

**Allegany Rehabilitation Associates
Personalized Recovery Oriented Services**

Title of Service: Nutrition and Physical Health

Total Number of Sessions: 12

Source: Solutions For Wellness. Eli Lilly. 2002.

Duration of each session: 45 minutes

PROS Service: CRS Wellness Self Management

Target population:

- **Diagnoses:** Mood Disorders, Bipolar Disorder, Schizophrenia, Schizoaffective Disorder, Anxiety Disorders, Substance Abuse Disorder, Personality Disorders

- **Barriers to be overcome:**
 - Low self esteem
 - Metabolic syndrome
 - Implementing a healthy lifestyle
 - Symptom Management

Service Goal: To increase participants knowledge of healthy and unhealthy lifestyles and choices that impact their overall general health. Participants will be given handouts and opportunity to ask questions and give feedback to peers.

Service Objectives:

- Understand what a healthy body weight is
- Know how to monitor resting and target heart rates
- Understand benefits of regular exercise
- Know to start and maintain an exercise program
- Know different types of exercise programs
- Learn health problems that can be reduced or avoided with a healthy diet and lifestyle
- Learn dietary guide lines
- Learn ways to reduce food costs
- Learn how to develop support systems to maintain a healthy diet and life style

**Allegany Rehabilitation Associates
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Title of Service: Health and Nutrition

Session: 1 What is a Healthy Lifestyle

Duration: 45 minutes

Service Objective(s):

- Develop a personal concept of what it means to have a healthy lifestyle
- Verbalize 3 aspects that are needed to have healthy lifestyle
- Verbalize 3 areas of life that a healthy lifestyle impacts
- Identify 2 roadblocks that prevent people from exercising

Handouts:

- Page 3

Activities:

- Open discussion of what a healthy lifestyle is
- Discuss 3 areas in life that a healthy life impacts
- Discuss roadblocks that prevent people from exercising

Homework:

- None

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Title of Service: Health and Nutrition

Session: 2 Evaluating Your Body Weight

Duration: 45 minutes

Service Objective(s):

- Clients will learn how to calculate a healthy body weight for their height and gender
- Clients will learn their weight also calculates bones, muscles, organs, blood and fat.
- Learn about the importance of balancing calories in and out to maintain a healthy body weight or lose weight

Handouts:

- Page 6

Activities:

- Discuss what healthy body weight means and how to calculate it
- Discuss body composition in regards to weight
- Decide if your weight is in a healthy range and how that impacts your health

Homework:

- None

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Session: 3 Symptoms of Being Out Of Shape

Duration: 45 minutes

Service Objective(s):

- Identify 4 symptoms of being out of shape
- Learn how to measure a resting pulse rate
- Identify 2 benefits to regular exercise

Handouts:

- Page 8

Activities:

- Discuss symptoms of being out of shape and which ones apply to you
- Practice measuring your resting heart rate
- Evaluate the results of your resting heart rate and what impact it has on your health
- Discuss benefits from regular exercise
- Take the Fitness Self-Assessment

Homework:

- None

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Session: 4 Benefits of regular exercise

Duration: 45 minutes

Service Objective(s):

- Identify 3 benefits to regular exercise
- Identify 2 physical benefits
- Identify 2 mental health benefits

Handouts:

- None

Activities:

- Discuss the 8 benefits of exercise
- Clients will discuss any benefits they receive from exercise that is not listed in this program

Homework:

- None

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Session: 5 Types of exercises

Duration: 45 minutes

Service Objective(s):

- Identify 3 major types of exercise
- Identify the benefits of cardiovascular, flexibility and strength developing exercises
- Identify your target heart rate

Handouts:

- Page 26

Activities:

- Discuss the 3 major types of exercise
- Discuss the benefits of cardiovascular, flexibility and strength-developing exercises
- Discuss target heart rates and its importance
- Discuss how walking is an ideal exercise for beginners

Homework:

- None

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Session: 6 Body Mass Index

Duration: 45 minutes

Service Objective(s):

- Learn how to calculate your BMI
- Learn what a healthy BMI is for your body
- Identify what a BMI calculates

Handouts:

- Page 2-c

Activities:

- Discuss what BMI stands for
- Practice calculating your BMI
- Discuss healthy ranged for BMI
- Discuss health risks for having a high BMI

Homework:

- None

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Session: 7 Health Problems Associated With a Poor Diet

Duration: 45 minutes

Service Objective(s):

- Identify 2 medical risk factors associated with poor diet
- Verbalize the difference between overweight, obese and morbid obesity

Handouts:

- None

Activities:

- Discuss risk factors of having an unhealthy weight
- Discuss the difference between being over weight, obese and morbidly obese
- Discuss obesity being a public health problem and why
- Discuss how exercise program and a well balanced diet is the most effective treatment for obesity
- Discuss how obesity is reversable

Homework:

- None

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Session: 8 Dietary Guidelines for Americans

Duration: 45 minutes

Service Objective(s): Participants will identify ways the Dietary Guidelines for Americans (DGA) will help them. They will be able to identify difference between old Food Pyramid and the new MyPyramid. Participants will recognize how MyPyramid can help them make healthier food and activity choices.

Handouts:

- MyPramid Handout

Activities:

- Discuss portion/serving sizes
- Discuss healthy food options
- Discuss what it means to have a balanced diet

Homework:

- Participants will research at www.mypyramid.gov and discover which eating pattern fits their lifestyle.

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Session: 9 Fiber, Grains, Vegetables, Fruits, Saturated fat vs Unsaturated fat

Duration: 45 minutes

Service Objective(s):

- Identify the difference between unsaturated and saturated fat
- Identify a diet high in fiber
- Identify 2 food that contain fiber
- Identify 2 benefits of fiber

Handouts:

- None

Activities:

- Discuss the benefits of fiber
- Discuss 2 different types of fiber
- Discuss the difference between saturated and unsaturated fats
- Discuss the risks of a high fat diet

Homework:

- None

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Session: 10 Choosing a Diet Moderate in Sugars and Salt

Duration: 45 minutes

Service Objective(s):

- Identify the number one additive food
- Identify 3 different names used for sugar on labels
- Identify 2 risks of a high sugar diet
- Identify the daily recommended intake of salt
- Identify 1 risk of a high salt diet

Handouts:

- None

Activities:

- Discuss the risks of a high sugar diet
- Discuss risks of a high salt intake
- Discuss multiple names for sugar
- Discuss foods high in sodium
- Discuss foods high in sugar

Homework:

- Participants will apply what they have learned by not adding salt when cooking and not have salt on the dinner table.

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Session: 11 Avoiding Alcohol and Increasing Your Water Intake

Duration: 45 minutes

Service Objective(s):

- Identify 3 health risks of consuming alcohol
- Identify 2 benefits to drinking water

Handouts:

- None

Activities:

- Discuss the risks of consuming alcohol
- Discuss benefits of drinking water
- Discuss the recommended water intake
- Discuss your own water intake

Homework:

- None

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Session: 12 Strategies to Improve Eating Habits

Duration: 45 minutes

Service Objective(s):

- Identify 3 tips to improving your eating habits
- Identify 2 benefits to improving your eating habits
- Identify your worst eating habit

Handouts:

- None

Activities:

- Discuss tips to improving eating habits
- Identify health benefits to improving eating habits
- Discuss ways to improve your worst eating habit
- Discuss what are the risks to your worst eating habit

Homework:

- None