Health for Hearts United LEADERSHIP INSTITUTE (Healthy Hearts)

Training Session June 13, 2015

Funded in part by the National Institute on Minority Health & Health Disparities Center on Better Health and Life for Underserved Populations, Florida State University In conjunction with Florida A&M University and the University of Georgia

PROPOSAL FOR CONDUCT OF TRAINING SESSIONS¹

- Interactive & participatory
- Learn from each other (co-learning)
- Hands on with immediate application
- Provide information on two levels: personal health & health ministry development
- Access to advanced information to grow in knowledge
- Make-ups provided
- Tracking of progress

¹Approved by Healthy Hearts Cohort 4, 6/6/2015

MAKE-UPS

- If a session is missed, we will provide you with the materials and make-up questions for you to complete. Also, one make-up packet will be prepared for each church for your use. Suggested due date for make-ups: July 15, 2015
- This same information will be provided via our HHU Lead web portal.
- DVDs of the presentations from Training Sessions also will be posted on the HHU web portal.

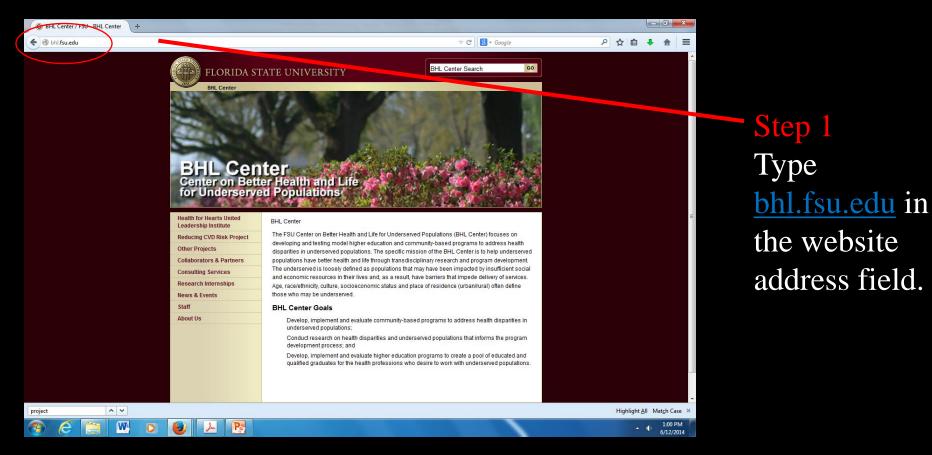
Health Check Report Card

This tool is easy to use and will help you develop healthy habits such as healthy eating and increased physical activity. It will also help you to balance the amount and type of foods you eat.

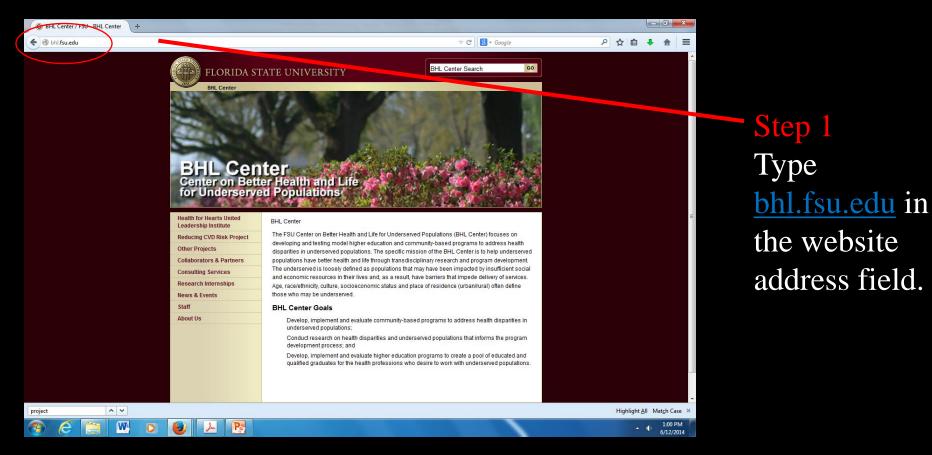
Instructions: Please complete the Health Check Food Report Card each day for 1 week. Use the Go, Slow/Stop Foods, and Fruit and Vegetable lists to help you. Each food from the lists is worth one point each. For physical activity, place a number from 2 – 8 corresponding to the length of time for physical activity. Use the Physical Activity List to help you. At the end of the week, add the numbers in each category for each day and place the number in the "weekly total" box. If you reached your goal for a particular category, place a sticker in the "I reached my goal" box.

	Goals	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly Total	I reached my goal!!
GO Foods	21 or more per week									
SLOW/STOP Foods	7 or less per week									
Fruits & Vegetables	28 or more per week									
Physical Activity	42 points or more per week (at least 30 min. per day)									
Foods:	Add 1 point for each food you eat from the Go, Slow/Stop, and Fruits & Vegetables List									
Physical Activity:	2 point = Less than 15 minutes a day 4 point= 15 - 29 minutes a day 6 point= 30 - 44 minutes a day									
	8 point = 45 minutes or more a day									

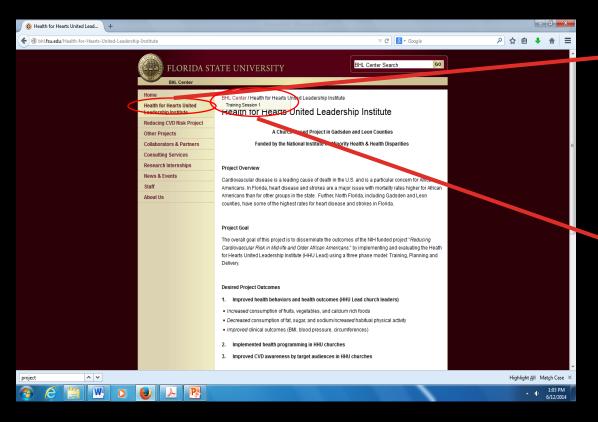
STEP 1: LOGIN TO BHL.FSU.EDU



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STEP 2 AND 3: VISIT HHU LEAD WEB PORTAL AND TRAINING SESSIONS (ON LEFT HAND SIDE OF THE SCREEN)

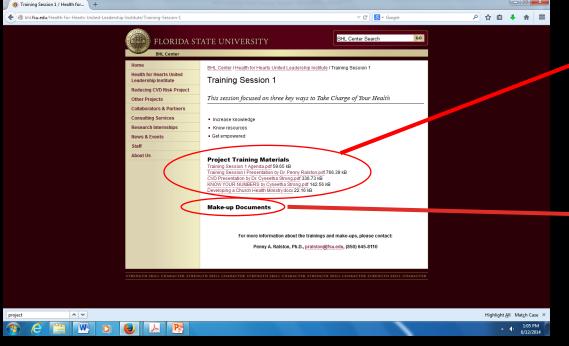


Step 2 Click on Health for Hearts

Leadership Institute

Step 3 Click on Training Session 1

STEP 4 AND 5: REVIEW AND COMPLETE MAKE-UP ASSIGNMENTS



Step 4 Review the Project Training Materials

Step 5 Review and Complete all Make Up Documents

For more information about the trainings and make-ups, please contact: Penny A. Ralston, Ph.D., <u>pralston@fsu.edu</u>, (850) 645-8110