



Lesson 1: Being Healthy At Work



Objective:

Participants will be able to identify different healthy habits that can be part of their daily routine.

Class materials:



- **Handouts:** "What Does Being Healthy Mean?" and "Being Healthy at Work"
- **Visual Aids:** Healthier food items from a vending machine at work. Items might include low fat foods, granola bars, pretzels, and water. Bring in food models or sample healthy food items that you can pack in a lunch, such as light popcorn, pretzels, yogurt, granola bar, and apples. Be prepared to demonstrate examples of healthy activities that can be done at work (walking, stretching, deep breathing for stress relief, etc).

Getting Started

5 min

Introduction of Classes

Say: "For the next several weeks we will be learning ways to be healthy at work. Remember that it is important and possible to be healthy wherever you are."

Ice Breaker:

Students state their name and 1 thing they do to have fun.

Say: "Let's go around the room. Everyone say your name and tell us 1 thing you like to do to have fun."

Definitions Of Health	10 min
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Handout: "What Does Being Healthy Mean?"

Do: Have plastic food models, pictures of healthy food items, healthier food examples from the vending machine and pictures of people doing healthy activities. Use a flip chart to draw or display healthy behaviors.

Say: "Today is the start of the Work Healthy, Live Healthy Classes. The first 6 classes will be about health and being physically active at work. The first thing we're going to do today is talk about health."

Say: "What are some things we do to be healthy? Remember that being healthy is more than just eating vegetables and exercising. Doing things like taking a shower, having friends, and going to the doctor can also keep us healthy."

Do: Review "What Does Being Healthy Mean?"

Do: Allow participants time to give answers.

Say: "So you can see that there are a lot of things we can all do to be healthy".

Collage 'O Health	25 min
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Handout: Refer to Collage O' Health activity at the end of this lesson.

Say: "Now we're going to make a Collage of Health. I'm going to give everyone a piece of construction paper, glue and some pictures. Paste pictures of healthy food, people, or activities onto the paper. This will remind you of some of the things you can do to be healthy, even here at work."

Discussion of How to Be Healthy
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10 min

Handout: "Being Healthy at Work"

Say: "What are some things we can do to be healthy at work?"

Do: Review "**Being Healthy at Work**" Handout. Show or demonstrate different activities that might be done at work (walking, eating healthy lunch, deep breathing).

Alternate Teaching Activity: You can introduce the topic of healthier eating by going to a vending machine and having students pick out not-so-healthy items. Then pick out healthier items, such as pretzels, light popcorn, or water.

Conclusion

5 min

Say: "It's important for all of us to be healthy and to make sure that we stay healthy when we come to work. During the next week what is one thing you will do to be healthy at work?"

Do: Wait for answers or prompt with examples covered in class.

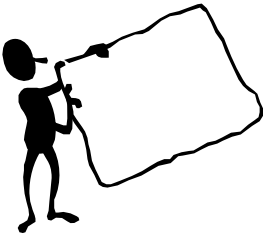
Lesson 1 Activity:

Collage O' Health



Materials:

- Glue Sticks
- A piece of construction paper for each person in the class
- Pre cut pictures of healthy habits (recommend cutting out at least 10 pictures per student. Ideas are going to the doctor, brushing your teeth, exercising, being social, and eating healthy foods. It is important to remember that health goes beyond nutrition and exercising.



Activity Instructions:

- Give out a piece of construction paper, several of the pre cut magazine pictures and a glue stick to each student.
- Paste the pictures onto construction paper.
- The completed collages can be hung up in the classroom and used in later lessons.



Alternate Activities:

- Have the class do one Collage O' Health. Use one piece of poster board instead of construction paper.
- Prepare a collage and ask the class to point out the healthy pictures.



Tip:

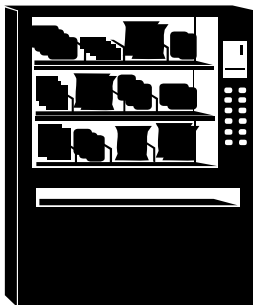
No matter how you teach this lesson, it may be a good idea to have a ready made collage to show the students.

Make sure that the pictures you choose clearly represent healthy food and activities. For example, a hamburger may have lettuce and tomato (which are healthier foods), but the hamburger is still not the healthiest choice. Pictures of just lettuce & tomato are easier for students to identify as healthy.

Being Healthy at Work

What does it mean to be healthy at work?

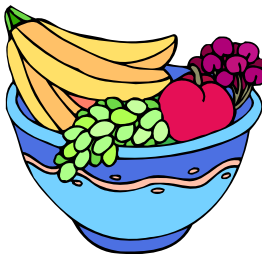
- Choose healthier foods from the snack machines, like light popcorn and pretzels.



or



- Eat healthier foods for lunch, like fruits, carrot sticks, and water.



- Use your break or lunch time for exercise or stretching.



- Become a member of the Wellness Committee!
- What else can you do???

What Does Being Healthy Mean?

Many people say that being healthy means more than just not feeling sick.
People think about being healthy in many different ways.
You can be healthy even if you have a disability.

A Healthy Person . . .

Eats Healthy Foods
And Drinks Water



Has Friends and is Happy



Takes Care of Health Problems



Gets Regular Exercise



What else?