

Week	Session Outline – Week 5	Video Topic	Points to Emphasize	Handouts/Supplies
<p>Five</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 are you doing this week?” “What healthy choices are you making in your diet?” 4. Show videotape/DVD – Week 5. 5. Review “Points to Emphasize.” 6. Distribute Handouts. 7. Collect name badges. 8. Ask them to bring something next week that symbolizes a new pleasure as a non-smoker. 	<ul style="list-style-type: none"> • FOOD • Being more selective of foods 	<ol style="list-style-type: none"> 1. Those who have been successful in eliminating cigarettes help/support others. 2. Continue to come to group. 3. Remind yourself – “I am better off as a non-smoker.” “I don’t do that anymore.” 4. Everyone is not successful on the same timetable. 5. Be more selective of food. Drink more water. 6. ↓Fat ↑Fiber 7. Dr. Cooper recommends: 20% of calories from fat 15% of calories from protein 65% of calories from carbohydrates 8. Average weight gain of people in Cooper Clayton is 3-5 pounds. 9. “Take Control.” 10. Stay on 21 mg. patch for 2 more weeks or if on 4mg. gum or lozenge-no more than 8 pieces per day this week. 11. 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 11:08 • <i>MyPyramid Food Intake Patterns:</i> http://www.choosemyplate.gov/food-groups/downloads/MyPyramid_Food_Intake_Patterns.pdf • <i>Choose My Plate Tip Sheet</i> • <i>Fiber</i> • <i>Seven Ways to size up Your Servings</i> • <i>Serving Size Wallet Card</i> • <i>Heart Healthy Snack Ideas</i> • <i>Weight Management</i> • <i>Your Personal Path to Health (optional handout or can order brochures)</i>