



BE SUPER IN CONSTRUCTION

Get Healthier Cards

LEADER CARDS



BeSuper! in Construction is a toolkit developed by the Oregon Healthy Workforce Center (OHWC) housed within The Oregon Institute of Occupational Health Sciences at OHSU

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GET HEALTHIER CARDS

'Get Healthier' Lifestyle education cards teach employees how to live healthier lifestyles by working in small groups or teams and talking about the scripted information on the cards, and to practice these habit patterns. Groups of 3-7 employees meet for about 30 minutes weekly to discuss each card or topic, plus an additional 10 minutes if test data is collected to determine how much is learned. Employees take turns leading topic discussions and typically rotate weekly.

WHAT YOU WILL FIND IN THIS TOOL

- Twelve (12) Double-Sided Leader Cards. Includes information, questions, and answers
- Twelve (12) Double-Sided Member Cards. Includes information and questions but no answers
- Take-Home Activity Tracking Sheets and additional resources

TOPICS COVERED

- Get healthier (making goals, pedometer)
- Sleep
- Calories (calories in foods, portion sizes, RMR calculations)
- Liquids & calories (low calorie/sugar options, low-high comparisons)
- Basic nutrition (reading labels, food groups: healthy vs. unhealthy)
- Snacks (healthier options)
- Sugar (natural vs. added, limit added)
- Exercise (benefits starting out)
- Strength (weekly needs, group strength routine)
- Flexibility (benefits injury)
- Stress (body-mind, management)
- Moving forward (overview, future health goals)
- Take-Home Activity Tracking Sheets and additional resources



The Be Super in Construction program was developed by a team of seasoned researchers at the Oregon Healthy Workforce Center (OHWC), a NIOSH Center of Excellence in Total Worker Health®. OHWC is a part of the Oregon Institute of Occupational Health Sciences, a free-standing research institute at OHSU.



Get Healthier Leader Cards

Print cards double-sided



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SLEEP

LEADER INSTRUCTIONS:

Leader instructions for you are in orange, do not read them out loud. Read to your group everything else on this card starting with #1, then #2, and so on. Give your group enough time to talk about the information on this card as you read through it. Encourage everyone to participate by asking questions like: What does everyone else think? Does anyone have any other ideas?

This leader card has information, shown in green, that is missing on the member cards.

READ AND FILL IN THIS GET HEALTHIER CARD. THEN COMPLETE THIS WEEK'S TAKE-HOME ACTIVITY. IF PROVIDED BY YOUR COMPANY, TELL THE MEMBERS THAT THEY WILL RECEIVE AN INCENTIVE FOR COMPLETING THE TAKE-HOME ACTIVITY.

1. REFLECTION

Allow enough time for your group to discuss (about 5 minutes). Have at least half of your group talk.

How did last week's activity go? What goals did you set for yourself? What healthy, and what less healthy routines do you have? What are you willing to change or improve? Were you able to find a support system to help you reach your health goals? How was it using the pedometer? Share your experiences with your group.

2. THE IMPORTANCE OF SLEEP

Good quality sleep is necessary for your overall health and quality of life. It greatly affects how you look, feel and perform every day. In fact, getting about 7-8 hours of good quality sleep each night could be just as **important** as eating a healthy diet and exercising regularly. By making sure you get enough sleep each night, you can maintain good: muscle **growth**, memory, hunger **control**, emotional **balance**, energy, and much more! Getting enough good quality sleep could be the **easiest** thing you can do to improve your overall health.

3. LACK OF SLEEP

The quality of your sleep (deep and uninterrupted vs light and interrupted) and the quantity (total hours) can be greatly affected by many things, including: health problems, medications, **sugar**, caffeine, nicotine, **alcohol**, problems at work, deadlines, schedule changes, family responsibilities, drinking too much water before going to bed, aging and more.

4. SIDE EFFECTS OF LACK OF SLEEP

When you do not get enough good quality sleep, you feel tired the next morning and it is hard for you to get up. Even if you are unaware of it, not getting enough sleep on a regular basis can negatively affect your overall health in the following ways:

- **Metabolism:** you will feel hungrier during the day and your body will store **fat** more easily. This could cause you to gain weight even if you have not changed anything else in your diet or exercise routine. It could also make it much harder to lose weight.
- **Energy:** you will feel tired and have **less** energy. This will reduce your quality of life, making ordinary things less enjoyable. It also makes you more likely to be involved in a car accident.
- **Memory:** you will think slower and not as **clearly**. This will make you **less** productive during the day, making easy everyday tasks harder and more time consuming.
- **Emotions:** you will increase your risk of depression and **stress**. You will also be **less** motivated to do the things you need to do.
- **Immune system:** you will weaken your immune system. This will increase your risk of many **diseases** including heart disease, diabetes, Alzheimer's, and much more. You are also more likely to **get** sick and **stay** sick longer.

Make it easier for yourself and sleep some more!

5. GROUP ACTIVITY

Ask your group one question at a time. Allow enough time for your group to discuss. Have at least half of your group talk

- Which of the items above do you most feel when you are sleep deprived?
- Why don't you get enough sleep at times?
- Are there things you could do (such as prepare your lunch the night before) to increase your sleep quantity and quality?
- When you are tired, how does this affect your daily routine?

6. HAVE A SLEEP ROUTINE

You cannot always control the things that affect your sleep (for example stress), but you can help your body relax. By having a nightly sleep routine, you can get your body ready to go to sleep.

Here are some tips:

- Have a regular sleep schedule. Your body will get used to it and it will be **easier** to fall and stay asleep.
- Make your room quiet, cool and comfortable.
- Make sure that there is as **little** light and noise in your room as possible.
- Your bed should only be used for sleeping and relaxation. Avoid watching TV or using other electronics in bed so that your body knows that it is time to **rest**.
- Avoid large meals, alcohol and caffeine right before bedtime. They can reduce the **quality** of your sleep. Think about how you feel the morning after a night of drinking or a night of tossing and turning.
- Exercise regularly. A little exercise at least 3 hours before bedtime can help relax you so that you **get** a deeper, less **interrupted** sleep.

DISCUSS

Allow enough time for your group to discuss. Have at least half of your group talk.

- What are some other ways you could set a bedtime routine to help you get a better night's rest?

7. GROUP ACTIVITY

Allow enough time for your group to discuss. Have at least half of your group talk.

As a group, come up with a sleep routine that each of you could use to get a better night's rest.

Some ideas are:

- **Shut off all electronic devices (including your TV, computer, etc.)**
- **Stop exercising 1 hour before going to bed to calm your mind down**
- **Dim the lights in your home an hour before to allow your body to relax and fall asleep**
- **Avoid napping after 3pm and limit naps to 20-30 minutes to ensure it does not affect your sleep that night**
- **Avoid thinking about stressors in your life, tell yourself you will have time to think about them tomorrow**
- **Take some melatonin if you can't fall asleep**
- **Go to bed and wake up at similar times every day (Even on the weekends!) to allow your body's internal clock to set up a wake and sleep rhythm.**

8. IF YOU WAKE UP IN THE MIDDLE OF THE NIGHT AND CANNOT FALL BACK ASLEEP WITHIN 20 MINUTES,

try to relax by doing one or more of the following exercises:

- Get up and do something calming like reading, light stretching or listening to music. Keep the lights dim and avoid electronic screens of any kind (**TV, tablet, phone**).
- Keep a pen and notepad near your bed so you can write down your **thoughts**. This can help your mind relax.
- Do a quiet, meditative activity in bed such as visualizing yourself in a **relaxed** state.

DISCUSS

Allow enough time for your group to discuss. Encourage everyone to participate.

- Are there other things you do to help yourself fall back asleep?

9. TAKE-HOME ACTIVITY

- This week your goal is to get 4 nights of 7-8 hours of good quality sleep. Select 2 sleeping habits to help you get a good night's sleep. Remember: The time you go to sleep is not when you get into bed, but the approximate time that you actually fall asleep.
- Count your steps for 4 days this week and record your step average.
- Share and discuss with your support system this week's take-home activities and anything that comes up (goals reached, questions, concerns).
- Write your responses on this week's Take-Home Activity Tracking Sheet.
- Continue practicing the activities from the previous week.



EXERCISE

LEADER INSTRUCTIONS:

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1. REFLECTION

Allow enough time for your group to discuss (about 5 minutes). Have at least half of your group talk.

How did last week's activity go? How did you reduce the sugar in your diet? Share your experiences with your group.

