

TABLE OF CONTENTS FOR THE HEALTH EDUCATION CURRICULUM, cont.

LIFELONG LEARNING SERIES

The Lifelong Learning Series in **Appendix C** includes 23 modules generated by participants in the UIC Health Promotion Program. These modules are designed to compliment the 36 modules that were taught in the 12-week program to sustain long-term adoption of healthy lifestyles. Specifically, the aim of the classes is to reinforce the information presented during the 12-week program and to provide ongoing support for people to continue developing new skills and greater confidence to engage in regular physical activity and make healthy food choices.

Classes in the Lifelong Learning Series can be taught based on individual needs and interest; and the topics have been arranged based on the core themes used in the modules for the 12-week program. These themes include advocacy and social support, exercise and physical activity, nutrition, and general health information. Additionally, similar to the teaching strategies used in the core modules, the concepts of choice, self-determination, self-efficacy, self-advocacy, and rights and responsibilities should be used as a foundation for all of the classes.

TOPICS	MODULES
Advocacy and Social Support	Self-Advocacy/Rights and Responsibilities231
	Supports To Keep Us Healthy239
Exercise and Physical Activity	Aerobic Exercise Tape of Choice245
	Alternatives to the Gym.....247
	Joining a Community Fitness Center253
	Dancing to a Music CD255
	Building My Self-Esteem with Exercise257
	New Ideas for Exercising in My Community.....261
	Exercise Video Tape of Choice.....265
	Other Ways to Stay Physically Active267
Nutrition	Going Grocery Shopping.....269
	Energy Balance.....273
	Healthy Food Choices277
	Nutrients in Our foods285
	How Much Should I Eat?295
	Portion Sizes Count301
	Snacking and Vending Machines.....305
	Taste, Texture, and Smell.....309
	What is Cholesterol?.....313
	What Influences our Food Choices?.....317
General Health	Blood Circulation321
	What is Diabetes?333
	What is Heart Disease?.....337