



Take control over behaviors that may be affecting your health.

Kansans Move into Health helps individuals identify healthy lifestyle behaviors, overcome barriers that could prevent them from being healthy, and set goals for maintaining a healthy lifestyle.

Kansans Move into Health includes eight lessons:

Where Do I Stand—Addresses beliefs that may be hindering participants from meeting their goals and assess their current attitudes toward physical activity and consuming a healthy diet.

Eating for Health—Focuses on identifying internal motivators for leading a healthy and active lifestyle

Taking It to the Store—Teaches participants how to read nutrition facts labels, identify healthier products in the grocery store, and recognize the benefits associated with aerobic exercises.

Everything in Moderation—Emphasizes moderation and portion control in choosing a healthy diet and demonstrates the importance of weight-bearing exercises

What's in a Snack— Highlights the benefits of snacking between meals and the importance of stretching and flexibility.

Taking it to the Streets—Provides tips for dining out to help participants maintain a sense of control over their food intake as well as suggestions for maintaining a physically active lifestyle when away from home.

The Real Deal—Compares the difference between health information received from a reputable source versus a quackery source and points out the benefits of hydro exercises.

The Ups and Downs of Emotional Eating—Assists participants with identifying personal triggers associated with emotional hunger and highlights benefits associated with stress-reducing activities such as yoga

Date:

Time:

Place:

For more information, contact: