










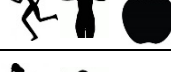

























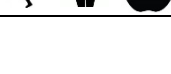






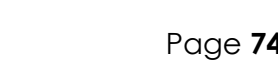













































































Strong Hearts, Healthy Communities Class Activities Overview

		Aerobic Exercise	Strength Training	Nutrition Topic	HEART Club	Program Leader Teaches	Group Discussion	Activity	On the Menu
	Icon indicates that activity or topic is part of the class.								
Class 1	Welcome								
Class 2	Where You Are and Where You Want To Be Part 1								
Class 3	Physical Activity and Heart Disease in Women								
Class 4	Healthy Eating: Fruits and Vegetables								
Class 5	Weight Management and Fitness								
Class 6	Healthy Eating: Fats and Proteins								
Class 7	Strength Training Essentials								
Class 8	Healthy Eating: Grains and Dairy								
Class 9	Remodeling Your Home Environment Part 1: Making the Healthy Choice the Easy Choice								
Class 10	Remodeling Your Home Environment Part 2: Making the Healthy Choice the Easy Choice								
Class 11	Healthy Eating Away From Home								
Class 12	Healthier Recipes								

Class 13	Healthy Drinking and Emotional Eating			
Class 14	Putting it all Together: Meal Planning Part 1			
Class 15	Putting it all Together: Meal Planning Part 2			
Class 16	Physical Activity			
Class 17	Healthy Eating: Snacks and Treats			
Class 18	HEART Club: Introduction			
Class 19	HEART Club: Community Assessment Part 1			
Class 20	HEART Club: Community Assessment Part 2			
Class 21	Healthy Eating and Cooking Part 1			
Class 22	Healthy Eating and Cooking Part 2			
Class 23	Healthy Eating: Dinner			
Class 24	HEART Club: Issue Selection			
Class 25	HEART Club: Purpose			
Class 26	Where You Are and Where You Want To Be Part 2			
Class 27	Learning About Where You Shop for Food			
Class 28	Heart-Healthy Grocery Shopping			
Class 29	HEART Club: Unified Message and Asset Mapping			
Class 30	Putting it all Together: Meal Planning Part 3			
Class 31	HEART Club: Benchmarks			

Class 32	HEART Club: Action Planning	   
Class 33	Mindful Eating and Activity	     
Class 34	HEART Club: Identifying Stakeholders	   
Class 35	Community Health and Well-Being	    
Class 36	HEART Club: Check-In	   
Class 37	HEART Club: Future Directions Part 1	   
Class 38	More Mindful Eating	     
Class 39	Emotional Eating	   
Class 40	HEART Club: Future Directions Part 2	    
Class 41	Social Environment	   
Class 42	HEART Club: HEART Charter	    
Class 43	Supports and Barriers	   
Class 44	Sustaining Eating Well	   
Class 45	Sustaining Physical Activity	    
Class 46	Revisiting Stress Reduction	    
Class 47	Problem-Solving Process and Action Planning: 6 weeks, 6 months, and 1 year	    
Class 48	Celebration of Completion	