

### Fit For Life Lifestyle Specialist Sample Lesson Plan

**Name of session** *Progress Review – Unit 8 – ... weeks later* **duration 45 mins**

**Aim of session: to review success of plans to date and discuss where to go from here**

**Learning Outcomes:**

- Review progress on Fit for Life Contracts
- Discuss techniques to help adhere to plan
- Review results to date – where do we go from here?
- Identify your priorities
- Design your overall Fit For Life Plan and put it into action.

	<b>Method of delivery</b>	<b>Duration</b>
<b>Introduction</b> <b>Introduction</b> Aim of session & Learning outcomes	General introduction OH 1 & 2	<b>2mins</b>
<b>Main section</b>	<b>OH 3 Discussion</b> <b>What worked well</b> <b>Discuss methods – encourage group discussion</b> Encourage group discussion/personal experiences – compare results – compare expectations vs results achieved  <b>OH 5 Revisit stages of change</b> - ask group to see were there any common relapse points <b>Task – decide if objectives were realistic - tick the boxes</b> <b>Find solutions – note on flip chart</b> <b>OH 7 Discuss in pairs/small groups - is it a pattern?</b> Get a discussion going on recognising the signs and how to break the cycle – encourage discussion of personal experiences  Brainstorm ideas on how to stick to the plan for the future, put answers from group onto flip chart– follow with OH 8  Revise overall plan earlier using these guidelines – what changes should they make, encourage to be realistic not idealistic.  Any questions?	<b>5mins</b>  <b>5mins</b> <b>5mins</b>  <b>5mins</b>  <b>5mins</b>  <b>5mins</b>  <b>5mins</b>  <b>3mins</b>
<b>Conclusion</b>	Summarise overall effect of the FFL programme with OH11 Summarise skills learned, knowledge gained. Encourage participants that any change for the good is positive no matter how small and is a starting point.	<b>5 mins</b>

