

NEW MOVES
Individual Session 1
Leaders Guide

MAIN MESSAGE

Get comfortable with the interventionist; provide a one on one overview of the individual sessions and answer any questions the participant may have

SESSION OBJECTIVES

- Guide the development of the New Moves goals
- Practical application to making health behavior changes
- Establish rapport with participant

CHECKLIST OF MATERIALS NEEDED

1. Action Plan Worksheet
2. Reminder card for next appointment

Agenda

	Agenda Items	Time (minutes)	Materials
1.	<ul style="list-style-type: none"> ▪ Check in and set the stage 	3-5	
2.	<ul style="list-style-type: none"> ▪ Explore thoughts and feelings, expectation and concerns about health and New Moves 	3-5	
3.	<ul style="list-style-type: none"> ▪ Complete Action Plan worksheet ▪ Review New Moves expectations, including incentive program 	5-10	Action Plan Worksheet
4.	<ul style="list-style-type: none"> ▪ Identify goals/action plans for the next month ▪ Set a date for the next contact ▪ Summarize and close 	5	
		Total time: 20-25 minutes	

Follow up Checklist

- 1) Copy or record summary of Action Plan Worksheet
- 2) Appointment reminder prior to next contact

SESSION CONTENT

SET THE STAGE

“We have about 20 minutes to meet today. I thought we might talk about your participation in New Moves. I’d like to hear your thoughts and feelings about why you joined the class/study and see what you think are the benefits to participating. We will also discuss how I can help you continue to meet your goals during the New Moves class and once the class is over since you and I will be continuing to meet occasionally n person. How does that sound? Do you have any questions or concerns about how this will work?”

“As you know, NEW MOVES is based on several principals. Most importantly, we recognize that you are at a critical age for making health behavior decisions that will affect you throughout your life. And no one else, including your parents and friends can make those decisions for you. We hope to provide good information, give you an opportunity to explore healthy eating and physical activity options and develop an environment supportive of healthy choices. You and the other girls in NEW MOVES will let us know if our approach works and we welcome your feedback. I am here to support you.

EXPLORE THOUGHTS, FEELINGS, EXPECTATIONS AND CONCERNS ABOUT HEALTH AND NEW MOVES

“What is important to you about being healthy?”

“What are your thoughts and feelings about your current lifestyle?”

“How are you hoping that participating in NEW MOVES can help you?”

Listen and reflect participant’s responses.

“It sounds like _____ is important to you and you are thinking that _____ will help.

“Of these ideas, what specifically are you thinking of doing?”

“What do you see as the first step?”

ACTION PLAN

Have participant complete the Action Planning Worksheet (attached) during session. Discuss briefly.

SUMMARY

Modify the plan if needed, i.e., anything not clear

Summarize the plan to make sure you've got it all

“You have developed a good plan and I'm really confident that you will be able to find a way to make this change.” I am here to help if you need it.”

Review the schedule, noting the individual contacts once the class is finished.

**New Moves
Individual Session 2-5
Leader's Guide**

Checklist of Materials Needed

1. **Where Are You Now Worksheet**
2. **Topics for Discussion Vignettes**
3. **PA and Eating Maintenance Plan worksheet**
4. **Reminder card for next appointment**

Agenda

	Agenda Items	Time (minutes)	Materials
1.	<ul style="list-style-type: none"> ▪ Check in and set the stage 	2-5	
2.	<ul style="list-style-type: none"> ▪ Review participant's progress 	2-5	Where Are You Now Worksheet
3.	<ul style="list-style-type: none"> ▪ Negotiate the agenda for discussion ▪ Proceed by discussing a selected topic ▪ Guide participant through motivational enhancement process to promote physical activity and healthy eating maintenance behaviors <p style="border: 1px solid black; padding: 2px;">Refer to Topics for Discussion Vignettes</p>	5-10	Topics for Discussion Vignettes
4.	<ul style="list-style-type: none"> ▪ Identify goals/action plans for the next month ▪ Set a date for the next contact ▪ Summarize and close 	5-10	PA and Eating Maintenance Plan worksheet
		Total time: 25-30 minutes	

Follow up Checklist

- 3) Copy of Maintenance Plan Worksheet
- 4) Appointment reminder prior to next contact

1. CHECK IN AND SET THE STAGE [2-5 MINUTES]

- **Establish rapport.**
- **Make opening statement.** Let the participant know who you are (if appropriate), why you are there, and how much time you have.
- **Ask permission to proceed.**

“Thank you for taking the time to meet with me today. We have about 30 minutes. I would like to take a few minutes to talk about how things have been going for you the past few weeks and complete a short worksheet. We can also take time to discuss a topic of interest to you. I’d also like to know what help you might like from me. Would that be all right? Is there anything else that you’d like to talk about?”

