking water, procreating, sleep, etc. When Dopamine is released, it makes us feel confident, energized, euphoric and relaxed. By contrast, the opposite of this is when people suffer from Dopamine depletion, resulting in anxiety, OCD, and depression.

Are you with me?

Look for nods.

Now let's look at a common issue that arises along the "reward pathway" —addiction. Sometimes we refer to addiction in the context of certain foods, exercise (runner's high), reading. A "not-so-bad" kind of addiction, though too much of these types of things in your life can lead to stress—yourself, your facility, relationships with others, financial issues. For the purpose of this discussion, we are going to focus on addiction in the context of substances like drugs, alcohol, and nicotine. And some you might not be familiar with like digital technology.

So…we define addiction as follows:

Brain Health and Addiction (Cont.)

Addiction is the compulsive uncontrolled use of habit-forming drugs or beyond the period of medical need or under conditions harmful to society. In the case of alcohol, nicotine or other like substances, it is inability to function without consumption.

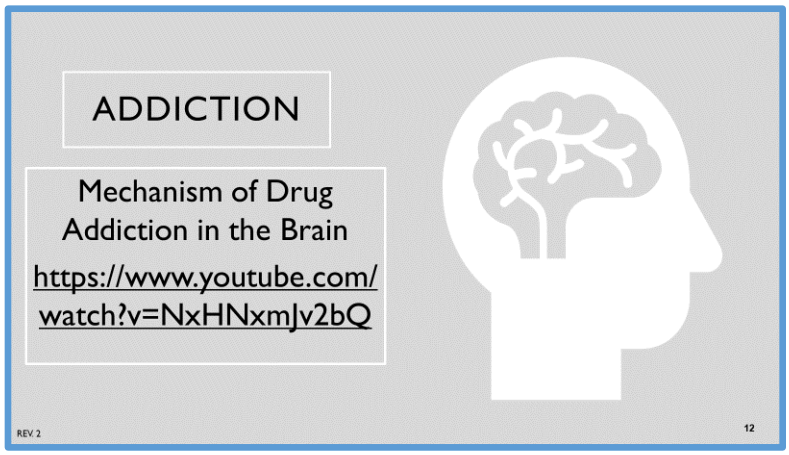
Are you still with me?

Look for nods.

Video: Mechanism of Drug Addiction in the Brain (4:15 minutes)

We are going to watch a short video that illustrates and animates how this process works in your brain.

PPT—Slide 12



VA: Download video from Faculty Resource Page and run locally to help reduce Internet service bandwidth impacts.

Access Mechanism of Drug Addiction in the Brain Access https://www.youtube.com/watch?v=NxHNxmJv2bQ.
Run video directly from hyperlink or from file on classroom laptop.

As noted in the video, the excessively high levels of dopamine on the brain are so powerful that the brain needs to find a way to adapt. The brain desensitizes itself by reducing the dopamine receptors and the amount of dopamine released. This begins the cycle of needing more to achieve the same high. The brain then becomes dependent on the drug to function and no longer releases the dopamine "naturally" that allows us to feel pleasure without the drug. The pathways that are responsible for memory, learning, and judgement become hardwired to perform addictive behavior.

Let's use a simple example to illustrate the point.

You see a pizza in front of you. Your five primary senses (seeing, hearing, smelling, tasting, feeling) gather information about what you see and send it to your brain. The memory of pizza is triggered by your senses and tells you to dig in. If it's your first time eating pizza, the senses tell you it should be an enjoyable experience and you try it. At

Brain Health and Addiction (Cont.)

This point, your brain releases Dopamine, which gives you a surge of pleasure. This is your reward for eating pizza. The reward pathway connects with other parts of your brain that controls memory and behavior and tells it to remember that eating pizza makes you feel good. Thus, reinforcing a repeat of this behavior.

If you look at the interaction between the five senses and the reward path, you can see how Dopamine affects eating habits that can lead to obesity.

