



WELCOME!

HEALTH FOR EVERY BODY

Peggy Szczepanski, RDN, MAPP

Week 3 of 6



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Code: **7848 5953**



WEEK 3 OBJECTIVES

- