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**
All about meal planning, shopping, and prepping

**MOVE**
Three steps for making a movement goal stick.

**MIND**
Growth Mindset

**FAMILY**
Where to start with family goals...
1. Do not go to the market hungry.
2. Make a list.
3. Start on the outside/perimeter of the store.
FOOD

Meal Planning

How many meals?
How much time do you have?

Start with vegetables.

Next grains, protein...

Finally...fruit, snacks, beverages.

Quick prep?

When making your list.

Let’s look at one meal example.
FOOD

Premade salad mix or Hawaiian bowl.

Add veggies, a protein, and a fat.

✓ Frozen, steam-able bag of veggies.
✓ Can of corn
✓ Pre-chopped veggies
✓ Cherry tomatoes
✓ Leafy greens mix

• Canned beans
• Grilled chicken
• Sautéed shrimp

• Avocado
• Nuts
• Pumpkin Seeds
• Olive Oil
Before you go to the market, set up your kitchen with cutting boards, knives, Tupperware, jars, and bags.
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
Growth Mindset

FAMILY
Where to start with family goals...
• Small is good

• Movement is a celebration
Want a New Movement in Your Day?

1. Reminder
   Pick something that you do every day.

2. Tiny
   Super teeny tiny, new movement.

3. Yay!
   Do something that makes you feel awesome.
In real life...

Examples...

MOVE

Reminder
After I flush the toilet,
When I sit down on the couch,
Before I brush my teeth,

New!
I will do 2 squats.
I will pick up exercise bands.
I will do 3 balance movements.

Yay!
Let's Brainstorm

Find the teeny tiny...

Sheila wants to begin walking 3x a week. She wants to make it around the lake near her house. But every single time she plans to do it, she ends up easily producing an excuse to stay home.

Fred wants to begin doing pushups. But he always forgets. He is busy and travels almost weekly for his work. When he is home with his family, he doesn’t want to lose any of that precious time exercising.
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MIND
Growth Mindset

FAMILY
Where to start with family goals…
MIND
Growth Mindset
• Avoid challenges, they might make me look bad if I don’t succeed
• Give up easily
• Get defensive if someone gives me advice
• Blames others

“Failure is the limit of my abilities”
“Failure is an opportunity to grow”

FIXED MINDSET
GROWTH MINDSET

“I am either good at it or I’m not”
“My abilities are unchanging”
“I don’t like to be challenged”
“I can either do it or I can’t”
“Feedback and criticism are personal”
“My potential is predetermined”
“When I’m frustrated, I give up”

“I stick to what I know”
“I can learn to do anything I want”
“Challenges help me to grow”
“Feedback is constructive”
“My effort and attitude determine my abilities”
“‘I am inspired by success of others’”

“I like to try new things”

Acknowledge and reward effort.
During a disappointment, ask what they could do differently next time.
Talk about their hopes and dreams for the future.

• Improve with effort
• Endless opportunity to grow
• Teaches me to be more persistent
• Essential for life
• Learn from mistakes
• Expect setbacks
Conversations & Comments

Let’s rephrase these comments...

1. I didn’t lose any weight this week. Changing my food did nothing to help me.

2. I don’t like vegetables. They are gross.

3. I have been big since I was a little kid. This is just the way I am.

4. My whole family eats fast food, that is the only thing we have time for.

5. I am lazy. I would just rather play video games.

6. I hate tofu.
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Growth Mindset

FAMILY
Where to start with family goals…
Family Growth

Small Steps Keep Hopeful
Small Steps

Pick a change together.

Make it easy.

Can we all dance for a minute before we sit down for the movie?

Can we park at the back of the parking lot?

Keep Hopeful

We didn’t like that preparation of broccoli; Let’s look on the internet for fun ways to make broccoli.

What did we learn?

We were brave and tried a new food!
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...