

using the

DYAD APPROACH

THE HEALTH PARTNERS PROGRAM



SUPPORT



ACCOUNTABILITY



ENCOURAGEMENT



MOTIVATION

The **DYAD APPROACH** is when two people are working together as partners

How do I make it part of my Health Partners class?

- **Think, Pair, Share** -Participants think about a concept, talk it over with their partner, then share with group
- **Scenarios** -Acting out scenarios with a partner helps people be more likely to use the skills they learn in real life
- **Partner Work Out** -Include a physical activity that partners can do together like resistance bands or body weight exercises for pairs
- **Goal Setting** - Shared goals allow for partners to provide support and motivation

Together:

- People are happier and less lonely
- Health change happens more often and lasts longer



www.wellness4ky.org