

Action Plan for Healthy Living

Leader's Guide

Donna Krug,
Barton County Family and Consumer
Sciences Agent



Introduction

A long and healthy life doesn't just happen. Everyday choices influence your quality of life. From healthy food choices, becoming more physically active, to working to improve a bad habit or behavior, there are many strategies to try. This lesson is designed to help participants decide on an area of life they want to change and give them the tools to make that change.

Educational Goals

As a result of participating in this educational program the learner will be able to:

- describe ways to improve his or her eating habits,
- identify several health benefits of regular exercise,
- understand there are other factors (besides healthy food and regular exercise) that influence health, and
- discover how developing an action plan can help an individual maintain or regain health.

Intended Audiences

- Adult groups of any age, including community groups and Family and Community Education groups
- Health-related support groups

Preparation

- Read the *Action Plan for Healthy Living* fact sheet (MF3053) and leader's guide. Familiarize yourself with terms and strategies outlined in them.
- Make additional copies of the action plan form for participants to use.

Presenting the Lesson

- Give each participant a pen or pencil and a copy of the fact sheet.
- Allow 20 minutes to teach the lesson, spending around 1 minute per bulleted suggestion related to improved eating habits, exercise, and other factors.
- Discuss how an action plan works. Share an action plan of your own.
- Have participants identify something they want to do to improve health and develop an action plan.
- Make sure that their confidence level is at least 7. If it is lower, help participants address the barriers.
- Ask participants to complete the program evaluation.
- Thank the audience for their participation.

Resources

Bobroff, Linda B. 2011. *Healthstyle: A Self Test*. University of Florida, IFAS Extension, publication FCS8553, <http://edis.ifas.ufl.edu/he778>

Bradshaw, Mike; *A Guide to a Healthy Lifestyle*; K-State Research and Extension publication MF943; Dec. 1989.

Foco, Zonya, R.D.; *Water with Lemon – Diet Free*; 2006; www.Zonya.com

Lorig, Kate, R.N., Dr.P.H.; Holman, Halsted, M.D.; Sobel, David, M.D.; Diana Laurent, M.P.H.; Gonzalez, Virginia, M.P.H.; and Minor, Marian, R.P.T., Ph.D., *Living a Healthy Life with Chronic Conditions*, 3rd edition; 2006, Bull Publishing Company.

Reviewers

Sharolyn Flaming Jackson, Family and Consumer Sciences Specialist, K-State Research and Extension – Northeast Area

Pat Gerhardt, Family and Consumer Sciences Agent, K-State Research and Extension – River Valley District

Evaluation for Action Plan for Healthy Living

Date: _____

Instructor: _____

Are you: (circle one) Male Female

Age Category: 20-40 41-64 65 or older

After participating in the educational program *Action Plan for Healthy Living* I plan to:

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