Session 1: Introduction to HTHU 1.0

✓ This Session’s Objectives are to:

☆ Get to know your Team Members

☆ Orientation to HTHU 1.0 and the point system

☆ Understand the calorie-burning effects of various physical activities

SYMBOL KEY

- Team Leader reads aloud
- Team Member reads aloud
- Facilitator reads aloud
Program Introduction (5 minutes)

✓ Each week, one of you will be the Team Leader. I will lead this session to demonstrate the Team Leader’s role.

✓ Being a Team Leader is easy. The Team Leader Manual is scripted and answers are provided. Scripted activities assure that everyone receives the same information. However, a Team Leader and Team Members can add to the script to enrich the discussion.

✓ The Team Leader brings the Team Leader Manual and their Workbook to each session.

✓ The Wellness Guide is a resource with information designed for HTHU. We encourage you to read more about the topics in your Guides.

✓ You will see an icon (shown below) at the end of each session that refers you to more information.

✓ PDF versions of the Team Leader Manual, Workbook and Wellness Guide are also available under the Resources tab on the HTHU website.
Activity 1: Orientation (5 minutes)

✓ In addition to participating in your Team sessions, you will be asked to complete goals and online activities, along with challenges and other healthy opportunities.

✓ You will find a Goal Checklist in the back of your Workbooks to help you track your progress.

✓ You will earn individual points by completing your activities online. When everyone on your Team participates, you earn additional Team points.

✓ Turn your Workbooks to page 4 to learn how you will earn points.
# Healthy TEAM Healthy U

## Session 1 - Introduction

### Activity 1: Continued (5 minutes)

**How to Earn Points with Healthy TEAM Healthy U 1.0**

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<thead>
<tr>
<th>Activity</th>
<th>Points</th>
<th>Opportunities</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Watch welcome video</td>
<td>100</td>
<td>1</td>
<td>100</td>
</tr>
<tr>
<td>Attend the weekly session</td>
<td>50</td>
<td>12</td>
<td>600</td>
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<tr>
<td>Complete the weekly goal</td>
<td>30</td>
<td>12</td>
<td>360</td>
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<tr>
<td>Complete the weekly online activity</td>
<td>20</td>
<td>12</td>
<td>240</td>
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<tr>
<td>Pedometer Challenge</td>
<td>100</td>
<td>1</td>
<td>100</td>
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<tr>
<td>Strength Training Challenge</td>
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**Total Possible U Points** 1500

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**Total Possible TEAM Points** 1500

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**Total Points Available to Each Participant (U points + TEAM points) = 3000**

*TEAM points are added to each individual’s point total. For example, if EVERY Team Member attends a session and logs it online, each Team Member gets 50 individual points and 50 Team points.

You must complete the program and earn a total of 1,000 points or more to help meet requirements for lower cost insurance plans.

If you complete the program and earn a total of 2,000 points or more you will also receive a one-time payment of $100**.

**Payment is subject to taxes and withholdings and will be included in your paycheck for pay period 24.
Points are earned by logging on to http://hthu.ohsu.edu and entering your progress between sessions. A session’s reporting period begins on the day and time of your scheduled session, and ends on the same day and time the following week.

Log in at least once per week to complete the following activities:

- Session attendance
- Goal participation
- Online activity

You must log your attendance, goal, and online activity before the reporting period closes to earn individual and Team points. Your point total, individual plus Team points, will determine whether you receive the insurance premium benefit and cash incentive.

You will also receive a one week free trial to March Wellness & Fitness Center to use during HTHU. Go to the Resources tab on the website for more information.

You can also find healthy menu items in the cafeterias labeled with HTHU stickers. Nutrition information is also available under the Resources tab on the website.
Session 1 - Introduction

Activity 2: Physical Activity Charades (10 minutes)

✓ HTHU encourages physical activity.
✓ What are some benefits to being more physically active?
✓ One benefit to being physically active is burning more calories. We will play Physical Activity Charades to demonstrate the amount of calories burned during different types of physical activity.
✓ This is a Physical Activity Charades card. It has a physical activity on the top and its calorie burning information on the bottom.
✓ I will act out one activity to demonstrate. Guess what I’m doing?
✓ A typical can of regular soda has about 140 calories. How long do you think an average adult would need to jump rope to burn off 140 calories?

Answer: ____________________________________________

✓ Now it’s your turn. Act out the activity on your card until a Team Member guesses correctly then ask your Team to guess how many minutes it takes to burn the 140 calories in one can of soda.
✓ These were all estimates of how many calories you would burn performing the activities at a moderate level of effort. If you work with more intensity, you will burn more calories, and if you work at a lower intensity, you will burn fewer calories.

Activity 3: Pedometer Distribution (5 minutes)

✓ Today you will receive your pedometers and water bottles. You will need to bring your pedometer to next week’s session.
✓ Practice using your pedometer this week, so you can get used to it. Please follow the instructions carefully when setting it up.
✓ Notify your HTHU facilitator before your next session if your pedometer is not working correctly or if you’d like to purchase additional pedometers for $10.

The HTHU office
The Division of Health Promotion & Sports Medicine
Hatfield Research Center 11D86
503-494-8041
Session Goal and Wrap-Up (5 minutes)

✓ Each of the 12 sessions will focus on a healthy lifestyle topic.

✓ At the end of each session, you will be given a goal to work on during the upcoming week. There is a Goal Checklist at the back of your Workbook where you can keep track of your progress.

✓ Your goal is to be physically active for 30 minutes per day at least 4 days this week.

✓ Remember to go online and complete the following activities before your next session:

- Watch HTHU Welcome Video
- Log session attendance
- Log progress towards the goal
- Complete the online activity

✓ Participation in data collection is optional. Please consider taking an online HTHU survey to assess your health behaviors and having your weight and blood pressure measured by our staff at the beginning of the program. The survey and measurements will be repeated at the end of the program.

✓ We need a volunteer to be the Team Leader for next session.

✓ You will be on your own for the remaining sessions, please feel free to contact us if you have any questions.

End of Session 1