

Fit For Life Lifestyle Management Specialist Module Sample Lesson Plan

Name of session: Positive Weight Management

Aim of session: To introduce students to weight management

Learning Outcomes: At the end of this unit students will be able to:

- Outline the causes of overweight
- List the health implications of overweight
- Explain how overweight is measured
- Explain key points in relation to successful weight loss
- Help clients compare their diets to the Food Pyramid
- Help clients to devise a Weight Management Mini-Plan

	Method of delivery	Duration
Introduction	Slides 1 & 2: Unit name and session outline	2 min
Main section <i>(must include specifics regarding topics covered, group interaction and any physical activity session)</i>	Slide 3: What causes overweight?	2 min
	Slide 4: Health implications of overweight	2 min
	Slides 5 & 6: Body Mass Index	3 min
	Slide 7: Food and physical activity recall	5 min
	Slides 8, 9 & 10: Successful weight loss	5 min
	Slides 11: Be active to lose weight	2 min
	Slide 12: Return to food and physical activity recall. Ask clients to compare what they ate yesterday with the Food Pyramid recommendations. Did they meet the physical activity recommendation?	5 min
	Physical Activity: Suggestions: Aerobic/Fun Ball work or dynabands Combination of the above	10 mins
Conclusion	Slide 13 & 14: Ask clients to identify some areas of their diet and/or activity that could be improved. How would they make these changes? Questions.	5 min Max 1hr

