

Target Group:

Persons of all ages

Aim of the Method

Support for life style behavior change: physical activity, dietary behavior, drug use, alcohol use, smoking, rest and sleep, mental health.

Level of Participation:

Moderate to high

Type of Method:

Functional method

DESCRIPTION

Group activity method aimed to activate persons to the lifestyle changes and support their abilities.

Examples:

1. "Skipping Hearts" – a group to promote physical activity (rope skipping) among school children
2. Healthy nutrition group: gather the people together to learn to cook and to eat healthy food; guided by dietician
3. Physical activity group - persons are exercising together according to the individual training plan. Prior health assessment is recommended.
4. Educational meetings with youth or children and parents. Various interactive forms can be utilized (presentations, puzzles, games, etc.)

TIPS FOR THE USERS

Pros and cons:

- ▶ + Some activities are not requiring forward planning
- ▶ + Learning by doing together
- ▶ + Active participation
- ▶ + Group and peer-support
- ▶ - Participation in a group activity can be uncomfortable for some people

RESOURCES NEEDED:

- ✓ Public health professional, physical education instructor, dietician
- ✓ Team building skills of professionals
- ✓ Contents plan and timetable
- ✓ Group size can vary
- ✓ Appropriate equipment and room
- ✓ Several meetings

