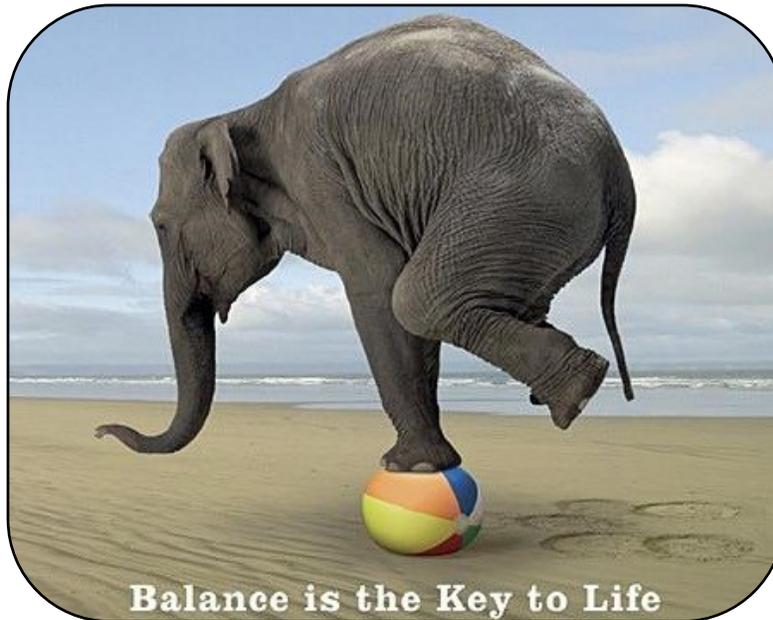


Healthy Life Balance Group



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 start quarterly and will be once a week for 13 weeks.

Active Duty and those under Tricare are eligible to attend.

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

***See reverse side for Class Syllabus**

HLBG Class Syllabus

Lesson / Topic	Handouts / Activity <i>* Activity portion from 1600-1630</i>
Orientation The importance of sleep	Class Syllabus, binders, pedometers Walking form demo/walk session
Session 1 Goal Setting, Getting Started	30-minute group walk
Session 2 Be a Fat and Calorie Detective	30-minute group walk
Session 3 Healthy Eating	Walk with intervals
Session 4 Move Those Muscles	Resistance band training
Session 5 Tip the Calorie Balance	Mobile Fit Van
Session 6 Take Charge of What's Around You	Walking with band/body weight (Quad)
Session 7 Problem Solving	Mobile Fit Van (Zumba?)
Session 8 Four Keys to Healthy Eating Out	Intro to Indoor Cycling
Session 9 The Slippery Slope of Lifestyle	Intro to Yoga
Session 10 Jump Start Your Activity Plan	Core strength & Yoga
Session 11 Make Social Cues Work FOR You	Mobile Fit Van
Session 12 Ways to Stay Motivated	Group walk



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