

InShape Prevention Plus Wellness-High Risk



**High Risk Adult Substance Use Prevention
Program Promoting Wellness**

Prevention Plus Wellness, LLC

904-472-5022

<http://preventionpluswellness.com/>

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InShape Prevention Plus Wellness- High Risk

HIGH RISK ADULT SUBSTANCE USE PREVENTION PROGRAM
PROMOTING WELLNESS

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InShape PPW-HR

Section 1: Introduction

Welcome to **InShape Prevention Plus Wellness-High Risk** for adults at high risk for substance abuse. **InShape PPW-HR** is a quick and easy to use selective and indicated prevention with wellness intervention for professionals, peer workers and others who want to promote resiliently active, healthy and substance abuse-free lifestyles among high risk adults.

InShape PPW-HR was adopted from the original **InShape Prevention Plus Wellness** universal prevention program developed with funding from the National Institutes of Health (NIH), and is listed as an evidence-based program on the federal government's National Registry of Evidence-based Programs and Practices (NREPP), Blueprints for Healthy Youth Development and other evidence-based registries.

InShape PPW-HR is the country's only single-session selective and indicated prevention program designed to increase high risk adult wellness-enhancing behaviors including physical activity, healthy eating, getting adequate sleep, and practicing stress control while avoiding alcohol, tobacco, e-cigarettes, prescription drug misuse, marijuana and illicit drug abuse.

InShape PPW-HR targets naturally motivating positive peer and desired future images to increase personal goal setting to improve multiple wellness habits and positive self-identity. **InShape PPW-**

HR is highly flexible and can be used as a stand-alone program, or as an add-on component to other prevention, health, education or intervention programs. In addition, it takes less than 60 minutes to implement.

The **InShape PPW-HR** program was designed to help adults look and feel more active, fit and healthy by having them:

1. Identify wellness enhancing behaviors, along with drug use habits that interfere with reaching wellness behavior goals and positive self-images;
2. Become aware of positive images of adults engaged in wellness promoting behaviors, and desired images of themselves in the future; and
3. Make a commitment to set and monitor multiple goals to increase wellness promoting behaviors, while avoiding wellness harming substance abuse.

Your **InShape PPW-HR** manual and program contain the following materials:

- Step-by-step implementation directions;
- Self-administered wellness behavior screening survey;
- Scripts for providing an individual one-on-one or optional group lesson that uses positive image

content linking wellness and substance use behaviors;

- Set of colorful slides with illustrations of adults modeling wellness habits;
- Goal plan and contract for motivating multiple behavior change;
- Optional group exercise to increase classroom interaction during the group lesson;
- Feedback survey to evaluate program implementation fidelity and effectiveness;
- Instructor's survey to assess the quality of the lesson presentation;
- Fidelity checklist to increase implementation reliability;
- Wellness resources addressing increasing physical activity, eating healthy, getting adequate sleep, managing stress, and avoiding

alcohol, tobacco and illicit drug abuse;

- Digital download of reproducible materials and customizable PowerPoint slides;
- Phone and email program support; and
- Separate onsite and online certified training workshops to learn to provide the **InShape PPW-HR** program, or train others to implement it, with fidelity and maximum effectiveness.

Thank you for choosing **InShape Prevention Plus Wellness-High Risk**. We know you will find **InShape PPW-HR** an easy, enjoyable and effective way to promote fit, healthy and substance abuse-free lifestyles among your high risk adults.

InShape PPW-HR

Section 2:

Directions for Implementation

Steps for Implementing & Evaluating Your PPW Program

Welcome Prevention Plus Wellness Program Implementer! This information was created to help you successfully provide your Prevention Plus Wellness (PPW) Program.

If you have not already done so, we strongly encourage you to take one of our convenient onsite or online training workshops to become a Certified PPW Program Implementer or Training of Trainer. Both workshops come with 3-year certification and are designed to ensure you learn how to implement your PPW Program with fidelity and maximum effectiveness.

