

Healthy Habits for Busy Families

Session #3



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



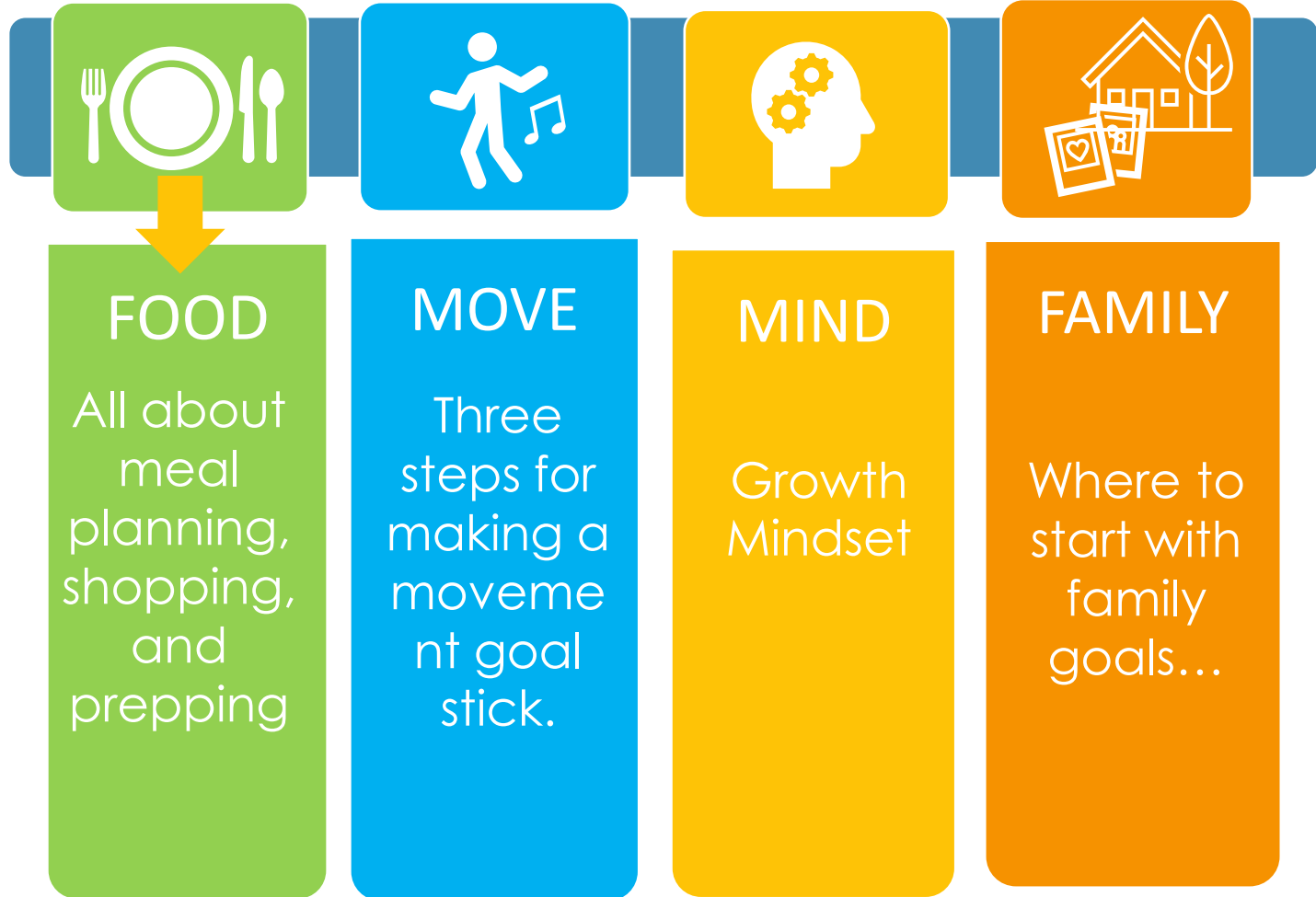
What we believe...

all have worth

health at every size

we are all learning

In our
time
together
we will
talk
about...

