

Week	Session Outline – Week 4	Video Topic	Points to Emphasize	Handouts/Supplies
<p><b>Four</b></p>	<ol style="list-style-type: none"> <li>1. Check attendance and distribute name badges.</li> <li>2. Divide into 2 small support groups (if needed). 10-15 per group is ideal size.</li> <li>3. <b>Support group topic</b> – “How are you doing this week?” “What changes do you see in your body?”</li> <li>4. Show videotape/DVD – Week 4.</li> <li>5. Review “Points to Emphasize.”</li> <li>6. Collect name badges.</li> </ol>	<ul style="list-style-type: none"> <li>• <b>Exercise</b>-use large muscle masses</li> <li>• “Freedom”</li> </ul>	<ol style="list-style-type: none"> <li>1. Begin walking ½ mile per day. In a month, build up to 2 miles/day or about 40 minutes.</li> <li>2. Continue on 21 mg patch dose for three more weeks or if on <b>gum or lozenge</b>-should be down to no more than <b>9 pieces</b> per day by next week.</li> <li>3. Remember – <b>“Do what Dr. Cooper and Dr. Clayton say and you WILL succeed.”</b></li> </ol>	<ul style="list-style-type: none"> <li>• Attendance sheet</li> <li>• Name badges</li> <li>• VCR/TV or DVD/TV</li> <li>• Videotape or DVD 13:13</li> <li>• <i>Burning Calories for Health and Fitness</i></li> <li>• <i>The Activity Pyramid</i></li> <li>• <i>Tailored Exercise and Nutrition web site</i></li> <li>• <i>Tips for Increasing Physical Activity</i></li> </ul>