2. REVIEW PARTICIPANT’S PROGRESS [2-5 minutes]

- **Follow up on any outstanding issues from previous face to face or telephone contact**
- **Walk participant through the “Where are you now?” worksheet and review the New Moves Journal entry(s)**

Elicit participant’s interpretation of their responses to the worksheet. Some suggested questions might include one or more of the following:

What stands out to you?

What are your thoughts and feelings about this?

What would need to be different for you to move to a higher number on this scale?

What do you see yourself doing to continue making progress?

- **Listen and summarize. Emphasize change talk.**

Let me see if I can summarize what you’ve said about your progress so far...

3. NEGOTIATE THE AGENDA AND SELECT TOPIC FOR DISCUSSION
[5 – 10 MINUTES]

Here are some general topics we might discuss today. In thinking about your progress to date, personal goals, and the study guidelines, is there any one area you would like to focus on? Given what you have said, I would suggest ____, but it is up to you. What do you think?

Interventionist Resource
Topic for Discussion Vignette Master List by Category and Title

Food

Keeping Your Choices Healthy
Eating More Fruits and Veggies
Eating Breakfast
Drinking 8 glasses of water a day
Selecting unsweetened or low calorie beverages

Physical Activity

Doing Some Type of Exercise Every Day
Social Support for Physical Activity Maintenance
Staying Motivated with Exercise

Self-Monitoring

Writing in Your Journal Regularly

Relapse Behavior

Situational Triggers Related to Relapse
Relapse Prevention

Thoughts and Self-Image Behavior

Body Image
Changing Your Negative Thoughts

Social Support Behavior

Maintaining Friends and Family Commitment

Stress and Problem Solving Behavior

Problem Solving
Time Management
Limiting TV watching

4. Make a Plan for the Next Two Weeks/provide Summary and Closing
[5-10 minutes]

- **Provide brief summary of the discussion, including any action plans discussed. Highlight participant's change-talk.**
- **Help participant create Maintenance Plan for the next two weeks:**
 - **Help the participant to set reasonable goals and action plans**
 - **Summarize all goals and action plans**
 - **Arrange next contact date/time**

Make a photocopy of the Weight Maintenance Plan Worksheet???. Give the original to the participant.

“We’ve talked about a lot today. Based on our discussion today, what would you like to accomplish in the next few weeks?”

“Planning ahead is one of the best tools for people who are trying to make or maintain changes. I have a worksheet that some participants have found helpful. Would it be okay to use it as we talk about your next few weeks. If yes, proceed by going over the worksheet.

Consider times in the next few weeks that will be more challenging for you to eat healthy and exercise regularly. What will help you avoid slips during these times?”

“We will talk again in two weeks, this time over the phone. What would you like to be able to say you’ve accomplished by then? How are you going to get there? What will be your reward?”

- **Summarize the session, including thoughts concerns and plans.**
- **Support self-efficacy.**

“I applaud your efforts to maintain your physical activity and healthy eating. I know it can be difficult sometimes. I am confident in your ability to ... You’ve made good plans and set reasonable goals.”

- **Offer support and help.**

New Moves

Where Are You Now?

Instructions: Use the scales to fill in the blanks.

1. Overall, how would you rate your progress since the New Moves class ended?

1	2	3	4	5	6	7	8	9	10
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I didn't do well at all! I did great!

What went well these past few weeks?

