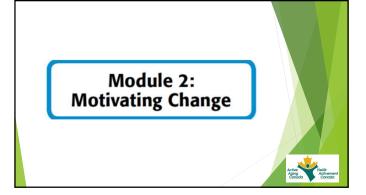


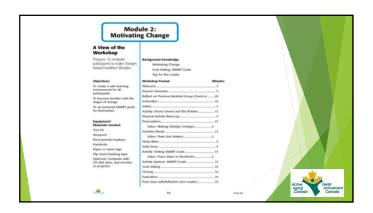


Best Practice Guidelines - Zoom Today's meeting is set up in 90 minute segments to allow for breaks Presentations are in the morning - stretch as you wish Small groups and large groups will enable interaction and brainstorming In discussions, one person speaks at a time Use the hands up image if you wish to speak If not speaking, turn off your video, e.g. during presentations Reboot your computer before next session starts to maximize function

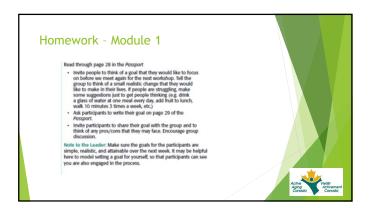


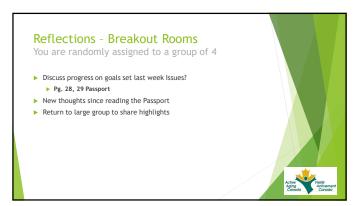












Activity

Overhead Arm Raise

Start without using weights

▶ Keep feet on the floor

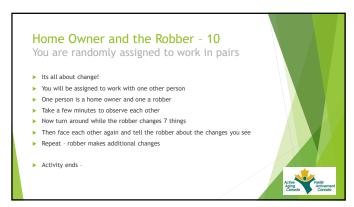
► Hold for 1 second

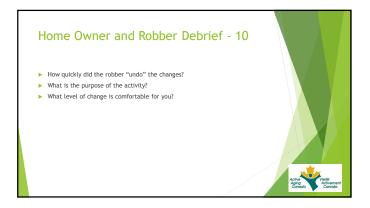
▶ Repeat 10-15 times





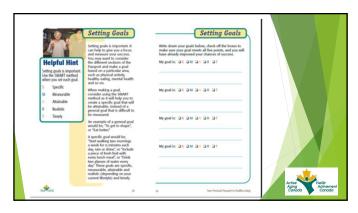












Breakout rooms - 10 minutes What problems might you encounter at each stage of change? What are the barriers that might be in the way of you achieving your goal? What can you do to overcome the barriers? Think 10% Barriers - 90% Solutions Write your goal and strategy to complete it in the chat

Agenda - Segment 2 10:45 Continue Module 2 Your Personal Passport to Healthy Living Tool Kit 11:30 Debrief and reflections on the morning 12:00 Evaluation and Close Homework: Record progress on your SMART goals, daily dose Handouts: Passport for Healthy Living, Community Leaders Guide, Toolkit Facilitator Tips Adult Education Principles Tips for teaching online





