



WELCOME!

HEALTH FOR EVERY BODY

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Week 2 of 6



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WEEK 2 OBJECTIVES

- Week 1 Review & Check-in
 - Tool: Learning Loop
- Understand importance of building habits in support of personal health and weight goals
 - Tool: Tiny Habits – BJ Fogg
- Reflect and adjust (if needed) your personal series goal
- Create Week 2 Action Plan



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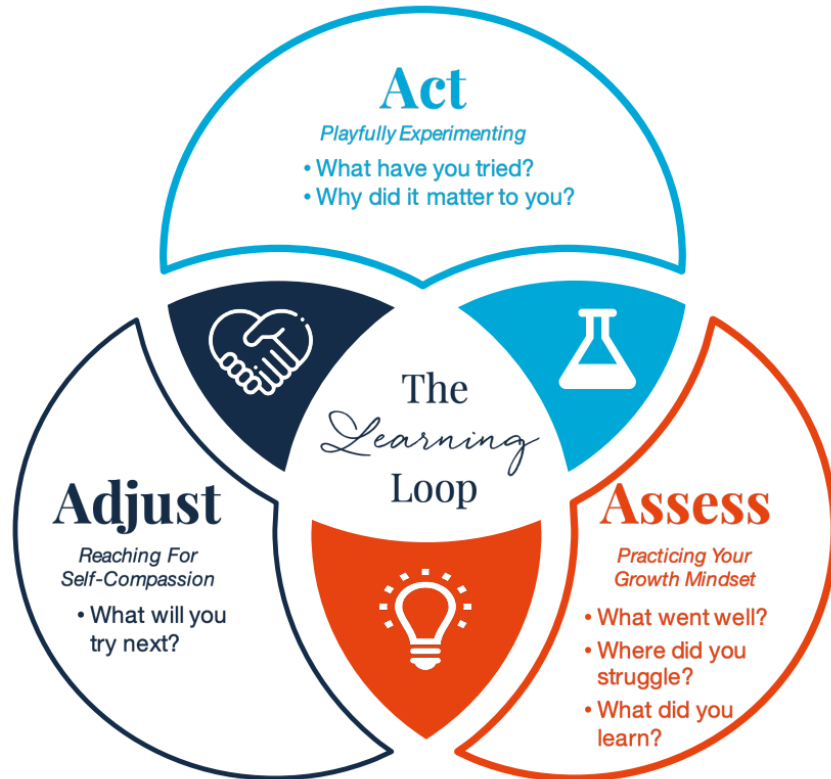
WEEK 1 REVIEW

- Series focus: whole person health and wellbeing
 - Wellbeing: one's ability to FEEL GOOD, FUNCTION EFFECTIVELY and STRUGGLE WELL, while navigating the highs and lows of daily life
- What's your WHY?
 - Is it solid?
- Importance of listening to your inner-narrative about health and weight...
 - Is it true, really?
 - Is there an opportunity to reframe your narrative/beliefs?
- Fun with setting personal health and weight goals
 - No one perfect program/metric for all
 - Be REAL about potential challenges/obstacles



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CHECK-IN TOOL: THE LEARNING LOOP



(McQuaid & Melville, 2019)

- What action did you take this week?
- What went well?
- Where did you struggle?
- What did you learn?



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SETTING OURSELVES UP FOR SUCCESS – HABITS FOR HEALTH



Make Positive Change Easier to Accomplish

03:15

TINY HABITS – BJ FOGG

- Sometimes, making positive changes can be overwhelming, so we start with small, **tiny habits** and build upon them.



THE ABC'S OF TINY HABITS

- **TINY Anchor** moment
- **TINY Behavior** you want to build in
- **TINY Celebration** you use to wire it in.



ANCHOR MOMENT SAMPLE PROMPTS

MORNING	MID-DAY/ANYTIME	EVENING
<ul style="list-style-type: none">• Sit up in bed• Turn off my alarm• Turn on my phone• Flush the toilet• Turn on the shower• Hang up my towel• Turn on the kettle• Make my coffee• Eat my breakfast• Brush my teeth• Make the bed• Get dressed• Tie my shoes• Put on my watch• Pack my bag• Walk out of the house• Turn on my computer• Write my to-do list• Check my diary	<ul style="list-style-type: none">• Get in the car/on the bus• Drink a cup of coffee/tea/water• Go to the bathroom• Wash my hands• Sit down• Park the car• Open the fridge• Eat my lunch• Check my phone• Hang up the phone• Check social media• Finish a meeting• Tick off a task• Pack up for the day• Walk out of work• Say goodbye to someone• I arrive home from work• Turn on/off a light	<ul style="list-style-type: none">• Unlock/lock my front door• Walk in the door after work• Hang up my keys• Take my shoes off• Sit down on the couch• Get back from the gym/class• Turn on/off the TV• Cook dinner• Sit down to eat• Put away the dishes• Hang up the dog leash• See my family/a friend• Get undressed/put on pjs• Turn off the heater• Turn off my phone• Brush my teeth• Write in my journal• Get into bed

