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From Abs of Steel to Zucchini:

Increasing skills and strategies for
healthy eating and exercise to fit your
individual health goals

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Learning Objectives

- Create one, achievable, health goal
- List at least one skill and one strategy to achieve your goal
- Identify a back up plan to problem-solve goal achievement



“THE SECRET OF
CHANGE IS TO FOCUS
ALL OF YOUR ENERGY,
NOT ON FIGHTING THE
OLD, BUT ON BUILDING
THE NEW.”

— *SOCRATES*





1. Ready...

2. Set...

3. Aim...???

Create one, achievable, health goal





Thinking About Change

- In order for change to happen, we need to identify what we're going to change:
 - > I want to...[lose weight]
 - > I could...[eat healthier]
 - > I should...[work on stress management]
 - > I will...[join the gym]
 - > I need to...[manage my diabetes]
- **Action:** Write down a statement with one health change that you want to focus on today.

General vs. Specific Goals

- General:
 - › “I want to exercise more.”
- Specific:
 - › “I want to exercise at least 5 days a week for 30 minutes.”



- Feel better
- More confidence
- Benefits/Pros of making a change
- Role model for kids
- Be around longer for kids/grandkids
- Walk up stairs easier

- Time/energy constraints
- Costs/Cons of making a change
- Less time with family
- Dislike exercise
- Can't eat favorite foods

- Can relax after work
- Benefits/Pros of not changing
- Sleep in
- Time for other hobbies

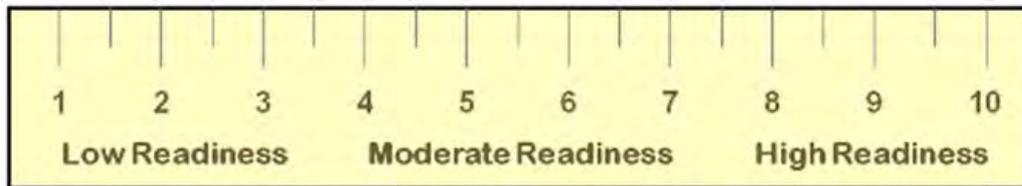
- Family history
- Doctor convincing me
- Increase medications
- Changing
- Keep gaining weight
- Diabetes complications

Why Change?

- What makes you think you need to change?
- What would your life be like in 3 years if you changed?

Readiness to Change Ruler

- On a scale of 1 to 10, how ready are you to make this change?



I don't want to change.

I am thinking about changing.

I am ready to change.

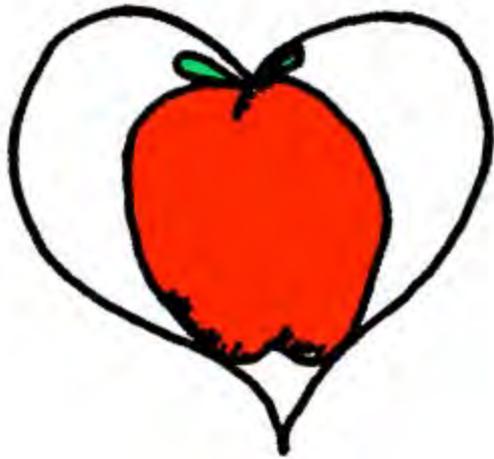
I know changing would be good for my health.

I would like to get help on this change.

Confidence

- “Your belief in your ability to bring about successful outcomes when you experience challenges.”
- What is your confidence that you can make this change?

Importance



- Why is this health change important to you?

List at least one skill and
one strategy to achieve your
goal





Strategies & Skills

- Strategy: *a planned, conscious activity*
 - › Bring walking shoes to work
 - › Cut up produce after grocery shopping
 - › Plan your work commute to incorporate activity
- Skill: *something you are able to do*
 - › Having a 'plan b' if your 'plan a' falls through
 - › Choosing a fruit instead of a less healthy snack
 - › Exercising even though you've had a long day
 - › Making a go-to healthy dinner for busy evenings

Turn your health change into a SMART Goal

- **Specific:** clearly identified or defined
- **Measurable:** how will we know when it's accomplished?
- **Achievable:** challenging yet within reach
- **Relevant:** why does this goal matter?
- **Time-bound:** which day(s) or by when will you have completed this goal?

- **Hint:** We are more likely to follow through with a goal if we write it down, and if we share it with others.



Identify a back up plan to
problem-solve goal
achievement





Planning for potential barriers

“You can't plow a field simply by turning it over in your mind.”

— Gordon B. Hinckley

“Give me six hours to chop down a tree and I will spend the first four sharpening the axe.”

—Abraham Lincoln

- Plan, plan, then plan some more...
- If one thing were to go wrong with your plan, what would it be? What is a possible solution?



Change

“If there is no struggle, there is no progress.” - Frederick Douglass



“You have not failed
until you **quit** trying.”

Gordon B. Hinckley

Lifestyle Coaching program

Work one-on-one with a health coach to improve your health and get the support you need to make healthy changes.

Focus areas:

- Nutrition and diet
- Physical Activity
- Stress
- Sleep

Moda Health Coaching:
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877-277-7281

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• Diabetes Care	• Maternity Care	• Spine & Joint Care
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