Listed below are the steps and tools for implementing and evaluating your PPW Program.

Steps for Implementing & Evaluating the PPW Program

1. Prior to implementing your Prevention Plus Wellness (PPW) Program to youth or adults, practice both the individual (one-on-one) and group scripts three times, using the program's PowerPoint slides, goal plan, feedback survey and instructor's survey.
 2. Before providing a lesson, make copies of the screening survey, goal plan and feedback survey for all participants from the digital downloads provided.
 3. In a private or semi-private setting, implement the program using the selected script while showing the PowerPoint slides.
 4. When done, read the goal plan with the participant(s), and help them complete it, sign it and take it home for daily monitoring.
 5. Administer the feedback survey and then collect it along with the screening survey and keep them together for each participant.
 6. Complete an instructor survey to assess the quality of your program implementation.
 7. Scan your completed participant screening and feedback surveys using an all-in-one scanner/printer.
 8. Email the scanned surveys to Prevention Plus Wellness, LLC to receive program feedback on implementation fidelity, ways to improve your program, and positive outcomes you can communicate to key stakeholders to promote your program: info@preventionpluswellness.com (call for assistance: 904-472-5022).
 9. Promote your program and make improvements based on the program feedback and instructor survey evaluation data results.
 10. Use the Prevention Plus Wellness Program Fidelity Checklist to ensure you are implementing your PPW program with fidelity.
 11. Follow up with participants by reminding them to monitor the achievement of their goals each day, and revise goals as needed to ensure success.
-

12. Maintain your certification and get the latest best practices knowledge and skills by attending a PPW Program Implementer's or Training of Trainer Workshop every three-years.

PPW Program Resources

The following PPW Program resources are found on the Prevention Plus Wellness website (<http://preventionpluswellness.com>) and are invaluable for ensuring you are providing your program with fidelity and getting the very best outcomes.

- Healthy Lifestyle Guidelines for Youth and Young Adult Goal Setting
- Promoting Your Program
- Program Evaluation Support
- Program Tailoring Services

InShape PPW-HR

Section 3:

Individual Program Script with Screen & Goal Plan

InShape© Prevention Plus Wellness-High Risk Individual Lesson

Introduction

(Show first slide). Welcome to InShape Prevention Plus Wellness! I'm going to talk with you about things you can do to look and feel better, based on your current wellness habits. First, you'll learn about the links between engaging in specific wellness behaviors and resulting positive images. Then, you'll have an opportunity to identify concrete goals to enhance your overall fitness, performance and personal development.



Wellness Behavior Screening Survey

Now, please take out your copy of the Wellness Behavior Survey. This tool is designed to assess your wellness level. The accuracy of this assessment is based on how honestly you answer each item, so please answer all questions truthfully. Your answers are strictly confidential. **DO NOT PLACE YOUR NAME ON THIS FORM.** We want your responses to remain private. Thank you. (Wait until the survey is completed. See survey below.).

InShape Prevention Plus Wellness-HR Wellness Behavior Survey

Directions: This tool is designed to assess your wellness level and identify your individual wellness profiles. The accuracy of this assessment is based on how honestly you answer each item, so please answer all questions truthfully. All of your answers will be kept strictly confidential. Thank you.

1. On most days of the week, do you engage in moderate physical activity for **at least 30 minutes** such as fast walking, slow bicycling, skating, dancing, or swimming?
 - a. Yes
 - b. No

2. On most days of the week, do you engage in vigorous exercise for **at least 20 minutes** that makes you sweat and breathe hard, such as basketball, soccer, running, swimming laps, fast bicycling, fast dancing, or similar aerobic activities?
 - a. Yes
 - b. No

3. Does your everyday diet consist mostly of nutrient dense foods such as whole grain breads, cereals and pasta; lean fish, lean poultry, and lean meat; dark green and red vegetables; and citrus and other fruits?
 - a. Yes
 - b. No

