**Week 5**

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| **Lesson Plan--Medication** |
| **Learning objectives**:  Participants will state two physical changes of aging Participants 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 week What 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 behavior Review 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 record Review balance exercises and add balance V**  **Homework: Tracking the positive thoughts this week…**  Close |
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