TARGET AUDIENCE

This program is for adults.

SUMMARY

The A New You: Health for Every Body program intends to improve participant well-being by employing a non-diet approach that promotes the enjoyment of healthful eating and an active lifestyle and supporting a respect for different body-sizes.

EVIDENCE

A public search yielded no peer-reviewed research on the current version of this program.

COMPONENTS

A New You: Health for Every Body is designed to encourage participants to adopt a health-centered, rather than weight-centered, approach to well-being. Interactive lessons are utilized to help participants learn the following:

- Increase knowledge about the benefits of healthy eating and active living;
- Identify and overcome barriers to healthy eating and active living;
- Develop healthy responses to their emotions;
- Employ a mindful approach to eating;
- Discover personal motivators for physical activity; and
- Challenge media depictions of body image.

The program website includes a Planning Guide; promotional materials, such as brochures; information about how to reach adult males, who may be challenging to recruit; lesson scripts and PowerPoint slides; lesson handouts and newsletters; extension activity ideas; and pre- and post-program questionnaires to assess program impact.

PREVIOUS USE

This program is part of the WIN (i.e., Wellness IN) the Rockies initiative that operates in Idaho, Montana, and Wyoming. Please visit www.uwyo.edu/wintherockies/default.html for more information about WIN.
A New You: Health for Every Body

TRAINING

Training is not necessary or available. Implementers should use the Planning Guide and other materials on the program website to prepare for implementation.

CONSIDERATIONS

Considerations for implementing the A New You: Health for Every Body program include identifying a program implementer and location, recruiting participants, printing program materials, and setting aside time for the program implementer to review lesson content and prepare for lesson delivery.

The Clearinghouse can help address these considerations. Please call 1-877-382-9185 or email Clearinghouse@psu.edu

IMPLEMENTATION

If you are interested in implementing A New You: Health for Every Body, the Clearinghouse is interested in helping you! Please call 1-877-382-9185 or email Clearinghouse@psu.edu

TIME

This program includes 10, 1-hour sessions. Program implementers may determine the program schedule.

COST

Program materials are free to download. Please visit the address in Contact for downloading information.

EVALUATION PLAN

To move the A New You: Health for Every Body program to the Promising category on the Clearinghouse Continuum of Evidence, at least one evaluation should be performed demonstrating positive effects lasting at least six months from program completion.

The Clearinghouse can help you develop an evaluation plan to ensure the program components are meeting your goals. Please call 1-877-382-9185 or email Clearinghouse@psu.edu

CONTACT

Contact the Clearinghouse with any questions regarding this program.
Phone: 1-877-382-9185 Email: Clearinghouse@psu.edu

You may also contact Melissa Bardsley at WIN the Rockies by mail University of Wyoming, Family & Consumer Sciences - Extension, College of Agriculture, Dept. 3354, 1000 E. University Avenue, Laramie, WY 82071, phone 1-307-766-5177, email mbardsle@uwyo.edu, or visit www.uwyo.edu/wintherockies_edur/anewyou.asp

SOURCE

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www.militaryfamilies.psu.edu