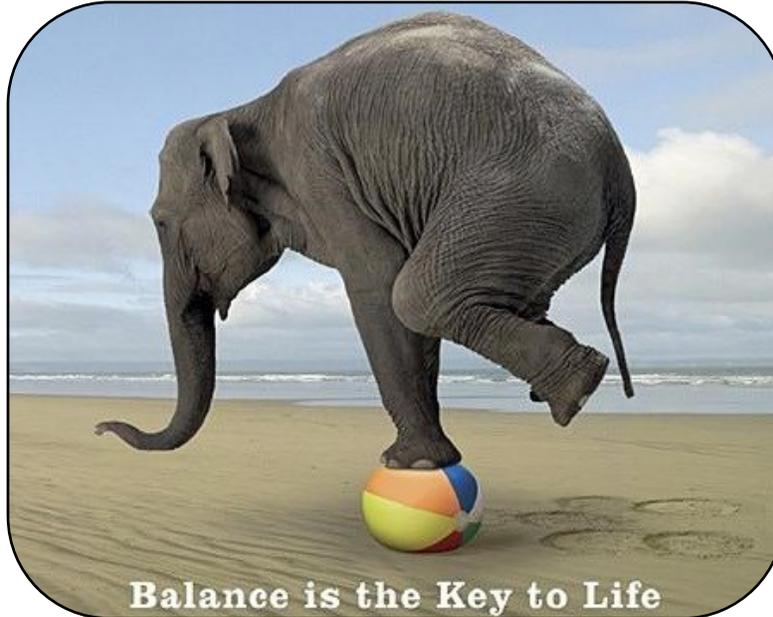


Healthy Life Balance Program



Balance is the Key to Life

“According to the World Health Organization (WHO), Health is a state of complete physical, mental, and social well-being.” Healthy living is the steps, actions and strategies we use to achieve health and well-being.

Healthy Living requires a balance of responsible and smart health choices; eating right, daily physical activity, promoting emotional and spiritual wellness, ensuring adequate sleep, avoiding harmful drugs, alcohol, tobacco, illness, stress, & safeguarding a good work-life balance.

Army Public Health Nursing offers the Healthy Life Balance Program. This program offers individual or group health risk assessment(s), coupled with education classes on the impact and importance of proper sleep, activity, nutrition, and stress management.

These classes are designed and instructed by health educators, providing the fundamental tools and motivation necessary to help individuals reach their healthy lifestyle goals using a model of healthy behavior change. There will be a classroom portion and an activity portion.

Initial sessions will be once a week for 12 weeks, on Tuesdays, from 1500-1630 (3:00-4:30PM) with the first session set to start January 5, 2016. After the initial 12 classes, they will gradually become less frequent.

Active Duty and those under Tricare are eligible to attend.

Call JBSA-FSH Health Promotion to register. 210.916.7646 or 916.8824

***See other side for Class Syllabus**

HLBP Class Syllabus

Tuesdays 1500-1630	Lesson / Topic	Handouts / Activity <i>* Activity portion from 1600-1630</i>
5 Jan 2016	Orientation The importance of sleep	Class Syllabus, binders, pedometers
12 Jan 2016	Session 1 Goal Setting, Getting Started	30-minute group Walk
19 Jan 2016	Session 2 Be a Fat and Calorie Detective	30-minute group Walk
26 Jan 2016	Session 3 Healthy Eating	30-min. group Walk with Intervals
2 Feb 2016	Session 4 Move Those Muscles	30-min. Walk with Resistance (body weight)
9 Feb 2016	Session 5 Tip the Calorie Balance	Walking with Resistance (body weight & bands)
16 Feb 2016	Session 6 Take Charge of What's Around You	Mobile Fit Van
23 Feb 2016	Session 7 Problem Solving	Mobile Fit Van (Zumba?)
1 Mar 2016	Session 8 Four Keys to Healthy Eating Out	30-min. intro to Spin class
8 Mar 2016	Session 9 The Slippery Slope of Lifestyle Change	30-min. intro to Yoga
15 Mar 2016	Session 10 Jump Start Your Activity Plan	Core Strength Yoga
22 Mar 2016	Session 11 Make Social Cues Work FOR You	Mobile Fit Van
29 Mar 2016	Session 12 Ways to Stay Motivated	Mobile Fit Van or group choice
Begin FADE Classes		
5 Apr 2016	Session 13 Prepare for Self-Management	Benefits of continuing to attend sessions & extra bonuses + Activity: Group walk
19 Apr 2016	Session 14 More Volume Fewer Calories	More tips on eating more high density foods, share recipes, and tips to eating better Activity: Mobile Fit Van
3 May 2016	Session 15 Balanced Thoughts	Healthy Thinking and its impact on your success Activity: Fitness Walk
24 May 2016	Session 16 Resistance Training	Benefits of Strength training Activity: Strength workout w/bands & body wt.
21 Jun 2016	Session 17 Mindful Eating	Tuning in to what, why, and when you eat Activity: Yoga
26 Jul 2016	Session 18 Stress Management	Stress, the impact and healthy responses to it Activity: Mobile Fit Van
23 Aug 2016	Session 19 Increasing Activity	Increasing Activity tips Activity: Spin at the gym
27 Sep 2016	Session 20 Heart Health	What is heart disease, risk factors, defenses and prevention Activity: Walk
25 Oct 2016	Session 21 Stretching	Ways to obtain and maintain flexibility Activity: Yoga
15 Nov 2016	Session 22 Looking Back Looking Forward	How to stay the course and maintain the lifestyle Activity: Mobile Fit Van
22 Nov 2016	Graduation! 	Weight loss awards, graduation certificates