Title: 12345 Fit-Tastic!- What It Is and How To Get Involved

Training Goal: Participants will gain information for healthier eating and increasing physical activity according to the Healthy Lifestyle Initiative 12345 Fit-Tastic! framework.

Learning Objective(s): Participants will

- Acquire ability to identify what constitutes a sugary beverage

- Discover the benefits of increased water toward maintaining a healthy weight

| Topical Outline of Content | Training Method(s) | Time  (in minutes) |
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| NOTE TO TRAINER: All supporting training documents (activities, quizzes, powerpoint slides, handouts), & evaluations can be accessed and dowloaded at:  <http://fittastic.org> |  |  |
| Introduction- Review the Learning Objectives | Intro | 5 min |
| **Objective 1**:  -Review: Fit-Tastic Healthy Lifestyles Quiz results on water and beverage consumption | Discussion | 5 min |
| **Objective 2**: Learn about the benefits of water and how much you actually need:  -Review handout: *4 Serving of Water Not Sugary Drinks;*  *-*Review handout: *How Much Do I Need?* | Handout; lecture/discussion | 10 min |
| **Objective 3**: Identify and make a list of beverages that would be considered sugary drinks. Learn about the calorie and sugar content of these beverages.  -Review handout: *Instead of Sugary Drinks;*  -Review handout: *What’s in Your Cup?* | Lecture/discussion; handout | 15 min |
| **Objective 4:**  -Activity: Calculate your calorie and sugar consumption and weight gain based on the servings of soda you consume in a day. Review *How Much Do I Need?* diagram and compare/evaluate your results.  -Reminder of tips and facts for increasing water consumption and reducing sugary beverage intake  -Wrap-up/ Q&A/ evaluation | Group activity; handout; discussion  Q & A, evaluations | 15 min  5 min  5 min |

- Identify small changes in beverage consumption to reduce weight gain and improve healthMethods of outcome evaluation: Participation in group activities, Q & A, evaluation