

## UPMC Horizon Community Health Foundation

### Healthy Habits for Life Peer-to-Peer Program

#### Guidelines

The UPMC Horizon Community Health Foundation is pleased to announce the ***Healthy Habits for Life Peer-to-Peer Program***. This initiative addresses critical health and wellness related needs in schools in Mercer County.

This UPMC Horizon Community Health Foundation project will engage our local high school students with elementary students developing leadership skills in the high school students and improving wellness and health in all ages. In addition, the program helps us to fulfill our mission: to fund programs that improve access to healthcare and promote healthy living in the UPMC Horizon service area.

Please note the following guidelines:

#### **AUGUST**

- The UPMC Horizon Wellness Center will designate a ***Healthy Habits for Life*** coach who will visit the school to meet with school staff and determine the needs of the students. Physical presence and oversight of the teacher will be necessary to ensure the program succeeds.

#### **SEPTEMBER – OCTOBER**

- Middle School students participate in the ***Healthy Habits for Life Program***.
- At the beginning of the program, the coach will administer a written pre-test to test the Middle School student's knowledge related to exercise, nutrition and health and wellness attitude and will also calculate each student's BMI.
- The UPMC Horizon Wellness Center fitness coach, using the attached ***UPMC Children's Hospital Healthy Habits 4 Life*** outline will provide one 30 minute educational session during the week and guide one 30 minute physical activity during the week for nine weeks. Specific topics include:

- Healthy lifestyles/habits, smoking, nutrition
- Eating/exercise/obesity
- Decision making/role models
- Self Care/Self esteem/peer pressure
- Team building/playing well with others
- Diabetes, heart disease, other poor-health related diseases

## **OCTOBER**

- The fitness coach will administer a post-test to all participating Middle School students and calculate BMI. Scores will be measured against the pre-test and pre-program BMI.
- The fitness coach and teacher together will determine up to 10 Middle School students who stand out as “wellness leaders” throughout the course of the 12-week class.

## **OCTOBER - DECEMBER**

- The student “wellness leaders” will work with the coach to determine a healthy habits curriculum for elementary students throughout the spring.
- The wellness coach will teach the “wellness leaders” to administer an age related pre-test and calculate BMI’s on the incoming elementary students.
- The “wellness leaders” will implement the program on a peer-to-peer level, providing physical fitness ideas and leading physical activities with elementary schools students two times a week beginning in February of 2015 for a nine week period.
- The Wellness Center Fitness Coach and middle school teacher will provide oversight and guidance throughout the program.

## **DECEMBER**

- Post-tests will be administered to the middle school students who participated in the fall, the “wellness leaders” and the elementary students. This will help to gauge success of the program in changing habits.
- Outcomes assessment presented to the UPMC Horizon Community Health Foundation board.
- Awards recognition to participating students.

**For your school to be considered for this program, please complete the enclosed application and send to:**

Jacqueline Bonier  
Director, UPMC Horizon Community Health  
Foundation  
2200 Memorial Drive  
Farrell, PA 16121  
Phone: 724-347-4599  
Email: [bonierjm@upmc.edu](mailto:bonierjm@upmc.edu)

Applications can be sent by mail or email. All applications must be received by April 31 of each year. Schools will be notified of acceptance by May 31. No late applications will be accepted.

## Healthy Habits for Life – 12 Week Class Outline

- Week 1: Pre-test, Introduction  
Education: Healthy Eating Habits, 24-hour food record  
Activity: Cardiovascular conditioning (walking/running)
- Week 2: Education: Healthy Snacking Habits, review food logs  
Activity: Benefits of Walking/running – pedometers
- Week 3: Education: Healthy Portions & Servings  
Activity: Cardiovascular conditioning (additional types of exercises)
- Week 4: Healthy Food Shopping Habits  
Activity: Circuit training for a Health Heart
- Week 5: Healthy Cooking and Mealtime Habits  
Activity: Stretching, Flexibility and Balance
- Week 6: Healthy ways to dine out  
Activity: Obstacle Course
- Week 7: Healthy Exercise and Active Lifestyles  
Activity: Balance bar and balance skills
- Week 8: Healthy Physical Activity Ideas  
Activity: Agility skills, balance activities
- Week 9: Smoking avoidance/cessation and peer pressure  
Activity: Muscular strengthening and dumb-bells
- Week 10: Team Building  
Activity: Muscular Strengthening with body weight resistance
- Week 11: Diabetes, heart disease, stroke prevention  
Activity: Muscular Circuit training
- Week 12: Review and post-test  
Activity: Putting together a balanced weekly workout