

Week	Session Outline – Week 2	Video Topic	Points to Emphasize	Handouts/Supplies
<p>Two</p>	<ol style="list-style-type: none"> 1. Check attendance and distribute name badges. 2. Divide into 2 small support groups (if needed). 10-15 per group is ideal size. 3. Support group topic – “How did you do this week? What do you plan to do for exercise to burn an additional 200 calories/day?” 4. Show videotape/DVD – Week 2. 5. Review “Points to Emphasize.” 6. Distribute handouts. 7. Collect name badges. 	<ul style="list-style-type: none"> • Sleep disturbances and dreams • Fear of becoming a non-smoker (Refer to pages 45-46 in <u>The Cooper Clayton Method to Stop Smoking</u> book) • Nicotine metabolism & blood nicotine levels • Physical activity • Success in becoming a non-smoker: <ol style="list-style-type: none"> 1. Believe you would be better off as a non-smoker. 2. Be willing to experience some discomfort. 3. Have confidence in the program and trust the process. 	<ol style="list-style-type: none"> 1. Metabolism decreases by 200 calories/day when you stop smoking. Exercise in order to burn 200 calories/day to minimize weight gain. 2. Consult physician before beginning a new exercise program – especially if you have other health risks. 3. Continue on same dose (i.e. 21 mg.) if on patch. 4. Those on gum or lozenge should use 12 pieces per day this next week. 5. Remember: “Do what Dr. Cooper and Dr. Clayton say and you will succeed!” 	<ul style="list-style-type: none"> • Attendance sheet • Name badges • VCR/TV or DVD/TV • Videotape or DVD 13:00 • <i>Attitude</i> • <i>Boredom</i> • <i>Driving</i> • <i>Facing the Morning</i> • <i>Being Around Other Smokers</i> • <i>Calories burned by walking</i>