

New Mexico Follow Up Exercise Class  
Curriculum

<b>Overview:</b> <b>Target audience:</b> <b>Teaching material and methods:</b> <b>Program materials:</b> <b>Program Goal:</b> <b>Key Messages:</b>			
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Time	Topic	Objectives	Outline
5 – 10 minutes	Introductions	Encourage group participation	<ul style="list-style-type: none"> <li>• Ask participants to be sure log sheets have their ID number</li> <li>• Copy log sheets for follow up analysis; return originals to participants</li> <li>• Ice Breaker – first name and high point of your month regarding exercise</li> </ul>
20 minutes	Review of Exercise Log Sheets	<ul style="list-style-type: none"> <li>• Evaluate what worked and how it affected:               <ul style="list-style-type: none"> <li>- blood glucose</li> <li>- endurance - how long &amp; (RPE)</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Record total time for team</li> <li>• Ask for volunteers to share before and after blood glucose</li> <li>• Record on white board or flip chart</li> <li>• Ask group what surprises them and what might explain results</li> <li>• Ask volunteers what they might do differently now that they have these results</li> <li>• Ask about favorite activities and record on flip chart</li> <li>• Ask what got in the way and record on flip chart</li> <li>• Ask if anyone had decrease in waist circumference</li> </ul>
25 minutes	Practice Exercise	<ul style="list-style-type: none"> <li>o Encourage use of video</li> </ul>	<ul style="list-style-type: none"> <li>• Ask if participants had any trouble with the video, resistance bands or pedometer</li> <li>• Ask participants for their favorite part of the video</li> <li>• Play 20 minutes of their favorite part or most challenging part</li> <li>• Walk while listening to music</li> </ul>
10 minutes	Future Exercise Plan	<ul style="list-style-type: none"> <li>• Identify if current plan is working</li> <li>• If not, develop new or revised plan</li> <li>• Identify team leader</li> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>• Distribute new planning sheet, log sheets and Las Cruces activity booklet</li> <li>• Discuss future plans and have participants document on planning sheet</li> <li>• Review role of team leader: to contact all who are willing to get weekly totals &amp; submit to USDA office for data collection</li> <li>• Recruit volunteer team captain</li> <li>• Post first month team results on bulletin board, website</li> </ul>
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Add evaluation question: Since the beginning of the exercise program, have you started counseling or medication for depression?  
May 12<sup>th</sup> first 2 classes