4. Do you usually get eight hours of sleep each night?
 - a. Yes
 - b. No

5. On most days, do you use stress control techniques such as progressive muscle relaxation, meditation, tai chi, yoga, deep breathing, or regular exercise/physical activity?
 - a. Yes
 - b. No

- 6a. **Males:** During the past 30 days, have you had 5 or more alcoholic drinks on any one day?
 - a. Yes
 - b. No
 - c. I don't drink

4. Getting Sufficient Sleep

Read only ONE response. If participant answers “Yes” to question #4 on survey, read “Yes” response. If participant answers “No” to question 4 on survey, read “No” response.

Getting Sufficient Sleep YES

1. It looks as though you are getting 8 hours of sleep most nights, making you a well-rested and alert person.

2. Benefits of Getting Sufficient Sleep (New Slide)



Getting the right amount of sleep each night will:

- ▶ ensure the maximum energy needed to be physically active & fit
- ▶ enhance your ability to think clearly throughout the day & retain facts
- ▶ prevent unnecessary caloric intake
- ▶ help you feel alert, confident & friendly
- ▶ make you look good & feel energetic & motivated

Getting the right amount of sleep each night ensures you'll have the maximum energy needed to be physically active and fit. Adequate sleep also enhances your ability to think clearly throughout the day, and to retain facts. Getting sufficient sleep can prevent unnecessary caloric intake.

People tend to overeat and eat high-calorie junk foods when they're tired. Plenty of sleep also helps you to feel alert, confident, and friendly. A sound night's sleep does wonders to make you look good and feel energetic and motivated.

3. Some Behaviors Harm Getting Sleep (New Slide)



Drinking too much alcohol and smoking regular and e-cigarettes disrupts deep sleep patterns, causing you to wake-up feeling tired & jittery.

This conflicts with maintaining an active, high-energy lifestyle.

Meanwhile, drinking too much alcohol and smoking regular and e-cigarettes disrupts deep sleep patterns, causing you to wake-up feeling tired and jittery. This conflicts with maintaining an active, high-energy lifestyle.

Lacking sleep because of excessive alcohol or cigarette use leads to a vicious cycle of chronic exhaustion. This exhaustion increases your chance of accidents and decreases the quality of interpersonal relationships and personal success.

Getting Sufficient Sleep NO

1. It seems you may not be getting 8 hours of sleep on most nights. This can prevent you from being well-rested and alert.

2. Benefits of Getting Sufficient Sleep (New Slide)



Getting the right amount of sleep each night will:

- ▶ ensure the maximum energy needed to be physically active & fit
- ▶ enhance your ability to think clearly throughout the day & retain facts
- ▶ prevent unnecessary caloric intake
- ▶ help you feel alert, confident & friendly
- ▶ make you look good & feel energetic & motivated

You may want to try getting the right amount of sleep each night, so you'll have the maximum energy needed to be physically active and fit. Adequate sleep also enhances your ability to think clearly throughout the day, and retain facts. Getting sufficient sleep can prevent unnecessary caloric intake.

People tend to overeat and eat high-calorie junk foods when they're tired. Plenty of sleep also helps you to feel alert, confident, and friendly. A sound night's sleep does wonders to make you look good and feel energetic and motivated.

3. Some Behaviors Harm Getting Sleep (New Slide)



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Meanwhile, drinking too much alcohol and smoking regular and e-cigarettes disrupts deep sleep patterns, causing you to wake-up feeling tired and jittery. This conflicts with maintaining an active, high-energy lifestyle.

Lacking sleep because of excessive alcohol or cigarette use leads to a vicious cycle of chronic exhaustion. This exhaustion increases your chance of accidents and decreases the quality of interpersonal relationships and personal success.

5. Controlling Stress

Read only ONE response. If participant answers “Yes” to question #5 on survey, read “Yes” response. If participant answers “No” to question 5 on survey, read “No” response.

Controlling Stress YES

1. _____ (participant’s name), it looks like you are regularly using stress control techniques to manage your daily stress. That’s good because it helps you to be a calm and more relaxed person. What types of stress control techniques do you practice?

2. Benefits of Controlling Stress (New Slide)

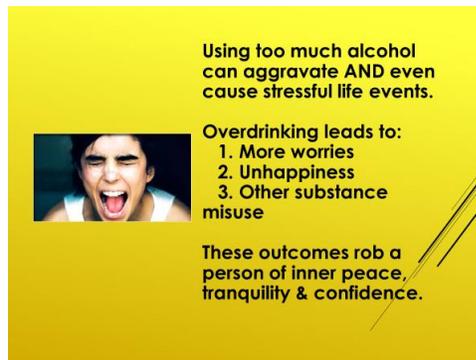


You most likely experience many benefits from regularly using relaxation techniques, including avoiding physical problems caused by stress, such as migraine headaches. Relaxation techniques can also help prevent or alleviate mood disorders, such as mild depression, anxiety, and excessive worry.

Relaxation techniques help keep a person focused on enjoying life in the “here and now,” and avoid negative feelings and thoughts. Using effective stress control techniques can give you a sense of peace and calm during anxious

situations, including big events. They can also help you look and feel relaxed, confident, and friendly.

3. Some Behaviors Harm Controlling Stress (New Slide)



Using too much alcohol can aggravate AND even cause stressful life events.

Overdrinking leads to:

1. More worries
2. Unhappiness
3. Other substance misuse

These outcomes rob a person of inner peace, tranquility & confidence.

Remember, using too much alcohol can aggravate or even cause stressful life events, such as problems with law enforcement, fights with friends or family, and involvement in situations that you might later regret. Excessive alcohol use and smoking regular and e-cigarettes can directly stress the body and mind because of their pharmacological properties as toxins.

Habitually overdrinking leads to more worries, greater unhappiness, and use of other drugs. Combined, these outcomes rob a person of inner peace, tranquility, and confidence.

Controlling Stress NO

1. _____ (participant's name), it looks like you are not regularly using stress control techniques to manage your daily stress. Daily use of stress control techniques could help you be a calmer and more relaxed person.

2. Benefits of Controlling Stress (New Slide)



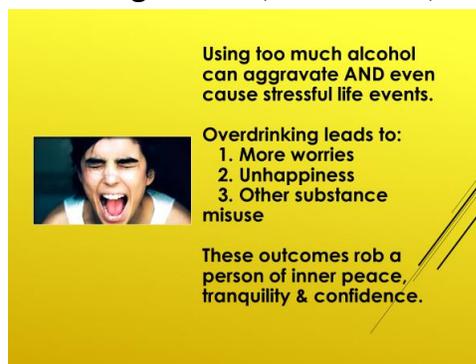
REGULARLY USING RELAXATION TECHNIQUES CAN:

- > prevent migraines headaches
- > prevent mild depression, anxiety & excessive worry
- > keep you focused on enjoying life in the "here and now"
- > give you a sense of peace & calm during anxious situations
- > help you look & feel relaxed, confident & friendly

Regularly using relaxation techniques can help increase your chances of avoiding physical problems caused by stress, such as migraine headaches. Relaxation techniques can also help prevent or alleviate mood disorders, such as mild depression, anxiety, and excessive worry.

Relaxation techniques help keep a person focused on enjoying life in the “here and now,” and avoid negative feelings and thoughts. Using effective stress control techniques can give you a sense of peace and calm during anxious situations, including big events. They can also help you look and feel relaxed, confident, and friendly.

3. Some Behaviors Harm Controlling Stress (New Slide)



Using too much alcohol can aggravate AND even cause stressful life events.