- No behavior happens without a prompt to nudge us into action.
- An effective way to create a prompt is to **anchor** your behavior to come after an existing habit.
- The goal is to find ways to flow seamlessly from an existing habit into a new habit, so it requires as little physical and mental energy as possible.

WHAT'S YOUR **B**? *YOUR PRIORITY HABITS OF HEALTH & WEIGHT*

- Eating & Hydration
- Movement
- Sleep
- Mind
- Surroundings/Environment



CELEBRATION SAMPLES

- Shout, "Yippee!"
- Run a victory lap
- Dance on the spot
- Clap your hands
- Sing, "I am the champion."
- Fist pump
- Give yourself a high-five
- Pat yourself on the back
- Smile and feel satisfied
- Stamp your feet up and down
- Wink and say, "You've got this."
- Smile at yourself in mirror
- Say, "Yes, I did it!"
- Think, "That was awesome."
- Bask in an inner glow
- Nod your head confidently
- Give yourself a thumbs up
- Tell yourself, "Good job!"
- Lead a chant for yourself
- Give yourself a cheer
- Rotate hips & say woohoo
- Jump up and down
- Do a little shuffle
- Say, "Bingo!"
- Think, "Nicely done."
- Laugh out loud
- Click your heels together
- Leap in the air
- Spin around and say, "Oh yeah!"
- Look to the sky and make a V with arms
- Strike a power pose
- Rub your hands together
- Whistle
- Take a deep breath and say, "Yes."
- Sing, "Simply the best."
- "I've got this" finger snap
- Tick it off a list
- Take a bow
- Whoop
- Snap your fingers
- Throw something in air
- Mindfully savor the moment
- End zone dance
- Raise both arms, "Score!"
- Blow a kiss to yourself
- Wiggle your whole body
- Hum a song
- Jump up and click heels
- Cartwheel
- Short tap dance
- Hug yourself
- Tap fist to heart 3 times
- Hi-five nearest person
- Shout, "Yeah, baby!"
- Ring a bell
- Let your heart swell with pride
- Savor a moment of appreciation

- The celebration of your action is a powerful catalyst for change.
- It is the emotions – *particularly the feeling of intensely and authentically celebrating your progress* – that builds your wellbeing habits.
- Celebrating can feel strange at first, but celebrating progress lights up the brain's reward system, which reinforces the desired behaviors.

TINY HABIT CONSIDERATIONS

- Do you have enough time to do the behavior?
- Do you have enough money to do the behavior?
- Are you physically capable of doing the behavior?
- Does the behavior require a lot of creative or mental energy?
- Does the behavior fit into your current routine?

PLAYING WITH TINY HABITS

Goal: I want to lose weight

- **A:** When I wake up
- **B:** I will exercise for 30 minutes
- **C:** Then I will celebrate with weight loss in a month

- What do you think about this goal?

Too uncertain...

Too general...

Too far away...

Too big...



PLAYING WITH TINY HABITS

Goal: I want to lose weight

- **Tiny Habit Example:**
 - **A:** While I am waiting for my coffee pot to warm up
 - **B:** I will do 3 squats
 - **C:** Then I will celebrate with a hot cup of coffee!



THE ABC'S OF TINY HABITS

YOUR TINY HABITS RECIPE

<p>AFTER I...</p>	<p>I WILL...</p>	<p>THEN, I CELEBRATE!</p>
<p>ANCHOR MOMENT</p> <p>An existing routine you can anchor your new tiny habit onto and use as a cue.</p>	<p>TINY BEHAVIOR</p> <p>The new habit routine you want scaled back to be super small and easy.</p>	<p>CELEBRATION</p> <p>Something you do to create a positive feeling of reward inside yourself.</p>

THIS WEEK...

- Based on your personal 6-week goal and your week 1 learning...
- What Tiny Habit will you try THIS WEEK to move yourself forward?



MAKE IT A GREAT WEEK!





Seek

Together™