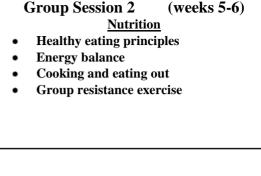
•	Healthy lifestyle targets Readiness to change
•	Goal setting
•	Self-monitoring
•	Dealing with lapses
•	Pedometer and group walk

(woolse 3.4)

Croup Session 1

Group walk



(weeks 10-12)

Group Session 3	(weeks 7-8)		
Food Labels and A	ctive Living		
Shopping & nutrition label reading			
Barriers to physical ac	tivity		
Physical activity and strategies			
Local physical activity	options		

Review of changes
 Trigger to eating & behavioural management
 Social pressures
 Reshaping negative thoughts
 Maintaining changes and lapse management

Eating Behaviours

Group Session 4

Review sessions 5 & 6 (6 & 9 months)
Review of changes and sharing of experiences
Relapse management