

Physical Activity Intervention Training Topics

PA training topics are sequenced in order of priority.

Each training sessions for PA promotoras will consist of 2 parts:

1. Engage in training activity related to the session topic (e.g., guest speaker presentation, webinars, review web-based resources)
2. Participate in group exercise activity (led by Edna)

Training Topic
Overweight at Obesity in the US/Texas/Hidalgo County <ul style="list-style-type: none">• Prevalence• Recent trends• Causes• Lifestyle-health connection Assessing health risk <ul style="list-style-type: none">• Body Mass Index (BMI)• Waist circumference
PA & health <ul style="list-style-type: none">• What is PA?• Benefits of PA• Consequences of inactivity
Introduction to PA (types, intensity, PA guidelines)
Weight loss <ul style="list-style-type: none">• Myths• Unhealthy weight loss (rapid weight loss plans, yo-yo dieting)• Recommended weight loss strategies
Nutrition Basics
Stress Management
Leading Group Exercise
Yoga
Resistance training
Using a pedometer
Walking
Downloading & organizing music for exercise sessions

Enlace Promotora Training Plan

Training Topic
Smartphone Apps