Overdrinking leads to:

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These outcomes rob a person of inner peace, tranquility & confidence.

Remember, using too much alcohol can aggravate or even cause stressful life events, such as problems with law enforcement, fights with friends or family, and involvement in situations that you might later regret. Excessive alcohol use and smoking regular and e-cigarettes can directly stress the body and mind because of their pharmacological properties as toxins.

Habitually overdrinking leads to more worries, greater unhappiness, and use of other drugs. Combined, these outcomes rob a person of inner peace, tranquility, and confidence.

Goal Plan

Now, take out your copy of the Goal Plan and read it. (Assist participants with completing each item on the goal plan. Then, have them sign and you co-sign the plan. Lastly, ask the participant to take the Goal Plan home and post it in a prominent location where it will serve as a reminder to monitor goal achievement every day. See copy below.).

InShape Prevention Plus Wellness-HR Goal Plan

*Think about what you have learned from the **InShape PPW** lesson and consider the following:*

1. Participating in moderate physical activity for **at least 30 minutes** on most days of the week, such as fast walking, slow bicycling, or skating, to be more physically active.
2. Participating in vigorous exercise for **at least 20 minutes** on most days of the week that will make you sweat and breathe hard, such as basketball, running, swimming laps or similar aerobic activities, to be more athletic.
3. Taking steps to manage daily stress by practicing progressive muscle relaxation, meditation, tai chi, yoga, deep breathing, or by getting exercise on most days of the week, to be more relaxed.
4. Eating a variety of healthy, nutrient-dense foods in your daily diet, such as lean meat, fish, poultry, fruits and vegetables, whole grain breads and cereals, and brown rice and pasta, to be more energetic.
5. Getting 8 hours of sleep each night, to be more rested.
6. Most importantly, to achieve each of your fitness goals, avoid alcohol, but especially heavy drinking, stop smoking cigarettes, and avoid e-cigarettes, prescription drug misuse and illegal drug use.

KEY WELLNESS BEHAVIOR GOALS

4. Other Wellness Behaviors: (Choose one)

In addition, to maintain an active, healthy and high-performance lifestyle, choose one other wellness habit to improve in the next 7 days:

- a. I will eat more nutrient-dense foods on most days of the week.
 - b. I will practice stress management techniques on most days of the week.
 - c. I will get 8 hours of sleep on most nights of the week.
 - d. I will avoid other substance use.
 - e. None. I prefer to work on other goals.
-

1. List a specific health habit (e.g., eat more fruits & veggies **NOT** eat healthier foods):

2. Amount (e.g., 5 or more servings each): _____.

3. How often (e.g., 5 days a week, Monday-Friday):

Participant's Signature: _____ Date: _____

Witness's Signature: _____ Date: _____

Congratulations! You have successfully completed this InShape PPW lesson.

InShape PPW-HR

Section 4: Group Program Script

InShape© Prevention Plus Wellness-High Risk Group Lesson Protocol

Introduction

(Show first slide). Welcome to InShape Prevention Plus Wellness! I'm going to talk with you about things you can do to look and feel better, based on your current wellness habits. First, you'll learn about the links between engaging in specific wellness behaviors and resulting positive images. Then, you'll have an opportunity to identify concrete goals to enhance your overall fitness, performance and personal development.



Wellness Behavior Screening Survey

Now, please take out your copy of the Wellness Behavior Survey. This tool is designed to assess your wellness level. The accuracy of this assessment is based on how honestly you answer each item, so please answer all questions truthfully. Your answers are strictly confidential. **DO NOT PLACE YOUR NAME ON THIS FORM.** We want your responses to remain private. Thank you. (Wait until everyone has completed the screen).

4. Getting Sufficient Sleep

(Ask participants to answer to themselves). Do you usually get eight hours of sleep each night?

