**Social Support**

The goal of this session is to show the importance of social support in making behavioral changes and exercise. It is meant to facilitate teambuilding within the group and promote the development of social support in achieving their goals.

* Trying to lose weight and make behavioral changes can be stressful. Research has shown social support helps you make better healthier behavioral changes
* Social support can come from friends, family, peers, co-workers, spouses, children, your CTL group, your CTL coaches and a host of other individuals. Can you think of someone who can provide you social support as you continue you to reach your goals?
* Social support can come in the form of serving low-fat/calorie foods for meals, people not tempting you with problem foods as a reward or gif, help with cooking, shopping, or cleaning up after meals, not offering second servings, praising efforts, providing rides to the gym, going to the gym, providing information, etc. Can you think of a way that someone can provide you social support?
* Today we will be focusing on emotional support.

**Exercise Plan**

**All Aboard: Individual Version**

* Since today’s lesson is about social support, find someone you can work out with to help you.
* Take a ball, of your preferred weight, and line up back to back and pass it to each other by:
  + Passing it over the head
  + To the right side
  + To the left side
  + Through the legs
* Once you have this mastered, sit down, cross your legs and lift them up to where you’re balancing and pass it:
  + Over the head
  + To the left side
  + To the right side
* See how many you can do in a minute or do multiple sets of 30 repetitions.
* If you drop the ball at any point during the workout, you have to do 1 minute of calisthenics.

**Callisthenic List**

- Lunges

- Squats

- Wide legged squats

- Arm circles

- Scissor kicks

- Cross country skies

- Jogging in place

**Suicide Relay (~30 minutes)**

1. Pick a stretch of road or a large room and place 3 cones or other objects as your set points.
2. Do suicides (run to first, run back to beginning, run to 2nd, run back, and run to third)
3. Start off with grapevines, luigi jumps, and side shuffles
4. When you get to the third cone, do do 20 squats and 20 arm circles forward then head back to home base.
5. repeat it again except with the following exercises

* Round 2: 20 side crunches and 20 jumping jacks
* Round 3: 20 ice skaters with rows and 20 backwards arm circles
* Round 4: 30 toes to sky and 30 calf raises
* Round 5: 30 lunges and 30 butt kicks
* Round 6: 30 kneeing someone and 30 double side steps

**PARTNER OPTION**

* Have two people relay at the same time.
* When they get to the end, have them each throw the ball up to their partner, they catch it, and then throw it down. Other options include throwing it back and forth as they go up and down their lane or doing sit-ups with them.
* Have to do for 15 each.
* If they drop the ball, they have to start over.

**5 cool down laps**