2. CARDIOVASCULAR EXERCISE SHOULD RAISE YOUR HEART RATE AND MAKE YOU SWEAT.

Keep in mind that movement is not necessarily exercise. Activities like walking around your house or standing are beneficial for your body and can burn many calories, but they do not raise your heart rate enough for you to receive the good cardiovascular (heart) benefit of exercise. Exercise has many benefits for **everyone**. Even in low intensities, exercise can help you.

Read through, allowing your group time to fill in the blanks (green).



- **Improve your overall health**, increasing your chances of living **longer** and lowering your risk of disease. Illnesses like diabetes, heart disease, cancer, high blood pressure, high cholesterol, seasonal colds, flu and more can all be prevented or **reduced** with regular exercise. In fact, just 15 minutes a day of exercise can reduce your risk of death and lengthen your life expectancy by about **3** years.
- **Increase your metabolic rate**, helping your body better use nutrients to keep you healthy. It can also help you naturally **lose weight**.
- **Gain energy** and fight fatigue without excess sleep or the use of caffeine or sugar. For example, replace a coffee break at work with a 10 minute walk or stretching session.
- **Naturally reduce stress**, helping you to think and sleep **better**.
- **Improve your self-esteem** because you look and **feel** better.

- **Strengthen your bones and muscles**, helping them work better and lowering your chances of **injury** on the job or at home.
- **Have fun!** It can be a fun and healthy way to **spend time** with your family and friends. At work, instead of taking an entire hour eating lunch, spend 30 minutes of it going on a walk with a coworker.
- **Meet new people** who share your **interests**.

3. DISCUSS

Allow enough time for your group to discuss. Have at least half of your group talk.

Why do you enjoy exercising?

Each week you should get at least 150 minutes of **moderate** aerobic activity such as a brisk walk, swimming or washing your car. As an alternative, each week you should get at least 75 minutes of **vigorous** aerobic activity such as running or biking at a fast pace.

4. REMEMBER

- **The hardest part is starting!** Once you begin a workout routine that works with your schedule, it will be much easier to **continue** to exercise. In addition, you will see the benefit of exercising and be motivated to continue with your healthy routine.
- **During hot weather**, exercise in the morning or evening to avoid **dehydration**.
- **Take breaks when you need to.** If you stick to a regular exercise plan, you will soon improve your strength and **endurance!**

5. ACTIVITY

About how many calories would a 160 pound person burn in a year in TOTAL doing the following activities? IT ALL ADDS UP! Allow enough time for your group to discuss before you give them the answers in green. Have at least half of your group talk.

Walking 3 miles, 3 times per week

35,000 calories = **10** pounds

Biking 6 miles, 3 times per week

45,000 calories = **13** pounds

Cleaning the house for 1 hour once a week

9,000 calories = **3** pounds

6. ACTIVITIES

Allow enough time for your group to discuss before giving them the answers in green. Have at least half of your group talk.

Below are some physical activities to help you burn 200 calories. These values vary by weight, age, sex and your environment. Adults who are heavier, younger, males and live in a cold environment burn more calories.

Construction work – 35 minutes

Walking at a fast pace – 40 minutes

Washing a car – 30 minutes

Mowing the lawn – 30 minutes

Basketball or Soccer – 20 minutes

Cycling at 13 miles per hour – 20 minutes

Cleaning the house – 60 minutes

Weight lifting – 50 minutes

Stretching – 75 minutes

Did any of these surprise you? Why?

7. INACTIVITY: YOUR BODY BENEFITS FROM AND NEEDS EXERCISE TO WORK ITS BEST.

Take inactivity just as seriously as you would other **addictions** such as smoking, drinking, overeating, etc. In fact, a lack of exercise could be the cause of many **common** health problems such as: chronic fatigue, obesity, high blood pressure, high blood sugar, excess waist fat, abnormal cholesterol levels, a higher risk of death from cancer and cardiovascular disease, and much more. Remember: exercise is **necessary** to keep you healthy. You could avoid many diseases in the future by simply going on a walk.

8. SCHEDULING EXERCISE

Exercising is vital for your health and it is important enough to make time for it. Schedule regular exercise into your weekly calendar to avoid over-committing yourself to other activities like grocery shopping or a doctor appointment. Having a **regular** exercise schedule will help you remember and get in the habit of following through with your exercise routine.

Using an electronic calendar on your phone or computer can be useful for scheduling because you can schedule exercise over an extended period of time and add reminders.

