

# Presenter's Guide to



**Supplemental Educational Materials created by**



AMERICAN ACADEMY OF  
FAMILY PHYSICIANS

STRONG MEDICINE FOR AMERICA

Endorsed by



[www.readysetfit.org](http://www.readysetfit.org)  
phone: 1-888-543-4246 or 888-KID-4AIM  
[readysetfit@aafp.org](mailto:readysetfit@aafp.org)

Ready, Set, FIT! is brought to you by Americans In Motion (AIM). AIM is sponsored by the American Academy of Family Physicians and is supported by educational grants provided by core supporters. A listing of AIM's supporters can be found at [www.americansinmotion.org](http://www.americansinmotion.org).

## Overview

Welcome to Ready, Set, FIT! Thank you for being willing to inspire children to be active, eat smart, and feel good.

Ready, Set, FIT! is taught by guest presenters and third and fourth grade teachers. Parents and caregivers are asked to reinforce messages on healthy lifestyles with take-home materials.

Your role as a guest presenter is to kick off the first of four lessons. As a medical professional, you are a role model in the community. With this lesson, you have an opportunity to influence children's feelings about their health and their role in staying healthy.

This guide will provide you an overview of the Ready, Set, FIT! curriculum and prepare you for your classroom visit. It includes everything you need to present.

Teachers receive a complete curriculum kit. By understanding the whole program, you will see how your guest lesson drives the main message and sets the tone.

You can make a difference in the health of your community by educating youth about fitness through Ready, Set, FIT!

## Purpose

Your visit provides an opportunity to help third and fourth graders understand the importance of fitness and having a family doctor or healthcare professional for good overall health.

## Key Objectives

1. Reinforce what fitness includes (physical activity, nutrition, and emotional well-being) and why it is important.
2. Educate students on the short- and long-term benefits of fitness.
3. Highlight what family physicians and other healthcare professionals do and why they are an important resource for the whole family.



### What does a classroom visit involve?

As a guest presenter, you will lead a 40- to 50-minute upbeat and interactive classroom discussion.

Talking about the choices students make every day can help them see how they are being active, eating smart, and feeling good — the three important parts of fitness.

You will also share information about your career and how important healthcare professionals are to students, families and communities.

### In the Classroom...

**Ready, Set, FIT!** is aligned with national education standards. It builds on core language arts, math, and health skills. Teachers integrate four fitness-related lessons with corresponding classroom activities.

### At Home...

**Ready, Set, FIT!** extends the learning experience from the classroom to the home. The program offers a student guide with take-home assignments designed to encourage family conversations about fitness choices.

### In the Community...

**Ready, Set, FIT!** showcases family physicians and other healthcare professionals as valuable community resources and role models for improved fitness. Teachers are strongly encouraged to invite a family physician to help kick off the first lesson.

### Who can be a Ready, Set, FIT! guest classroom presenter?

Anyone in the family medicine community, including:

- family physicians
- family medicine residents
- medical students
- physician assistants
- nurses



# Getting Ready for Your Classroom Visit

**Step 1** Sign up to be a guest presenter at [www.readysetfit.org](http://www.readysetfit.org)

**Step 2** Review this guide or the Presenter's Resources at [www.readysetfit.org](http://www.readysetfit.org) in the "For Presenters" section.

**Step 3** Call an elementary school near your home or job, and ask the principal if the third or fourth grade teachers are interested in a guest speaker on the importance of healthy living. Be sure to mention the curriculum is free. Explain that you will present an introduction to the first lesson, and the teacher, school nurse, or health teacher can follow up with lessons 1 – 4. If you'd like to be more involved, you can offer to teach one or more of the lessons in addition to the kick off session. Another option is to work as a team with other clinicians to present the entire curriculum.

- If you already know a teacher, ask if you can be a guest in his/her classroom

**Step 4** Ask the teacher to register for the program and request the curriculum. (The teacher must sign up on the Web site to get access to the curriculum before your guest presentation.)

**Step 5** Review the online bulletin: Be Active, Eat Smart, Feel Good: A Family-Centered Approach to Healthy Lifestyles at [www.aafp.org/aim/cmbulletin](http://www.aafp.org/aim/cmbulletin) and earn continuing medical education (CME) credit. (Can be taken without credit.)

If you need help locating a school, call Ready, Set, FIT! toll-free at (888) KID-4AIM or email [readysetfit@aafp.org](mailto:readysetfit@aafp.org).

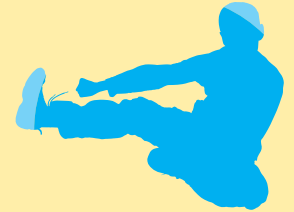


## Questions to ask before your classroom visit

- **What are the school's visitor policies?** Ask where you can park, where to check in, and whether you need a visitor's pass, etc.
- **How much time will I have?** We suggest that a visit last 40-50 minutes.
- **Is there anything I should/can bring?** If you have any visual aids that you think may be useful, let the teacher know in advance. Remember to keep this visit simple and interactive.
- **Is there anything else I should know about the students?** How many students are in the class? Do any students require special considerations?

