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.
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.
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?
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.
Tips & Strategies

- Include familiar foods
- Model enjoyment
- Try a different preparation
- Small portions
- Favorite sauce or dip
- Recruit helpers
- Wait a few weeks before trying again
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Movement is a celebration
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 yourself?

If you talked to your friend the way you talk to yourself, how do you think they’d feel?
Reframing negative self-talk can help the brain to recover its normal functioning.

Chronic negative self-talk causes brain structures to shrink.

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.
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?

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