**Day 1:**

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| **Time** | **Session Topic and Objectives** | **Presenters** | **Notes** | |
| 9:00-9:30am  (30 mins) | Breakfast, networking, completion of Lifestyle Survey | SO Health Staff and athlete leader | Ask athlete leader to distribute lifestyle survey | |
| 9:30-9:40am  (10 mins) | Review of Meeting Objectives | SO Health Staff and athlete leader | Review the agenda and objectives for the training (2 min)   * Slide 2 of “Overview” presentation   Ask a local athlete to provide some inspiration and encourage them to be health advocates (5 mins)  Play Tim Shriver video (2 mins) | |
| 9:40-10:00am (20 mins) | Rule setting and attendee introductions | SO Health Staff and athlete leader | * Slide 3 of “Overview” presentation | |
| 10:00-11:00am  (60 mins) | Overview of Special Olympics Health and the role of Health Messengers | SO Health Staff | During this interactive presentation discuss the health disparities people with ID face and what Special Olympics Health is doing to help, and outline the role of Health Messengers.   * Slides 4-16 of “Overview” presentation * Workbook pages: “Challenges to Being Healthy,” “Role of Health Messengers” and “Practicum Planning” worksheets * Supplies: Suggest using flip charts to document the “Challenges to Being Healthy” discussion and read out from the group. | |
| 11:00-11:15am  (15 mins) | Fitness/bathroom break | Athlete to lead activity | Activity: Get attendees out of their chairs and moving. | |
| 11:15-12:00pm  (45 mins) | The Importance of Being Healthy | SO Health Staff | During this interactive presentation discuss the definition of health, the importance of prioritizing health, and what participants are doing to be healthy. There will be a quiz to test participants’ knowledge of healthy behaviors.   * Slides 17-43 of “Overview” presentation * Activity guide: “Rocks, pebbles sand” * Workbook pages: “Importance of Being Healthy” worksheet * Supplies: [Rocks](https://www.amazon.com/XIAOYOUHUI-Technology-Decorative-Ornamental-Landscaping/dp/B07SCZLHLC/ref=sr_1_20_sspa?keywords=rocks+for+crafts&qid=1581613181&sr=8-20-spons&psc=1&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUExNUtKWE9XMlJUWDcxJmVuY3J5cHRlZElkPUEwMjMyMzYzMUZYR0dEVE5OQTVCRCZlbmNyeXB0ZWRBZElkPUEwNTMyODE2Q0ZDSUhVQVJYWTNWJndpZGdldE5hbWU9c3BfbXRmJmFjdGlvbj1jbGlja1JlZGlyZWN0JmRvTm90TG9nQ2xpY2s9dHJ1ZQ==), [pebbles](https://www.amazon.com/TerraGreen-Creations-Succulent-Pebbles-Accessories/dp/B07SJVCLRZ/ref=sr_1_9?keywords=pebbles+for+crafts&qid=1581612955&sr=8-9), [sand](https://www.amazon.com/Pounds-Natural-Decorative-Real-Sand/dp/B07BKRSMRM/ref=sr_1_4?keywords=sand+for+crafts&qid=1581613261&sr=8-4) (1 set of each, split in half), [clear jar](https://www.amazon.com/Plastic-Stackable-Straight-Canisters-Bathroom/dp/B01MYZEHJA/ref=sr_1_7?crid=JZ1VTOIAFQ37&keywords=clear+plastic+craft+jars&qid=1581613326&sprefix=clear+jar+for+crafts%2Caps%2C152&sr=8-7) (2 sets). | |
| 12:00-1:00pm  (60 mins) | Working Lunch: Setting Personal Health Goals | SO Health Staff | Give attendees time to take a break and get their lunch. (30 mins)  While eating have athletes write their vision and personal health goals. (30 mins)   * Slides 44-45 of “Overview” presentation * Workbook pages: “Vision/Goals/Healthy Habits” worksheet; “My Personal Health Goal” worksheet | |
| 1:00-4:00pm  (3 hours) | Activity Stations (30 mins –  1 hour for each):  Choose from:  Fitness/FIT5  Nutrition & Hydration  Strong Minds  Building Positive Healthy Habits  Develop your own! | SO Health Staff and athlete leader   * 1 for each station | Participants need to be divided up into groups for the stations. They should have a sticker on their name tag indicating their group.  Participants switch to a new station every hour.  There should be a break after 2 sessions with snacks and water.   * Use “Health infused water station” lesson plan.   Use corresponding presentations, lesson plans and workbook pages to guide each activity. |
| 4:00-4:45pm  (45 mins) | Work with Mentor on Practicum | SO Health Staff | This time should be used for attendees to finalize their practicum and prepare their presentation to share what they will do with other attendees.   * Workbook pages: “Practicum Planning” worksheet   Staff should circulate the room to provide support on practicums and presentations. |
| 4:45-5:00pm  (15 mins) | Wrap Up | SO Health Staff and athlete leader | Attendees should be invited to share one thing they learned.  Review the Day 2 agenda. |

**Day 2:**

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| **Time** | **Session Topic and Objectives** | **Presenters** | **Notes** |
| 8:00-8:30am  (30 mins) | Breakfast, networking | SO Health Staff |  |
| 8:30-9:15am  (45 mins) | How to Advocate | SO Health Staff | Discussion interactive discussion focuses on how Health Messengers can activate, and what health influencers can do to help.  Slides: “How to Advocate” presentation  Workbook pages: “How to Advocate” worksheet |
| 9:15-9:45am  (30 mins) | How to talk to media session | SO Comms Staff | Slides: “Media Training” presentation |
| 9:45-10:00am (15 mins) | Fitness/bathroom break | Athlete to lead activity | Activity: Get attendees out of their chairs and moving. |
| 10:00-10:30am (30 mins) | How to use social media to share healthy lifestyles messages | SO Comms Staff | Slides: “Using Social Media to Spread Health Messaging” presentation  Workbook pages: “Social Media Planning” Worksheet |
| 10:30-11:30am  (60 mins) | Attendee practicum presentations | Health Messenger trainees | Invite each attendee to practice their practicum or present their practicum plan. Allow 5 minutes for each presentation and 3-5 minutes of comments and feedback from the group on what was presented. The time needed for this session will vary with the number of trained Health Messengers. If you have a large group, you can break up attendees into group to do their presentation. |
| 11:30-12:00pm  (30 mins) | Wrap Up, administer training survey, Health Messenger certificate presentations | SO Health Staff and athlete leader | * Wrap up with slides 46-49 of “Overview” presentation   Invite each individual participant to receive their certificate  Take individual photos of each participant with their certificate.   * You can also give out the certificates after the Health Messenger has done their practicum presentation.   Invite participants to complete the Health Messenger training survey. |