9. STARTING OUT

When starting to exercise, it is important to start out with easier activities because you don't want to burn yourself out by doing too much physical activity at once. As you feel comfortable, add more **intense** activities. For example, if you want to be able to jog 5 miles 3 times a week, start with a 2 mile fast paced walk 3 times a week. Once you are comfortable with that, pick up the pace.

10. DISCUSS

Read one question at a time and allow enough time for your group to discuss. Have at least half of your group talk.

- What activities outside of work do you already do? How do you add them into your day?
- What is an activity you could easily add to your schedule? What is stopping you from adding this activity? What would make it easier for you to add in this activity? Waking up 20 minutes earlier? Packing a lunch the night before?
- When could you add more physical activity to your day? Walking part of the way to work? Going on a walk during half of your lunch time?

11. TAKE-HOME ACTIVITY

- Look at your weekly calendar and schedule in at least 30 minutes of exercise 4 days this week. This could even be a fast paced walk. Remember: "Exercise" should raise your heart rate and make you sweat. You should pick activities that you know you can continue to do in the future. Also, calculate the amount of calories burned doing each activity using the exercise and calorie sheet provided to you or another resource.
- Count your steps for 4 days this week and record your step average.
- Share and discuss with your support system this week's take-home activities and anything that comes up (goals reached, questions, concerns).
- Write your responses on this week's Take-Home Activity Tracking Sheet.
- Continue practicing the activities from the previous week.

STRESS

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1. REFLECTION

Allow enough time for your group to discuss (about 5 minutes). Have at least half of your group talk.

How did last week's activity go? Were you able to stretch during the week? What areas of your body did you focus on and what did you do exactly?

2. WHAT IS STRESS?

Stress is your body's normal response to the many daily demands of life. Stress can come from outside sources such as your: relationships, work, due dates, bills and more. Stress can also come from internal sources such as your: health, emotions, poor sleep and more.

When you are stressed, your:

- Blood pressure **rises**
- Heart rate **rises**
- Alertness **rises**
- Digestion system **slows down**
- Immune system **weakens**

3. TOO MUCH STRESS

While low levels of stress can keep you safe and on task, having too much stress can harm your **mind** and **body**. Parts of your body that are especially affected by stress include your: brain and nerves, muscles and joints, heart, stomach, pancreas, intestines and reproductive system.

Even in the short-run, stress can lead to: fatigue, headaches, sleep problems, stomachaches, anxiety, lack of motivation, depression, substance abuse, over or under eating and more. All because of stress!

Long periods of stress can add up and **increase** your risk for many health problems including: obesity, **heart disease**, Alzheimer's disease, diabetes, chronic depression, digestion problems, asthma.

4. DISCUSS

Allow enough time for your group to discuss. Encourage everyone to participate.

What are some sources of stress for you? How do they affect your life? What are some of your reactions to stress?

5. STRESS MANAGEMENT

While you cannot always control outside stresses, you can control how you **respond** to stresses internally. Learning how to manage your stress is very beneficial for your health.

It can also help you:

- Have a clearer mind
- Better understand what somebody else is saying
- Communicate clearer
- Work more effectively

6. HOW WELL DO YOU MANAGE STRESS?

Allow enough time for your group to select their answers and discuss. Encourage everyone to participate.

Think about the following questions and circle the answer that is most true for you. Discuss your responses with your group.

- Can you easily calm yourself down when you are upset? Yes or No
- Can you let go of your anger? Yes or No
- Do you have family or friends you can talk to about your worries that make you feel better? Yes or No
- After a long day, can you relax at home? Yes or No
- Can you focus on the present and forget about the past or future when you need to? Yes or No
- Can you tell when others are upset? Yes or No

7. STRESS MANAGEMENT TIPS

The 1st step is **deciding** to make a change in how you deal with stress.

The 2nd step is figuring out what is **causing** your stress.

The 3rd step is taking **action!** Find an activity to help lower that stress by focusing on the present rather than the past or future. Some things you can do are:

- **Increase your physical activity** – get off the bus 1 stop earlier; park farther from an entrance; take the stairs; walk your dog daily
- **Stop and relax** – schedule a few minutes each day to stop whatever you are doing and relax. Ask yourself how you are doing and feeling. You can do this on your daily commute to work (just turn the radio off) or during a break at work.
- **Express your feelings** – talk to a friend, write in a notepad
- **Stay healthy** – get plenty of **sleep**; eat a good **diet** (a diet rich in healthy fats and proteins helps stabilize blood sugar); **limit** tobacco, alcohol and caffeine

Some things you should **AVOID** doing when you are stressed are:

- **Avoid caffeine** – coffee and energy drinks can make it difficult for you to **relax**.
- **Avoid overthinking and over worrying** – "stressing out" will not improve the situation. In fact, it will only make it harder for you to see the **complete** situation.
- **Avoid stress eating** – your body cannot digest foods as well when you are stressed. This could lead to **weight gain** and inflammation
- **Avoid blaming other people or things** – stress cannot always be avoided. What matters is how you **manage** it.

