In Today’s Session You Will…

• Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks

• Create a SMART goal for physical activity or nutrition

• Describe ways to use your Choosing Healthy Habits planner and accountability partner to monitor goal progress
SHA Guidelines

Review the group's agreed-upon norms for their work together.
What is a Brain Booster?

• A Brain Booster is a short physical activity break (3-5 minutes)

• Activity breaks:
  • Send more oxygen to the brain
  • Increase ability to focus
  • Increase task behavior
  • Help you retain information better

We all need breaks!
Time for a Brain Booster!

Choose one of the 3 options:

**Dance Video:** We have High Hopes for success during this lesson!

**20/20 Vision:** Perform an exercise for 20 seconds. After 20 seconds, ask another student to lead a different exercise.

**Silent Stretch:** Take 5 minutes to stretch at your desk.
We Are Back! Watch the video from HealthMPowers to see what you can expect from today’s session.
Setting Personal Goals

When setting your goal remember:

• It takes time and patience
• Repeating a goal makes it stick
• Pleasing others does not work
Three Key Behaviors

**EAT**
- 3 vegetables + 2 fruits *every day*

**DRINK**
- More water + less sugary drinks *every day*

**MOVE**
- 1 hour + limit screen time *every day*

Your personal health goals will relate to these behaviors.
Set Your Nutrition Goal

1. Eat vegetables 3 or more times per day.
2. Eat more than one kind of vegetable each day.
3. Eat fruit 2 or more times per day.
4. Eat more than one kind of fruit each day.
5. Limit the consumption of soda, sports drinks, and flavored drinks.
6. Others?
Be sure your nutrition goal is…

**Specific**
**Measurable**
**Achievable**
**Relevant**
**Time-bound**
From now until the end of the SHA program, I will eat at least 2 kinds of fruit every day, one at breakfast and one for a snack.

Specific
Measurable
Achievable/Relevant
Time-bound
Write Your Nutrition Goal

• Write your nutrition goal on one side of your index card

• On the other side of your index card, write any barriers you think might keep you from achieving your goal

Check out examples of barriers on the next slide!
Sometimes I arrive too late to school to eat breakfast, so I may not eat a fruit then.

After my track meets, I like to go to the vending machine to eat a quick snack.

Sometimes I don't eat snacks, so I may forget to eat a fruit.
Set Your Physical Activity Goal

1. Be physically active for 1 hour every day.
2. Participate in strength and toning exercises 2 days per week.
3. Participate in before- or after-school physical activity sports or programs.
4. Limit screen time to 2 hours or less per day.
5. Others?
Physical Activity Goal Example

From now until the end of the SHA program, I will participate in 1 hour of physical activity after school by joining the running club.

Specific
Measurable
Achievable/Relevant
Time-bound
Write your physical activity goal

• Write your physical activity goal on one side of your index card

• On the other side of your index card, write any barriers you think might keep you from achieving your goal

Check out examples of barriers on the next slide!
Sometimes I can’t stay after school to participate in the after-school program because I don't have a ride.

I think the after-school program may not last a full hour, so I wouldn’t get 1 hour of physical activity.
Would anyone like to share your index card?
Accountability Partner:
Someone who helps another person keep a commitment

1. Choose your accountability partner
   • Find a classmate with a similar goal
   • Or choose a classmate who is a close friend

2. Create a plan to help each other overcome the barriers.

3. Write down your plans!
We are excited to see you accomplish your goals! Take a picture with your accountability partner and share your goals! Be sure to tag @HealthMPowers on social media.

EAT 3 vegetables + 2 fruits

DRINK more water + less sugary drinks

MOVE 1 hour every day + limit screen time

EVERY DAY!
Fist-to-Five

• I understand the importance of setting a personal health goal.
• I can use my *Choosing Healthy Habits* planner to help me stay on track with my goals.
• I understand the benefits of having an accountability partner when trying to accomplish goals.

![Little confidence](image)

![Complete confidence](image)
**Extension**

- **EAT**: 3 vegetables + 2 fruits
- **DRINK**: more water + less sugary drinks
- **MOVE**: 1 hour every day + limit screen time

**EVERY DAY!**

- Read this week's *Healthy Habit Challenge*
- How can completing the weekly challenge help you achieve your goal?
- What are other ways using your planner can keep you on track to achieving your goals?
See you next time for Session 3

Student Health Advocate

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