**Day 1:**

|  |  |  |  |
| --- | --- | --- | --- |
| **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%3Dsr_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%3Dsr_1_9?keywords=pebbles+for+crafts&qid=1581612955&sr=8-9), [sand](https://www.amazon.com/Pounds-Natural-Decorative-Real-Sand/dp/B07BKRSMRM/ref%3Dsr_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%3Dsr_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/FIT5Nutrition & HydrationStrong MindsBuilding Positive Healthy HabitsDevelop 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:**

|  |  |  |  |
| --- | --- | --- | --- |
| **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” presentationWorkbook 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” presentationWorkbook 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 certificateTake 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. |