1. Benefits of Getting Sufficient Sleep (New Slide)



Getting the right amount of sleep each night will:

- ▶ ensure the maximum energy needed to be physically active & fit
- ▶ enhance your ability to think clearly throughout the day & retain facts
- ▶ prevent unnecessary caloric intake
- ▶ help you feel alert, confident & friendly
- ▶ make you look good & feel energetic & motivated

Getting the right amount of sleep each night ensures you'll have the maximum energy needed to be physically active and fit. Adequate sleep also enhances your ability to think clearly throughout the day, and to retain facts. Getting sufficient sleep can prevent unnecessary caloric intake.

People tend to overeat and eat high-calorie junk foods when they're tired. Plenty of sleep also helps you to feel alert, confident, and friendly. A sound night's sleep does wonders to make you look good and feel energetic and motivated.

2. Some Behaviors Harm Getting Sleep (New Slide)



Drinking too much alcohol and smoking regular and e-cigarettes disrupts deep sleep patterns, causing you to wake-up feeling tired & jittery.

This conflicts with maintaining an active, high-energy lifestyle.

Meanwhile, drinking too much alcohol and smoking regular and e-cigarettes disrupts deep sleep patterns, causing you to wake-up feeling tired and jittery. This conflicts with maintaining an active, high-energy lifestyle.

Lacking sleep because of excessive alcohol or cigarette use leads to a vicious cycle of chronic exhaustion. This exhaustion increases your chance of accidents and decreases the quality of interpersonal relationships and personal success.

5. Controlling Stress

(Ask participants to answer to themselves). **On most days, do you use stress control**

techniques such as progressive muscle relaxation, meditation, tai chi, yoga, deep breathing, or regular exercise/physical activity?

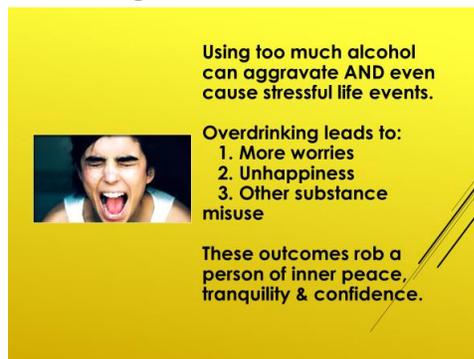
1. Benefits of Controlling Stress (New Slide)



There are many benefits from regularly using relaxation techniques, including avoiding physical problems caused by stress, such as migraine headaches. Relaxation techniques can also help prevent or alleviate mood disorders, such as mild depression, anxiety, and excessive worry.

Relaxation techniques help keep a person focused on enjoying life in the "here and now," and avoid negative feelings and thoughts. Using effective stress control techniques can give you a sense of peace and calm during anxious situations, including big events. They can also help you look and feel relaxed, confident, and friendly. What types of stress control techniques do you or would you like to practice?

2. Some Behaviors Harm Controlling Stress (New Slide)



Remember, using too much alcohol can aggravate or even cause stressful life events, such as problems with law enforcement, fights with friends or family, and involvement in situations that you might later regret. Excessive alcohol use and

smoking regular and e-cigarettes can directly stress the body and mind because of their pharmacological properties as toxins.

Habitually overdrinking leads to more worries, greater unhappiness, and use of other drugs. Combined, these outcomes rob a person of inner peace, tranquility, and confidence.

Optional Group Interactive Exercise

(You may implement the optional Group Interactive Exercise as described as a follow-up activity if time permits. See below.).

InShape PPW-HR

Section 5:

Evaluation Materials

Date: _____

Code: _____

InShape Prevention Plus Wellness-HR Feedback Survey

Directions: Please bubble in one answer for each question below. We really want to know what you think about InShape PPW. Please answer honestly. Thank you for your help!

