



## Fit For Life Lifestyle Management Specialist Sample Session Plan



**Name of session:** Understanding Your Health

**Duration** 1 hour max

**Aim of session:** To understand the determinants of health and to recognise key lifestyle changes that may reduce your risk of heart disease

**Learning Outcomes:**

1. To understand that health means different things to different people
2. To understand the different determinants of health
3. To identify the different risk factors for heart disease
4. To describe the lifestyle factors that may reduce risk of heart disease

	<b>Method of delivery</b>	<b>Duration</b>
<b>Introduction</b>	<b>Group work- pairs:</b> what does health mean to you?	<b>3 mins</b>
	Introduction to the different determinants/ influences on health- Use diagram in slides	<b>5 mins</b>
<b>Main section</b> <i>(must include specifics regarding topics covered, group interaction and any physical activity session)</i>	<b>Group work –heart disease</b> Use flip chart to get feed back on risk factors which we can/cannot influence	<b>5 mins</b>
	<b>Heart Health quiz</b>	<b>5 mins</b>
	<b>Slides 10-27 (starting at smoking-alcohol)</b>	<b>15 mins</b>
	<b>Physical Activity session :</b> Suggestions: Walking, concentrating on how a “brisk walking pace” feels – use the talk test Parachute game or another fun activity	<b>10 mins</b>
<b>Conclusion</b>	<b>Ask group to complete mini plan</b> Group is able to describe the lifestyle changes that may reduce their risk of heart disease. Summarise key points	<b>12 mins max</b>

