

Healthy Habits for Busy Families

Session #2



Before we start,
gather something to
write with and a
post-it, small piece of
paper, or 3x5 card.



What we believe...

all have worth

health at every size

we are all learning

In our
time
together
we will
talk
about...



FOOD

- Design a supportive environment
- Boost balanced eating
- Make simple switches



MOVE

- Discuss physical fitness
- Helpful tips for integrating cardio movements



MIND

- Importance of self-talk
- Affirmations



FAMILY

- Integrate affirmations into your family's journey
- Create a plan for including the whole family in a health goal.

FOOD

Family Food Spaces

One way of looking at it...

Creating Family Food Spaces makes a healthy lifestyle (almost) automatic.



Creating healthy food spaces provides '**FUEL**' to keep the fire going'...making it easier to stay on track with a healthy lifestyle.

WILLPOWER is like kindling.
It helps get you started, but you won't last long with just willpower



FOOD

What is a
Food
Space?



FOOD

Family Food Spaces

Momentum
& Friction
How do you
fuel the fire?

Momentum

Keep healthy foods as
easy to eat as possible.
Have them talking to you.

Friction

Make processed, less
healthy foods as hard
as possible to eat.
Keep them quiet.

HOW?

What do you see?
What's at eye
level or out on the
counter?

What is available
in your pantry
and fridge?

What is easiest to
make and eat?




Sunday afternoon in the Martin kitchen

Taylor & Michaela want to eat and provide less processed food for their family. But every single time they decide to do so, they start strong, but quickly end up going back to their usual eating patterns.

They are asking us to help them support their next goal to eat more whole foods. Their 3 kids aren't so sure about the change, but they are willing to give it a go, if their ice cream doesn't get taken away.

They want us to help them build a new grocery list AND give them some kitchen set-up tips.



The background of the slide features a soft-focus photograph of a woman and a young child sitting at a table, engaged in a meal. The woman is on the left, partially visible, and the child is on the right, looking down at their food. The overall tone is warm and domestic.

Tips & Strategies

Include
familiar foods

Small portions

Model
enjoyment

Favorite
sauce or dip

Try a different
preparation

Recruit
helpers

Wait a few
weeks before
trying again



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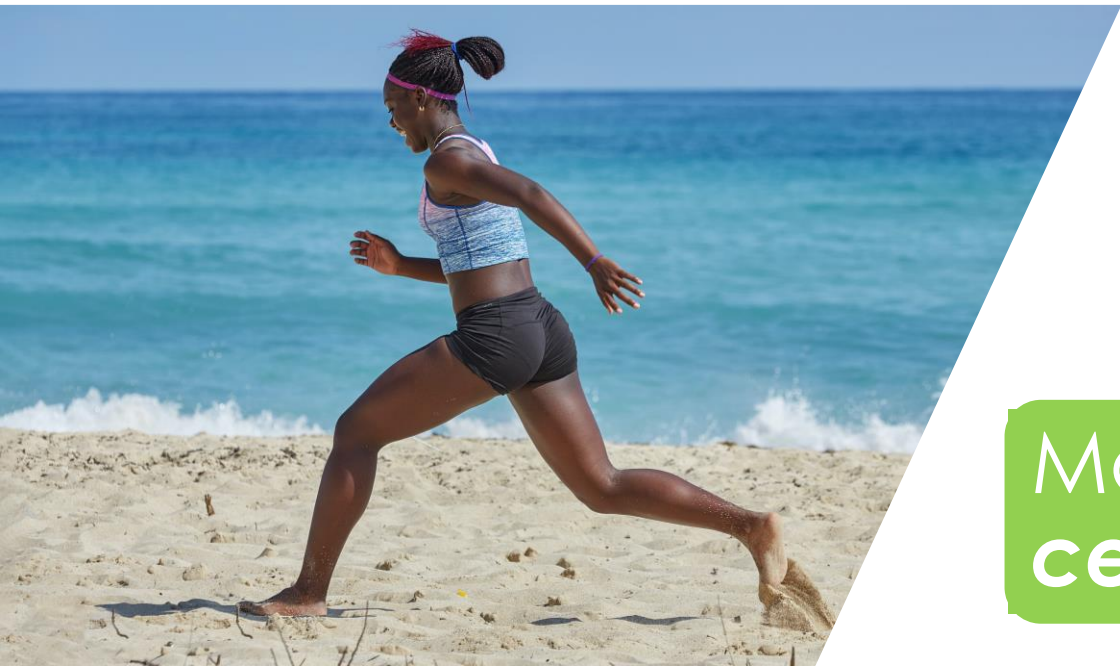
MIND

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MOVE

Small is good

Movement is a
celebration

Let's dance!



MOVE

Creating an active home

Family Time

Make movement activities your family's teammate in forming **positive associations** with moving, perspiring, challenging one's body and ENJOYING one's body.

- Dance party while cleaning
- Hike to a picnic spot instead of eating at a restaurant.
- Make at least one family activity a weekend active.
- Create more space at home to move
- Streaming marathon? Get up and move during credits.



MOVE

Creating an
active home

For those
parenting



Add



Workout clothes to
your chair the night
before

One day per week
where you wear
work clothing you
can walk and sweat
in.

Sneakers in your
trunk, by the door,
and/or at work.

An exercise
reminder on your
watch or phone

Remove



Clothing or shoes
that restrict you
from moving

Listening to
podcasts without
moving

Sitting and watching
your kids play

The use of an
elevator, escalator,
or the closest
parking spot



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MIND

Self-Talk

Our inner dialogue. The way we talk to ourselves about us, others, and the world.

How do you talk to your yourself?

If you talked to your friend the way you talk to yourself, how do you think they'd feel?



Why is self-talk important?

What we say to ourselves creates the lens through which we view the world. This lens influences our behaviors, beliefs, and brain structure.

Chronic negative self-talk causes brain structures to shrink.

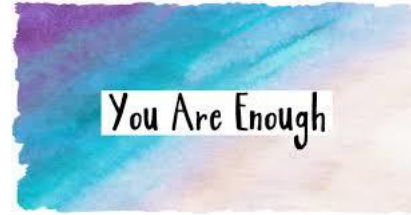


Reframing negative self-talk can help the brain to recover its normal functioning.



Affirmations

- I am strong and resilient.
- I am a good parent. All parents feel like this sometimes.
- I am lovable and capable.
- I love myself exactly as I am.
- I love my child(ren) exactly as they are.
- I am a good role model to my child(ren) on how to take care of my body.
- Our home is place of peace.
- I release the past and choose to live in the present.



You have been criticizing yourself for years and it hasn't worked. Try approving of yourself and see what happens.
-Louise Hay

Write an affirmation on a post-it.

Put it in a place where you will see it daily.





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Affirmations for the family...

Notice your family's comments.

Are they supportive?

Can we revise them to be affirmations?

*you
are so
loved*

**Where could you post
supportive affirmations
in your home?**

**You
did
good**

*you
deserve
it!*

**YOU
GOT
THIS**

YOU ARE
enough

**YOU
MATTER**

This past hour
together we've
talked about a lot!

How do you feel?

How will you bring
your family
together to build a
small goal?





Questions...
