



## The Power Living 101 Framework

Each Challenge (or “lesson”) includes FOUR elements to maximize learning success:

1. **Health and Nutrition Information** in a downloadable PDF format. Materials are from the CDC and emphasize the importance of living a disease-prevention lifestyle through nutritional and physical activity choices. Each lesson features a topic of the day and becomes the forum topic as well.
2. **A Forum Discussion** where participants can discuss various health topics, ask questions, and share their stories, advice, encouragement, and successes. This provides social interaction and connectivity with others on a like mission to eat healthy and workout effectively.
3. **Progressive Online Workout Program** from Everyday Workouts for Everyday People. Every Challenge (lesson) includes a link to the day’s workout playlist. These video sets are progressive and educational and cover proper form and technique, introductory videos for working out with weights, how to find your “target heart rate zone” and find your pulse, and various workout formats to introduce participants to different ways to workout so that they can discover their favorite ways to stay fit and active.

The course includes 3 phases of workouts. Each week includes a YouTube Playlist with Cardio Workouts on Mondays and a YouTube Playlist with Muscular Conditioning Workouts on Wednesdays:

1. Live Healthy (30-day challenge): 20-30 minute workouts with BPM of 95-130
  2. Live Fit (30-day challenge): 35-45 minute workouts with BPM of 95-150
  3. Live Your Power (30-day challenge): 45-60 minute workouts with BPM of 130-150
4. **An Online Lifestyle Habit Tracker** that helps participants keep track of the Eight Essential Habits for a Healthier Happier Life. Teachers and Coaches assign each group or class a code, and then enjoy admin access to each person’s online activity.

MyLifestyleTracker also includes **Pre- and Post-Health and Happiness Testing**: The Tracker account begins with a Healthy Body and Happy Spirit Quiz, which serves as a measuring stick for health and fitness in mind and body. The Quizzes can be retaken at any point to measure progress and results.

After the Healthy Body and Happy Spirit Quizzes are complete, the group member (student) is automatically logged in to the Tracker and can begin entering scores for each of the 8 categories. It is super simple and takes less than 30 seconds a day! As they accumulate points, they earn badges and awards that are displayed in their Trophy Room!

With the Four Corners outlined above, students enjoy social interaction in the forum; essential information for healthy living in the PDF downloads; an educational and progressive workout program; fitness tests to determine starting level and track results; and a game-like habit tracker that motivates participants to take control of the eight essential habits for a healthier happier disease-free life.



## Module Topics as Developed by the CDC:

30-Day Live Healthy Challenge = Modules 1 - 9

30-Day Live Fit Challenge = Modules 10 - 17

30-Day Live Your Power Challenge = Modules 18 - 26

1. **Introduction to the Program:** This module sets the stage for the entire course.
2. **Get Active to Prevent Preventable Disease:** This module provides the core principles of getting active.
3. **Track Your Activity:** This module provides the core principles of tracking activity.
4. **Eat Well to Prevent Disease:** This module provides the core principles of healthy eating.
5. **Track Your Food:** This module provides the core principles of tracking food.
6. **Get More Active:** This module provides the core principles of increasing activity level.
7. **Burn More Calories Than You Take In:** This module provides the core principles of caloric balance.
8. **Shop and Cook to Prevent Preventable Disease:** This module teaches participants how to buy and cook healthy food.
9. **Manage Stress:** This module teaches participants how to reduce and deal with stress.
10. **Find Time for Fitness:** This module teaches participants how to find time to be active.
11. **Cope with Triggers:** This module teaches participants how to cope with triggers of unhealthy behaviors.
12. **Keep Your Heart Healthy:** This module teaches participants how to keep their heart healthy.
13. **Take Charge of Your Thoughts:** This module teaches participants how to replace harmful thoughts with helpful thoughts.
14. **Get Support:** This module teaches participants how to get support for their healthy lifestyle.
15. **Eat Well Away from Home:** This module teaches participants how to stay on track with their eating goals at restaurants and social events.
16. **Stay Motivated to Prevent Preventable Disease:** This module helps participants reflect on their progress and keep making positive changes over the next six months.
17. **When Weight Loss Stalls:** This module teaches participants how to start losing weight again when their weight loss slows down or stops.

18. **Take a Fitness Break:** This module teaches participants how to overcome barriers to taking a 2-minute fitness break every 30 minutes.
19. **Stay Active to Prevent Preventable Disease:** This module teaches participants how to cope with some challenges of staying active.
20. **Stay Active Away from Home:** This module teaches participants how to stay on track with their fitness goals when they travel for work or pleasure.
21. **More About T2:** This module gives participants a deeper understanding of type 2 diabetes.
22. **More About Carbs:** This module gives participants a deeper understanding of carbohydrates.
23. **Have Healthy Food You Enjoy:** This module teaches participants how to have healthy food that they enjoy.
24. **Get Enough Sleep:** This module teaches participants how to cope with the challenges of getting enough sleep.
25. **Get Back on Track:** This module teaches participants what to do when they get off track with their eating or fitness goals.
26. **Prevent T2—for Life!** This module helps participants reflect on their progress and keep making positive changes over the long term.

### **Workout Formats & Video Training** (100+ video library)

- Power Living Fitness Tests
- Proper form and technique for protecting your back and knees
- Proper form and technique for working your core
- Introduction to toning with hand weights
- Pilates
- Flowmotion
- Stair Aerobics
- Dance Dozen Cardio
- Core and More Interval Training
- High Intensity Interval Training (HIIT)
- Cardio Kickboxing
- Abdominal Workouts
- Upper Body Training with Hand Weights
- Full Body Interval Training Workouts