On the other hand, when you ingest drugs or alcohol, they bypass the five senses and go directly to the reward pathway. The amount of Dopamine released in this direct process is 2-10 times higher than say eating pizza, and the feel-good effects last much longer.

While we won't discuss them in depth today, nicotine and caffeine are also known to create similar effects on the reward pathways resulting in what most people would consider unhealthy "addictions."

The Imitators – Sugar and Digital Technology

True or false. Sugar in all forms react in the brain on the same Dopamine pathway as drugs and alcohol?

Has anyone ever heard this before?

Look for responses and discuss, if appropriate.

There actually is a school of thought that ALL addiction starts with sugar addiction and proceeds from there. And many of us may have started down this path at a very young age.

What kind of food did you eat for breakfast when growing up, what kinds of cereal, favorite snacks?

Look for responses

Are we saying sugar is the cause of alcoholic addiction? No.

We're saying that our reward pathways could have been conditioned long ago to facilitate more serious addiction to alcohol, which acts much faster and is delivered in higher concentration with more devastating and lasting impact on our lives.

What is something you feel very anxious about when you cannot find it?

Prompt discussion. Possible responses:

- Children – for sure
- Wallet
- Keys
- Favorite hat

Brain Health and Addiction (Cont.)

For many, the biggest anxiety occurs when they cannot find their cell phone. Is that true for you?

Look for nods.

Another factor has recently entered our lives for people of all ages. Digital technology is a recent thing. And it's addictive. There is documentation that digital technology can breakdown Dopamine receptors. Any idea how that could be?

Possible responses:

- *Electronics in my cell phone scramble the wiring in my brain*
- *I don't believe it*

Do you find yourself mindlessly reaching for your phone? Or constantly refreshing your social media feeds? Every app on your phone has been expertly engineered to produce these responses by designers skilled in manipulating brain chemistry to illicit addictive behaviors.

Smartphones and slot machines have a lot in common. It's that irresistible feeling of unpredictability; intermittent rewards. That feeling that something exciting could happen at any moment.

Video: Addiction to Technology is Ruining Lives
(4:02 minutes)
PPT—Slide 13

VA: Download video from Faculty Resource Page and run locally to help reduce Internet service bandwidth impacts.

Believe it or not, our phones are altering our brains. Let's watch a short video that educates us on this.

Access Addiction to Technology is Ruining Lives
https://www.youtube.com/watch?v=sL8AsaEJDdo

Run video directly from hyperlink or from file on classroom laptop.

Agree or disagree?

Prompt discussion.

Brain Health and Addiction (Cont.)

Dopamine Depletion Self Analysis
LJ—Pages P-50

Drug and alcohol addicts suffer from low blood sugar. Refer to Life Journal page P-50 for the list of symptoms and check the ones that pertain to you.

We've covered a lot. Does anyone have any thoughts? What spoke to you? Were you surprised? If so, by what?

Group discussion.

When you're addicted to any substance or behavior, you consume less food. Eat more junk food with little nutrition. Your addiction increases the speed your body uses up energy, depletes nutrients, and damages your gut so you don't absorb nutrients.

In the first year after stopping an addition, your nutrient need will be greater. During that time, meals and snacks are introduced slowly so the body has a chance to adjust to digesting the increased amount of food.

The Healing Process

As you may already know, the healing process for all addiction begins when you stop the behaviors causing the addiction. The good news is that your body and your brain have amazing capabilities to heal themselves when we give them a good chance. Dopamine receptors typically take 3 – 5 years to heal from substance abuse.

In keeping with a healthy lifestyle, your diet needs to keep your blood sugar on an even keel throughout the day. The most common effective practice is to have 3 full meals and 2 snacks throughout the day. The guidelines provided in the Nutrition and Eat This Not That sections of this session are excellent resources to help you eat healthy.

We covered the benefits of exercise in having a healthy lifestyle and rebuilding those reward pathways.

And in the case of Digital Technology, take action. Turn off your cell phone notifications, banish your phone and TV from your bedroom. Yeah, buy yourself an alarm clock! Pick up a good book.

