

Health Matters Lesson Timeline

- Five Units
- 37 Lessons

Add Health Matters Journal/worksheets to Student Intern PS Orange Binder

Unit 1: Physical Activity and Nutrition: Making Healthy Choices

Lesson	Week	Notes on adaptations
Lesson 1: What is Health?	1st Week of September	
Lesson 2: What is Physical Activity?	2nd Week of September	Distribute fitbits and have interns monitor daily progress
Lesson 3: Things to do Before We Exercise	3rd Week of September	
Lesson 4: Exercise is Good	4th Week of September	Plan a session up at Kalahari fitness room.
Lesson 5: What Do Different Exercises Do for My Body	1st Week of October	Couple interns need daily stretching activities - very tight
Lesson 6: Good Nutrition	2nd Week of October	www.myramid.gov website doesn't exist: it's now: www.choosemyplate.gov
Lesson 7: How Much Energy Does it Take	3rd Week of October	
Lesson 8: Healthy Choices/Self-Advocacy	4th Week of October	Monitor intake of food / drink selctions

Unit 2: Physical Activity and Nutrition: Making Healthy Choices

Lesson	Week	Notes on adaptations
Lesson 9: What Do I Think of Me	1st Week of November	
Lesson 10: What is My Heart Rate	2nd Week of November	Have First Aid Rep. come down from first aid to demonstrate how to accurately record heart rate
Lesson 11: What is My Blood Pressure	3rd Week of November	
Lesson 12: What Exercises Do I Like in My Community	4th Week of November	

Lesson 13: What Are Good and Bad Influences	5th Week of November	
Lesson 14: Am I Drinking Enough Water	1st Week of December	Have interns record how much water they drink a day in Fit bit account
Lesson 15: What Food Do I Like to Eat?	2nd Week of December	
Lesson 16: How About My Medications and Exercises?	2nd Week of December	

Unit 3: Making Life Changes: Setting Goals

Lesson	Week	Notes on adaptations
Lesson 17: Things to Remember When Exercising	3rd Week of December	
Lesson 18: Community Fitness Center Visit: Using Exercise Machines Safely	3rd Week of December	
Lesson 19: How to Breathe When We Exercise	1st Week of January	
Lesson 20: Why Do We Clean Equipment?	2nd Week of January	
Lesson 21: Nutrients We Need	3rd Week of January	
Lesson 22: Exercise Plans: Becoming More Active	4th Week of January	
Lesson 23: Nutrition Plans: Making a Menu	1st Week of February	

Unit 4: Life Style Changes: Doing My Program

Lesson	Week	Notes on adaptations
Lesson 24: Wants and Needs: Doing Different Exercise in My Community	2nd Week of February	
Lesson 25: What is Good Pain and Bad Pain	3rd Week of February	
Lesson 26: How Does Sleep Affect Physical Activity	4th Week of February	

Lesson 27: Negotiations and Compromise	1st Week of March	
Lesson 28: Can I Exercise if I Feel Sick	2nd Week of March	
Lesson 29: Am I Meeting My Goals	3rd Week of March	
Lesson 30: Rewarding Myself	3rd Week of March	

Unit 5: New Lifestyle: Keeping My Program Going

Lesson	Week	Notes on adaptations
Lesson 31: Restructuring My Environment	4th Week of March	
Lesson 32: Getting Back on Track	5th Week of March	
Lesson 33: Creating an Exercise Video	1st Week of April	
Lesson 34: Reviewing Our Goals to Stay Connected	2nd Week of April	
Lesson 35: Putting It All Together	3rd Week of April	
Lesson 36: Finishing Touches on Our Video	4th Week of April	
Lesson 37: Graduation Party	1st Week of May	