8. WHAT ARE THE MOST IMPORTANT THINGS TO LOOK FOR IN A RELAXATION TECHNIQUE?

Making sure it is **healthy**, that it works well for **you** and practical enough that you practice it **regularly**.

9. GROUP ACTIVITY

Allow enough time for your group to discuss.

As a group, come up with 3 stressors all or most of you have in common. Go through the steps of stress management and decide what would work best for you. You can include the ideas listed above or come up with your own.

10. STRESSFUL SITUATIONS

How stressful a situation is largely determined by:

- Your sense of control and **confidence**.
- Your **attitude**.
- Your **acceptance** of the situation.
- Your **awareness** of the situation.

What do all of these have in common? You and your **mindset!** You have control over all of these things, which is the best part. By changing the way you approach and react to stressful situations, you can help your body and mind deal with stress in a safer, healthier way.

11. TAKE-HOME ACTIVITY

- This week, think about the top 5 stressors in your life. Record them along with their sources (what it is that causes that stress), their effect on your body and your plan of action to help you manage that stress. Try using various different stress management techniques.
- Count your steps for 4 days this week and record your step average.
- Share and discuss with your support system this week's take-home activities and anything that comes up (goals reached, questions, concerns).
- Write your responses on this week's Take-Home Activity Tracking Sheet.
- Continue practicing the activities from the previous week.

DISCUSS

Allow enough time for your group to discuss.

Have at least half of your group talk.

- Are there other ways of managing stress that work for you?



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Get Healthier Cards

MEMBER CARDS



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- Sleep
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- Basic nutrition (reading labels, food groups: healthy vs. unhealthy)
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- Exercise (benefits, starting out)
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Get Healthier Member Cards

Print cards double-sided



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SLEEP

READ AND FILL IN THIS GET HEALTHIER CARD. THEN COMPLETE THIS WEEK'S TAKE-HOME ACTIVITY.

1. REFLECTION

How did last week's activity go? What goals did you set for yourself? What healthy, and what less healthy routines do you have? What are you willing to change or improve? Were you able to find a support system to help you reach your health goals? How was it using the pedometer? Share your experiences with your group.

2. THE IMPORTANCE OF SLEEP (Fill in)

Good quality sleep is necessary for your overall health and quality of life. It greatly affects how you look, feel and perform every day. In fact, getting about 7-8 hours of good quality sleep each night could be just as _____ as eating a healthy diet and exercising regularly. By making sure you get enough sleep each night, you can maintain good: muscle _____, memory, hunger _____, emotional _____, energy, and much more! Getting enough good quality sleep could be the _____ thing you can do to improve your overall health.

3. LACK OF SLEEP

The quality of your sleep (deep and uninterrupted vs light and interrupted) and the quantity (total hours) can be greatly affected by many things, including: health problems, medications, _____, caffeine, nicotine, _____, problems at work, deadlines, schedule changes, family responsibilities, drinking too much water before going to bed, aging and more.

4. SIDE EFFECTS OF LACK OF SLEEP

When you do not get enough good quality sleep, you feel tired the next morning and it is hard for you to get up. Even if you are unaware of it, not getting enough sleep on a regular basis can negatively affect your overall health in the following ways:

- **Metabolism:** you will feel hungrier during the day and your body will store _____ more easily. This could cause you to gain weight even if you have not changed anything else in your diet or exercise routine. It could also make it much harder to lose weight.
- **Energy:** you will feel tired and have _____ energy. This will reduce your quality of life, making ordinary things less enjoyable. It also makes you more likely to be involved in a car accident.
- **Memory:** you will think slower and not as _____. This will make you _____ productive during the day, making easy everyday tasks harder and more time consuming.
- **Emotions:** you will increase your risk of depression and _____. You will also be _____ motivated to do the things you need to do.
- **Immune system:** you will weaken your immune system. This will increase your risk of many _____ including heart disease, diabetes, Alzheimer's, and much more. You are also more likely to _____ sick and _____ sick longer.

