



Whole Body Fitness

Healthy Eating Overview

1st 90 Minute Meeting

- Discuss lifestyle, weight history, eating and exercise habits, health history, review all questionnaires and food diary. Conduct Body Composition test.

2nd 90 Minute Meeting

- Discuss body composition to determine healthy body weight, food intake analysis, sample meal plan.
- **Discuss Fit or Fat video, Balancing Priorities and Beating Barriers to Lifestyle Change.**
- Creating a Lifestyle Defense Plan - how will you meet potential barriers, creating a support system.
- Making health a priority - how to integrate it with all your other priorities.
- Identifying potential barriers that have blocked your progress in the past, sources of support.
- What is it going to take for you to achieve your goal.

4 follow up 20-minute Phone Counseling Meetings

1. **Dining Out, Goal Setting, Guidelines for Good Health, Keeping a Wellness Journal, Review Body Composition, Food Label Section**
 - Making better choices when dining out! Take action for good health with these tips.
 - Setting up a Wellness Journal for 2003.
 - Building a goal and making an agreement on paper that you can measure, gauge and follow through with! Combining powerful visualization with consistent action to achieve your goal.
2. **10 Steps to Changing Your Eating Behavior, Making Better Food Choices, Healthy Eating Made Easy, Meal Strategies, Tracking Your Eating**
 - Making lasting lifestyle changes, redefine health.
 - Learning to eat in a more natural way than lifetime dieting.
 - Putting the basics of eating healthy into practice by gradually creating a balanced diet without giving up all your personal tastes and the 80/20 rule.
 - Creating a "food plan" for yourself so smart eating habits become second nature.
 - Nutrition and Your Health: The New Dietary Guidelines, Drink More Water, The Best Cooking Techniques and Utensils, Safe Food Quiz, Miscellaneous Article Section
 - Building a healthy diet (eating a variety of foods) and lifestyle with sensible eating and regular physical activity for a long healthy life.
 - The vital fluid your body needs every day.
 - How preparing your own food provides control of what you're eating.
 - Healthful cooking methods.
 - Safe food handling, storing and clean up.
3. **Eat Yourself Healthy, 10 Super Foods You Should Eat and 10 Foods You Should Never Eat, Eating Whole Foods, Eat For Energy, S.M.A.R.T. Goal Worksheet**
 - 12 nutritional powerhouse, low cal, fat free foods.
 - Finding nutrients to fuel your muscles and active lifestyle.
 - Pre and post workout food ideas.
 - Setting clear goals in the future.