- | | | | | |
|--|-----------------------|-----------------------|-----------------------|-----------------------|
| 1. Overall, how would you rate InShape? | Excellent | Good | Fair | Poor |
| | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| | | | | |
| | Strongly
Agree | Agree | Disagree | Strongly
Disagree |
| 2. I think InShape will help young adults make healthy choices. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 3. InShape will help me increase my physical activity next month. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 4. If I drank alcohol, InShape would help me avoid over-drinking alcohol next month. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 5. InShape will help me eat more healthy foods next month. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 6. InShape will help me get more sleep next month. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 7. InShape will help me to control stress in my life next month. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 8. If I smoked regular or e-cigs, InShape would help me cut back or stop using. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 9. If I used marijuana, InShape would help me cut back or stop using it. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
-

13. What did you like BEST and LEAST about the InShape PPW lesson?

BEST: _____

LEAST: _____

InShape Prevention Plus Wellness (PPW) **Instructor's Survey**

Code: _____

Directions: Complete this survey after each lesson provided. Circle one response for each item.

	None	A little	Some	A lot
1. What was your level of comfort while providing the InShape PPW lesson?	1	2	3	4
2. Did you use active presenting strategies (i.e., good eye contact, body positioning, changing tone of voice, and listening)?	1	2	3	4
3. What was your level of enthusiasm and passion while presenting the lesson?	1	2	3	4
4. How smooth and continuous was the flow of the lesson delivery?	1	2	3	4

Prevention Plus Wellness Program Fidelity Checklist

1. Attend a Prevention Plus Wellness Program Implementer's Training Workshop every 3-years.
2. Implement the individual script to participants in a private or semi-private setting.
3. Implement the lesson using the script as provided.
4. Maintain good eye contact during each lesson.
5. Do not ad lib extra content during any lesson.
6. Provide the script content with enthusiasm and passion each time.
7. Cover all messages in the script during each lesson.
8. Show the PowerPoint slides during each lesson.
9. Read the goal plan and helped participants complete it.
10. Have participants sign while you co-sign each contract.
11. Ask participants to take home their goal plan and post it.
12. Implement the feedback survey immediately after each lesson.
13. Read the feedback survey instructions to participants.
14. Collect and keep the screening and feedback surveys together for each participant.
15. Scan and email surveys to the Prevention Plus Wellness office for analysis.
16. Collect and monitor instructor survey data from implementers/teachers after each lesson.
17. Make program alterations based on feedback and instructor survey data analysis and monitoring.
18. Follow up with participants. For example, by reminding them to continue to monitor their goal plans, ask them to write a revised goal plan(s), provide follow up program materials (e.g., parent flyers, website resources, more lessons), and/or re-implement the PPW program every 6-12 months.

InShape PPW-HR

Section 6:

Optional Wellness Resources

InShape Prevention Plus Wellness Wellness Resources

Are You Getting Enough Sleep? Centers for Disease Control and Prevention:

<https://www.cdc.gov/features/sleep/index.html>

Dietary Guidelines for Americans 2015-2020. ChooseMyPlate.gov. United States

Department of Agriculture: <https://www.choosemyplate.gov/dietary-guidelines>

Frequently Asked Questions. Alcohol & Public Health. Centers for Disease Control and

Prevention: <https://www.cdc.gov/alcohol/faqs.htm>

Healthy Eating. Nutrition.gov: [https://www.nutrition.gov/subject/smart-nutrition-](https://www.nutrition.gov/subject/smart-nutrition-101/healthy-eating)

[101/healthy-eating](https://www.nutrition.gov/subject/smart-nutrition-101/healthy-eating)

How to Manage and Reduce Stress. Mental Health Foundation:

<https://www.heart.org/en/healthy-living/healthy-lifestyle/stress-management>

National Sleep Foundation Recommends New Sleep Times. National Sleep Foundation:

<https://www.sleepfoundation.org/press-release/national-sleep-foundation-recommends-new-sleep-times/page/0/1>

Opioid Abuse and Addiction. MedlinePlus:

<https://medlineplus.gov/opioidabuseandaddiction.html>