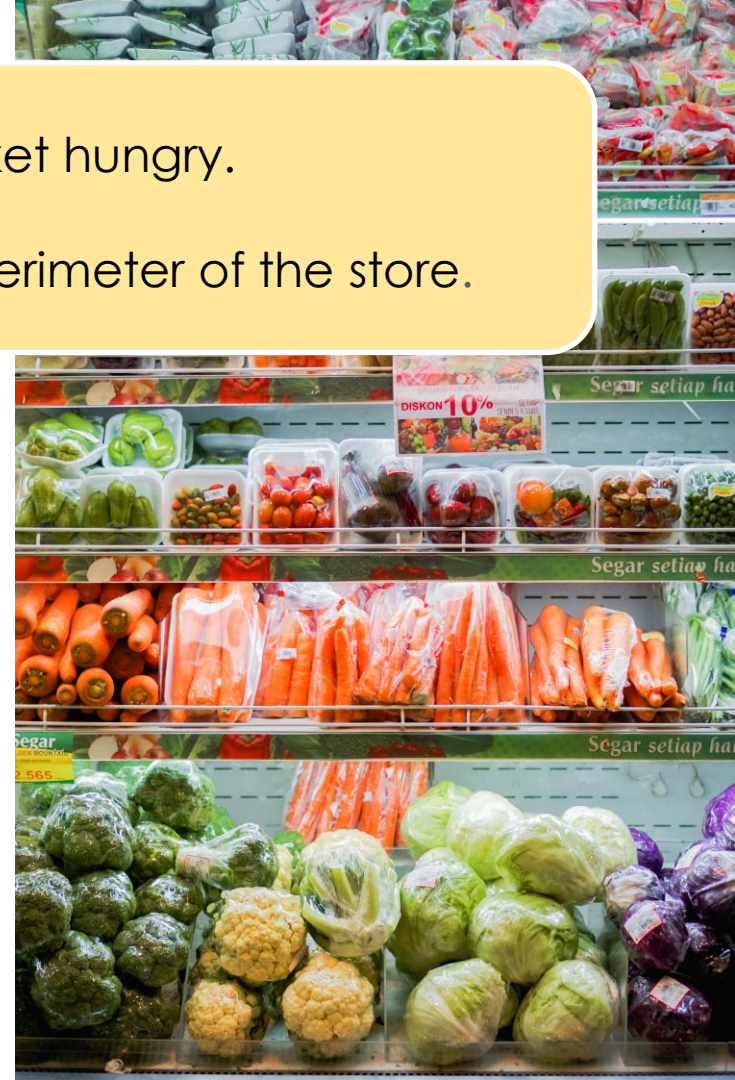


FOOD

Grocery Shopping 101

Where it all
starts...

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?

Quick
prep?

Start with vegetables.

Next grains, protein...

Finally...fruit, snacks,
beverages.

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



FOOD

Meal Prep

Take 10
minutes...

Before you go to the market,
set up your kitchen with
cutting boards, knives,
Tupperware, jars, and bags.

Prep it and
forget it!



The background of the slide features a soft-focus photograph of a woman on the left and a young child on the right, both engaged in eating. The woman is holding a green spoon, and the child has a pouting expression. 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



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...

MOVE

- *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.



MOVE

In real
life...

Examples...

Reminder

After I flush
the toilet,

When I sit
down on the
couch,

Before I brush
my teeth,



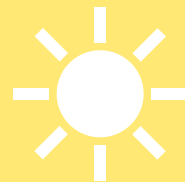
New!

I will do 2
squats.

I will pick up
exercise bands.

I will do 3
balance
movements.

Yay!



MOVE

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.



FOOD

All about meal planning, shopping, and prepping



MOVE

Three steps for making a movement goal stick.



MIND

Growth Mindset



FAMILY

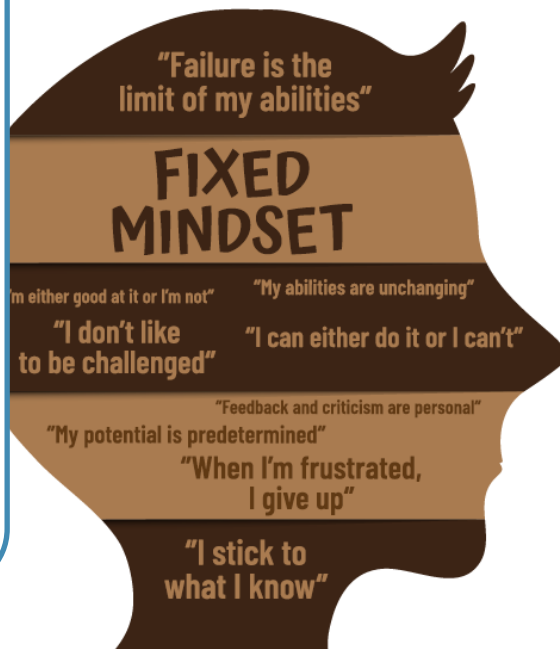
Where to start with family goals...

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



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

Acknowledge and reward effort.

During a disappointment, ask what they could do differently next time.

Talk about their hopes and dreams for the future.

Can your family
look at failure
like a scientist?

*Failure as an
opportunity to
learn and
grow?*

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.



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...

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.

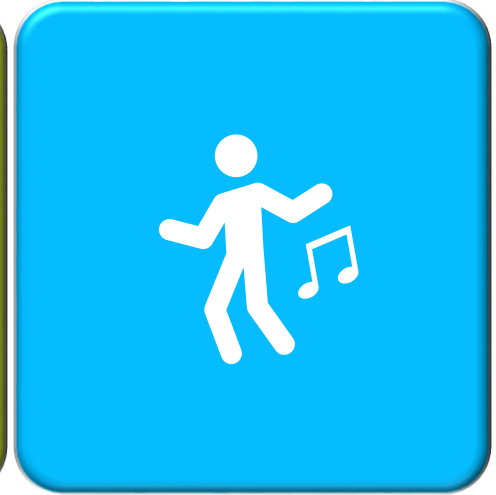
What did we
learn?

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...

I  Learning