**Week 5**

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| **Lesson Plan--Medication** |
| **Learning objectives**: Participants will state two physical changes of agingParticipants will state the connection between thoughts and actions |
| **Materials for leadership team:**  |
| Session Fiver:Handouts---Review homework of physical changes as you age homework |
| **Greet all by name—review homework on thoughts/feelings/what do you do to stay motivated****Follow up questions from mediation overview—****What do thoughts and feelings have to do with exercise and health?****Review the thoughts and feelings challenge from last weekWhat di you realize about your feelings?did you see an association between your feelings and you behavior?****How do you think tht you can learn from this assignment?****Use your self-talk to modify your behaviorReview handout out on changing negative thoughts to positive motivation--Review strategies for talking back to negative thought****Homework for session 6 Take home challenge—increasing positive self talk--** |
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| **Review:Walking 25-30 minutes (3-4x/week)—Check walking recordReview balance exercises and add balance V****Homework:Tracking the positive thoughts this week…**Close |
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