Make it easier for yourself and sleep some more!

5. GROUP ACTIVITY

- Which of the items above do you most feel when you are sleep deprived?
- Why don't you get enough sleep at times?
- Are there things you could do (such as prepare your lunch the night before) to increase your sleep quantity and quality?
- When you are tired, how does this affect your daily routine?

6. HAVE A SLEEP ROUTINE

You cannot always control the things that affect your sleep (for example stress), but you can help your body relax. By having a nightly sleep routine, you can get your body ready to go to sleep.

Here are some tips:

- Have a regular sleep schedule. Your body will get used to it and it will be _____ to fall and stay asleep.
- Make your room quiet, cool and comfortable.
- Make sure that there is as _____ light and noise in your room as possible.
- Your bed should only be used for sleeping and relaxation. Avoid watching TV or using other electronics in bed so that your body knows that it is time to _____.
- Avoid large meals, alcohol and caffeine right before bedtime. They can reduce the _____ of your sleep. Think about how you feel the morning after a night of drinking or a night of tossing and turning.
- Exercise regularly. A little exercise at least 3 hours before bedtime can help relax you so that you _____ a deeper, less _____ sleep.

DISCUSS

- What are some other ways you could set a bedtime routine to help you get a better night's rest?

7. GROUP ACTIVITY

As a group, come up with a sleep routine that each of you could use to get a better night's rest.

8. IF YOU WAKE UP IN THE MIDDLE OF THE NIGHT AND CANNOT FALL BACK ASLEEP WITHIN 20 MINUTES,

try to relax by doing one or more of the following exercises:

- Get up and do something calming like reading, light stretching or listening to music. Keep the lights dim and avoid electronic screens of any kind (_____, _____, _____).
- Keep a pen and notepad near your bed so you can write down your _____. This can help your mind relax.
- Do a quiet, meditative activity in bed such as visualizing yourself in a _____ state.

DISCUSS

- Are there other things you do to help yourself fall back asleep?

9. TAKE-HOME ACTIVITY

- This week your goal is to get 4 nights of 7-8 hours of good quality sleep. Select 2 sleeping habits to help you get a good night's sleep. Remember: The time you go to sleep is not when you get into bed, but the approximate time that you actually fall asleep.
- Count your steps for 4 days this week and record your step average.
- Share and discuss with your support system this week's take-home activities and anything that comes up (goals reached, questions, concerns).
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EXERCISE

READ AND FILL IN THIS GET HEALTHIER CARD. THEN COMPLETE THIS WEEK'S TAKE-HOME ACTIVITY.

1. REFLECTION

How did last week's activity go? How did you reduce the sugar in your diet? Share your experiences with your group.

2. CARDIOVASCULAR EXERCISE SHOULD RAISE YOUR HEART RATE AND MAKE YOU SWEAT. (Fill in)

Keep in mind that movement is not necessarily exercise. Activities like walking around your house or standing are beneficial for your body and can burn many calories, but they do not raise your heart rate enough for you to receive the good cardiovascular (heart) benefits of exercise. Exercise has many benefits for _____. Even in low intensities, exercise can help you.

- **Improve your overall health**, increasing your chances living _____ and lowering your risk of disease. Illnesses like diabetes, heart disease, cancer, high blood pressure, high cholesterol, seasonal colds, flus, and more can all be prevented or _____ with regular exercise. In fact, just 15 minutes a day of exercise can reduce your risk of death and lengthen your life expectancy by about _____ years.
- **Increase your metabolic rate**, helping your body better use nutrients to keep you healthy. It can also help you naturally _____.
- **Gain energy** and fight fatigue without excess sleep or the use of caffeine or _____. For example, replace a coffee break at work with a 10 minute walk or stretching session.
- **Naturally reduce stress**, helping you to think and sleep _____.
- **Improve your self-esteem** because you look and _____ better.



- **Strengthen your bones and muscles**, helping them work better and lowering your chances of _____ on the job or at home.
- **Have fun!** It can be a fun and healthy way to _____ with your family and friends. At work, instead of taking an entire hour eating lunch, spend 30 minutes of it going on a walk with a coworker.
- **Meet new people** who share your _____.