Think of one thing that you might do differently this week to keep your dopamine receptors healthier!

Physical Life Blueprint Future
45 Minutes

Now that we've provided information about nutrition, food, portions and eating tips, let's finish the Future Physical Domain section of our Physical Life Blueprint.

However, for this section, we are going to help each other by breaking up into groups of 3-4.

Break class into groups of 3-4, depending on class size.

LJ—Pages P-12 thru P-15

In your groups, for the next 40 minutes, go through the rest of the Physical Life Blueprint – Future Physical Domain on pages P-12 thru P-15 in your Life Journal.

VA: Use Breakout Rooms for Small Group Discussions.

Go through each line in this section of the Blueprint and have the Candidates fill in their answers (as well as they are able) in the spaces provided.

Select Breakout Rooms Automatically.

Be sure they are on the right track with a healthy lifestyle.

Be sure they are capturing the essence of what they need to change and what it will take.

Do P-12 together as a class, review the remaining pages to review requirements, have candidates join Breakout Rooms.

Allow Candidates to work as a group until five minutes of this segment remain.

Again, we don't expect you to have all the answers on how to achieve all your goals, but we do expect that you have an idea of what needs to be done.

Be sure to work on your Life Blueprint over the next few days. You will go over them with your Candidate Support Coordinator and also discuss the timeline/accountability sections, in addition to the questions you have about accomplishing your Blueprint.

Taking better care of yourself is not merely a matter of good health. Some people take better care of their car than they do of their body. Most people, in fact, pay little attention to their body, until something goes wrong. Why create that kind of situation?

Wrap Up & Evaluations
5 Minutes

Let's review the objectives of this segment:

- Learn about Food and Nutrition
- Defined and reviewed obesity, dieting and weight loss.
- Identified healthy foods vs unhealthy and serving sizes
- Discussed the importance of Exercise and Flexibility and Brain Health & Addiction

Getting Started First Steps Exercise
LJ—Page P-51

Turn to page P-51 in your Life Journal. Make a comparison of what you've been eating in the past as compared to what you plan on eating in the future.

Also, make a comparison of what you've been doing in the past for sleep and rest as compared to what you plan on doing for sleep and rest in the future.

Then, make a comparison of what you've been doing in the past for exercise as compared to what you plan on doing for exercise in the future.

Then, answer the question: What techniques will you use to deal with stress with regard to flexibility?

Each of us is granted a certain amount of time – certainly far too small an amount to let things like stress, burnout, or unhappiness steal it away.

Apart from the profound sense of fatigue, increased risk of accidents, and general suppression of the immune system, too much of any one thing can steal the most precious resource we all have, which is time.

A human life is lived within the finite amount of time. Years that are made up of days and weeks. During your time on this earth:

- How many weeks do you plan to allocate to work?
- How many weeks to leisure?
- How many to being in the company of people you love?

Being in good health allows us to spend those weeks to the upmost of our ability.

Also, don't forget to write in your Diary Books this week and, in the weeks, going forward. It is a great place to capture all the things that you are feeling as you go through Transformational Permanent Change.

Wrap Up (Cont.)

Now, let's turn to our Life Journals on page P-52. What is the first step you will take toward achieving your goals in weight loss, sleep/rest, brain health, exercise and/or flexibility?

Healthy Living Action Plan
LJ—Page P-52

And, finally, our work would not be complete without a key learning. For this segment, it is:

- I can make changes, or I can make excuses, but I can't make both.

Evaluations

Lastly, we will complete our daily evaluations.

Distribute evaluation form to each Candidate and remind them:

- *Put their name on the evaluation form*
- *Of the importance of completing all parts of the form*
- *Comments are an expectation and should be given*
- *To provide facilitator feedback on back of form*

Facilitator will collect the Evaluations.

**Ensure every Candidate submits a form and both sides are filled out. Return incomplete forms back to candidates for completion and collect.*

Once all evaluation forms are collected, return to LLC Administrative Assistant at the front desk.

Thank you all for your participation!