- **How will the students prepare for my visit?** Find out what the teacher plans to cover before your visit and if the teacher has expectations for you.

**Note:** Teachers are encouraged to have students do a pre-activity before your visit to help students start thinking about fitness.



## Remember...

- Be committed and enthusiastic.
- Be on time.
- Ask that the class be limited to a maximum of 30 students. Ready, Set, FIT! is not designed to be conducted in an "assembly-style" setting.
- Share personal stories and examples from your own experience.
- Encourage students to think about fitness every day and share their ideas with their families and caregivers.
- Once you have conducted a classroom presentation, submit the online Presentation Questionnaire for Presenters and receive a FREE pair of Thorlo walking socks.



# How to Conduct Your Visit

## Introduce Yourself: Who am I? Why am I here today?

(2-3 minutes)

You are a special guest visiting their class, so students will be interested in knowing a little bit about you. Tell them about your job and the kind of people you see and help. Then, give them a brief overview of what your visit will include.

## Icebreaker: Ask the Family Doctor (2-3 minutes)

Students may have completed the Pre-visit Activity: "Ask the Family Doctor" prior to your visit. If not, give them a few minutes to complete and then discuss. Get the kids interested by encouraging questions.

## Talk about your work: (2-3 minutes)

Share what distinguishes family physicians from other kinds of doctors, as well as how family physicians and healthcare professionals can help patients achieve their fitness goals. Give examples from your own office or life.

## Group Discussion (20-25 minutes)

During your discussion with the students, write key points on the board.

1. Ask the students a few questions to get them involved and find out what they know. (Refer to the Kid-Friendly Terms on this page as a guide.)

**Sample questions include:**

- What is fitness? (Reinforce that fitness does not equal thinness.)
- What do you think it means to be healthy/fit?
- Why is it important to be fit (short- and long-term benefits)?
- What are some ways to be active? Eat smart? Feel good? (at school and at home)
- How do you feel when you do these things?
- How do the three parts of fitness (physical activity, nutrition, and emotional well-being) relate to one another?

2. Expand upon the students' answers and bring the concepts together (physical activity, nutrition, and emotional well-being) to show the importance of balancing all three. If necessary, review the Kid-Friendly Terms and provide examples of each part of fitness.

3. Give examples of choices you make every day to demonstrate how simple fitness can be even when you are busy.

## Wrap-Up (5 minutes)

1. Review the discussion. Remind students how important it is to be fit by addressing all three parts of fitness (being active, eating smart, and feeling good) and that all of these contribute to overall health.

2. Point out that students are surrounded by many people who can help them be fit (family, friends, teachers, and doctors).

3. Encourage students to have a balanced day, every day.

4. Urge students to be advocates and challenge their friends and families to move toward better fitness.



## Presentation Tips

- Make eye contact, smile, and have fun.
- Ask the teacher to stay in the classroom while you are presenting.
- Make your visit conversational and engaging; use kid-friendly language.
- Vary your tone of voice to keep students interested.
- Pose questions to the students to engage them in the group discussion.
- Move throughout the room as you talk.

## Ready, Set, FIT! Kid-Friendly Terms

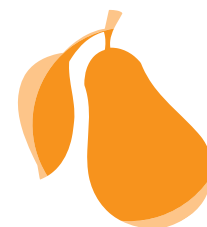
**Emotional well-being** — Being aware of your thoughts and feelings, and expressing them in positive ways.

**Family physician** — A person trained to care for people and families of all ages, in all areas of health.

**Fitness** — Being active, eating smart, and feeling good.

**Nutrition** — Eating a variety of foods from the food groups you need to be healthy and strong.

**Physical activity** — Action or movement that is good for your body.



# About the Lessons

## Pre-Visit Activity: Ask the Family Doctor

*Led by classroom teacher*

Prior to your visit, the teacher will use this activity to help students prepare. They'll talk about what a family doctor does and brainstorm questions to ask you during your visit.

## Ready, Set FIT! Classroom Lessons

### Lesson 1: Your Choices Add Up to Fitness

*Kick off led by a family physician or other health professional, Lesson led by teacher*

You'll kick off this lesson by talking to students about the three components of fitness: being active, eating smart and feeling good. Use this presenter's guide to facilitate an upbeat and interactive discussion. Following your presentation, the teacher will conduct lesson 1, teaching the students about balancing energy intake with the energy they use while doing the things they enjoy.

### Lesson 2: Get Moving!

*Led by classroom teacher*

This lesson teaches students about the importance of physical activity. The in-class activity prompts them to think about ways to be active every day.

### Lesson 3: Choose Smart! Eat Smart!

*Led by classroom teacher*

During this lesson, students learn how choosing a variety of foods gives them energy to think clearly, play longer, and feel good. The food pyramid worksheet breaks down the major food groups.

### Lesson 4: Express Yourself!

*Led by classroom teacher*

This lesson teaches that feeling good comes from being active, enjoying a variety of activities and sharing thoughts and feelings with loved ones. A reading comprehension assignment reinforces the messages.