3. DISCUSS

Why do you enjoy exercising?

Each week you should get at least 150 minutes of _____ aerobic activity such as a brisk walk, swimming or washing your car. As an alternative, each week you should get at least 75 minutes of _____ aerobic activity such as running or biking at a fast pace.

4. REMEMBER

- **The hardest part is starting!** Once you begin a workout routine that works with your schedule, it will be much easier to _____ to exercise. In addition, you will see the benefits of exercising and be motivated to continue with your healthy routine.
- **During hot weather**, exercise in the morning or evening to avoid _____.
- **Take breaks when you need to.** If you stick to a regular exercise plan, you will soon improve your strength and _____!

5. ACTIVITY

About how many calories would a 160 pound person burn in a year in TOTAL doing the following activities? IT ALL ADDS UP! Allow enough time for your group to discuss before you give them the answers in green. Have at least half of your group talk.

Walking 3 miles, 3 times per week

_____ calories = _____ pounds

Biking 6 miles, 3 times per week

_____ calories = _____ pounds

Cleaning the house for 1 hour once a week

_____ calories = _____ pounds

6. ACTIVITIES

Below are some physical activities to help you burn 200 calories. These values vary by weight, age, sex and your environment. Adults who are heavier, younger, males and live in a cold environment burn more calories.

Construction work _____ minutes

Walking at a fast pace _____ minutes

Washing a car _____ minutes

Mowing the lawn _____ minutes

Basketball or Soccer _____ minutes

Cycling at 13mph _____ minutes

Cleaning the house _____ minutes

Weight lifting _____ minutes

Stretching _____ minutes

Did any of these surprise you? Why?

7. INACTIVITY: YOUR BODY BENEFITS FROM AND NEEDS EXERCISE TO WORK ITS BEST.

Take inactivity just as seriously as you would other _____ such as smoking, drinking, overeating, etc. In fact, a lack of exercise could be the cause of many _____ health problems such as: chronic fatigue, obesity, high blood pressure, high blood sugar, excess waist fat, abnormal cholesterol levels, a higher risk of death from cancer and cardiovascular disease, and much more. Remember: exercise is _____ to keep you healthy. You could avoid many diseases in the future by simply going on a walk.

8. SCHEDULING EXERCISE

Exercising is vital for your health and it is important enough to make time for it. Schedule regular exercise into your weekly calendar to avoid over-committing yourself to other activities like grocery shopping or a doctor appointment. Having a _____ exercise schedule will help you remember and get in the habit of following through with your exercise routine.

Using an electronic calendar on your phone or computer can be useful for scheduling because you can schedule exercise over an extended period of time and add reminders.

9. STARTING OUT

When starting to exercise, it is important to start out with easier activities because you don't want to burn yourself out by doing too much physical activity at once. As you feel comfortable, add more _____ activities. For example, if you want to be able to jog 5 miles 3 times a week, start with a 2 mile fast paced walk 3 times a week. Once you are comfortable with that, pick up the pace.

10. DISCUSS

- What activities outside of work do you already do? How do you add them into your day?
- What is an activity you could easily add to your schedule? What is stopping you from adding this activity? What would make it easier for you to add in this activity? Waking up 20 minutes earlier? Packing a lunch the night before?
- When could you add more physical activity to your day? Walking part of the way to work? Going on a walk during half of your lunch time?

11. TAKE-HOME ACTIVITY

- Look at your weekly calendar and schedule in at least 30 minutes of exercise 4 days this week. This could even be a fast paced walk. Remember: "Exercise" should raise your heart rate and make you sweat. You should pick activities that you know you can continue to do in the future. Also, calculate the amount of calories burned doing each activity using the exercise and calorie sheet provided to you or another resource.
- Count your steps for 4 days this week and record your step average.
- Share and discuss with your support system this week's take-home activities and anything that comes up (goals reached, questions, concerns).
- Write your responses on this week's Take-Home Activity Tracking Sheet.
- Continue practicing the activities from the previous week.

STRESS

READ AND FILL IN THIS GET HEALTHIER CARD. THEN COMPLETE THIS WEEK'S TAKE-HOME ACTIVITY.

1. REFLECTION

How did last week's activity go? Were you able to stretch during the week? What areas of your body did you focus on and what did you do exactly?

2. WHAT IS STRESS?

Stress is your body's normal response to the many daily demands of life. Stress can come from outside sources such as your: relationships, work, due dates, bills and more. Stress can also come from internal sources such as your: health, emotions, poor sleep and more.