What didn't go so well? _____

2. How motivated am I to:

exercise more? _____
make healthy choices? _____
journal? _____

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

not at all motivated totally motivated

3. How important is it right now to for me to:

exercise more? _____
make healthy choices? _____
journal? _____

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

not at all important totally important

4. Should I choose to do this, how confident am I that I can:

exercise more? _____
make healthy choices? _____
journal more? _____

1	2	3	4	5	6	7	8	9	10
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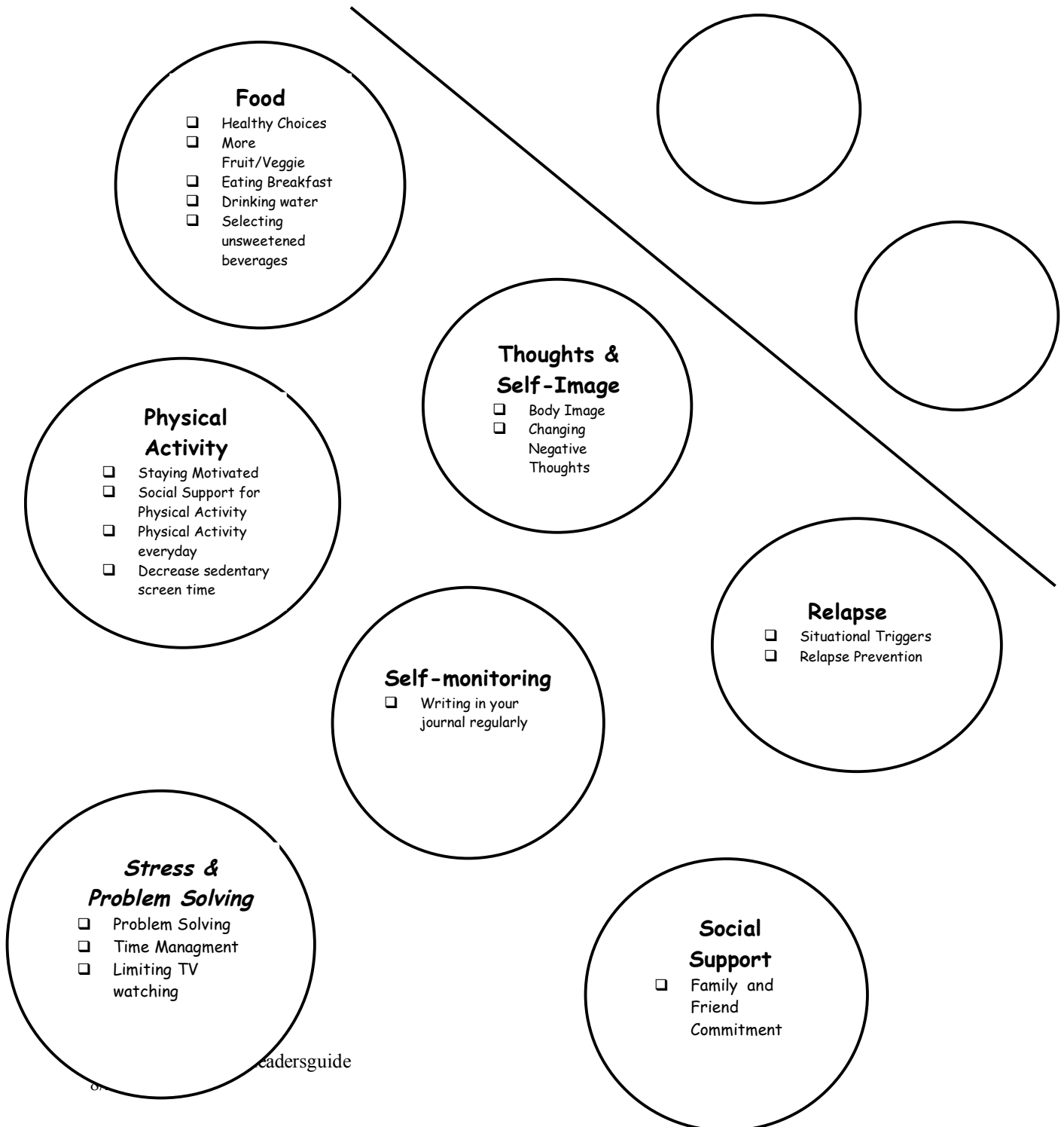
not at all confident totally confident

Strategies for New Moves

Options Tool

**LEFT SIDE: INTERVENTIONIST AND PARTICIPANT
NEGOTIATE AREAS FOR DISCUSSION.**

**RIGHT SIDE: AREAS OF
SPECIFIC
PARTICIPANT CONCERN,
SUCH AS
TOPICS NOT IDENTIFIED
ON LEFT SIDE.**



NEW MOVES PHYSICAL ACTIVITY AND HEALTHY EATING PLAN

My goal:

My action plan:

My chances for success with this plan are 85% or better:

- Yes
- No (consider changing my goals and/or action plans)



My motto for the month is: _____

My reward when I accomplish my plan _____

OUR NEXT CONTACT IS:

- Telephone
- Face to Face

Date _____ **Time** _____

NOTES:

