

## **Club Wellness**

Two powerful and effective ways to manage Type 2 diabetes is through good nutrition and regular physical activity. That is why, as part of the Diabetes App trial opportunity, OODH is hoping to offer (if funding is available) an additional program at no cost\* to one of the awardees of the Diabetes Self-Management App Project, called Club Wellness. Club Wellness is a fun and interactive program specifically developed for people with intellectual and developmental disabilities (I/DD). The program\*\* brings the basics of fitness and nutrition to Club Members with an activity-based curriculum uniquely adapted for people with I/DD to help them pursue a life of wellness.

### **Club Wellness Components:**

The 12-week curriculum includes activity-based lesson plans with the following components:

Workout (seated options provided and no special equipment required)

Nutrition Focus, Nutrition Activity & Recipe

Wellness Tip & Wellness Activity

Goal Setting & Wellness at Home

Pre and Post testing data collection materials that are user-friendly and easy to implement (*required for this project*)

The implementation of Club Wellness will take place within the same timeframe as the Diabetes App project's timeline (within 9 months). The agency selected to participate in the Club Wellness program will receive:

- A lifetime license to become a Club Wellness organization
- Train-the-Trainer training for up to 10 employees (to become Club Wellness certified trainers) and 6 months of follow up consultation and support provided by Janet.

Train-the-Trainer session is typically 6 hours and includes:

- Overview of Program/Purpose
- Materials and how to utilize them
- Conducting Pre and Post Testing for Consistency and Reliability - Metrics, Accomplishment Based Tests, Eating Habits Survey
- Teaching Club Wellness Exercises (Cardio, Muscle Strengthening, Flexibility)
- Teaching Club Wellness Nutrition Activities

- Teaching Club Wellness Tips and Activities on Wellness
  - Motivation Techniques and Incentives
  - Implementation Tips
  - Recruiting Club Members
  - Keeping it FUN
  - Next Steps
  - Follow-up and support from Capetty Consulting
- Materials: Each certified trainer will get a Trainer Manual and one Club Member Workbook at the training session and each Club Member signing up for the program will receive a Club Member Workbook. All Manuals and Workbooks are reusable.
  - Club Wellness Implementation Support: For the duration of the diabetes app trial program, Janet will help facilitate and be available for technical assistance throughout the 12-week classes. The schedule for implementing Club Wellness has some flexibility and will be determined by both the agency and Janet (bi-weekly or weekly).
    - Please note: Janet will be assisting the 12-week class, as part of this award. Any future classes are the responsibility of the agency/certified trainers.

*\* Cost for Licensing, Train the Trainer, and the 12-week support during the classes is a \$5,000 value (included in this award). Additional Club Member Workbooks can be purchased from Janet for future workshops for \$40 per workbook (not included in this award).*

*\*\* Club Wellness is offered on-line during the COVID-19 stay at home order.*

**Club Wellness** has proven results, and works for individuals *without* intellectual disabilities and developmental disabilities as well! For more information visit [www.clubwellnesstraining.com](http://www.clubwellnesstraining.com) or contact the President of the program Janet Capetty at 541.761.1259 or [jcapetty@clubwellnesstraining.com](mailto:jcapetty@clubwellnesstraining.com)