When you are stressed your:

- Blood pressure _____
- Heart rate _____
- Alertness _____
- Digestion system _____
- Immune system _____

3. TOO MUCH STRESS

While low levels of stress can keep you safe and on task, having too much stress can harm your _____ and _____. Parts of your body that are especially affected by stress include your: brain and nerves, muscles and joints, heart, stomach, pancreas, intestines and reproductive system.

Even in the short-run, stress can lead to: fatigue, headaches, sleep problems, stomachaches, anxiety, lack of motivation, depression, substance abuse, over or under eating and more. All because of stress!

Long periods of stress can add up and _____ your risk for many health problems including: obesity, _____, Alzheimer's disease, diabetes, chronic depression, digestion problems, asthma and much more.

4. DISCUSS

What are some sources of stress for you? How do they affect your life? What are some of your reactions to stress?

5. STRESS MANAGEMENT

While you cannot always control outside stresses, you can control how you _____ to stresses internally. Learning how to manage your stress is very beneficial for your health.

It can also help you:

- Have a clearer mind
- Better understand what somebody else is saying
- Communicate clearer
- Work more effectively

6. HOW WELL DO YOU MANAGE STRESS?

Think about the following questions and circle the answer that is most true for you. Discuss your responses with your group.

- Can you easily calm yourself down when you are upset? Yes or No
- Can you let go of your anger? Yes or No
- Do you have family or friends you can talk to about your worries that make you feel better? Yes or No
- After a long day, can you relax at home? Yes or No
- Can you focus on the present and forget about the past or future when you need to? Yes or No
- Can you tell when others are upset? Yes or No

7. STRESS MANAGEMENT TIPS

The 1st step is _____ to make a change in how you deal with stress.

The 2nd step is figuring out what is _____ your stress.

The 3rd step is taking _____.! Find an activity to help lower that stress by focusing on the present rather than the past or future. Some things you can do are:

- **Increase your _____ activity** – get off the bus 1 stop earlier; park farther from an entrance; take the stairs; walk your dog daily
- **Stop and _____** – schedule a few minutes each day to stop whatever you are doing and relax. Ask yourself how you are doing and feeling. You can do this on your daily commute to work (just turn the radio off) or during a break at work.
- **Express your _____** – talk to a friend, write in a notepad
- **Stay healthy** – get plenty of _____; eat a good _____ (a diet rich in healthy fats and proteins helps stabilize blood sugar); _____ tobacco, alcohol and caffeine

Some things you should **AVOID** doing when you are stressed are:

- **Avoid caffeine** – coffee and energy drinks can make it difficult for you to _____.
- **Avoid overthinking and over worrying** – "stressing out" will not improve the situation. In fact, it will only make it harder for you to see the _____ situation.
- **Avoid stress eating** – your body cannot digest foods as well when you are stressed. This could lead to easy _____ and inflammation.
- **Avoid blaming other people or things** – stress cannot always be avoided. What matters is how you _____ it.

8. WHAT ARE THE MOST IMPORTANT THINGS TO LOOK FOR IN A RELAXATION TECHNIQUE?

Making sure it is _____, that it works well for _____ and practical enough that you practice it _____.

9. GROUP ACTIVITY

As a group, come up with 3 stressors all or most of you have in common. Go through the steps of stress management and decide what would work best for you.

You can include the ideas listed above or come up with your own.

10. STRESSFUL SITUATIONS

How stressful a situation is largely determined by:

- Your sense of control and _____.
- Your _____.
- Your _____ of the situation.
- Your _____ of the situation.

What do all of these have in common? You and your _____! You have control over all of these things, which is the best part. By changing the way you approach and react to stressful situations, you can help your body and mind deal with stress in a safer, healthier way.

11. TAKE-HOME ACTIVITY

- This week, think about the top 5 stressors in your life. Record them along with their sources (what it is that causes that stress), their effect on your body and your plan of action to help you manage that stress. Try using various different stress management techniques.
- Count your steps for 4 days this week and record your step average.
- Share and discuss with your support system this week's take-home activities and anything that comes up (goals reached, questions, concerns).
- Write your responses on this week's Take-Home Activity Tracking Sheet.
- Continue practicing the activities from the previous week.

DISCUSS

- Are there other ways of managing stress that work for you?