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### PLEASE NOTE

If your health promotion program has both health education and structured exercise classes for participants, you may find it useful to combine the classes that are noted “**Field Trip**” in the health education curriculum with your structured exercise classes depending on group dynamics among the participants and group structure (e.g., time constraints, staff participant ratio). The “**Field Trip**” classes are designed to integrate both the health education and exercise classes into an activity that will give participants opportunities to experience being physically active and making health food choices in their community. Modules can be taught with or without the “Field Trip” activities.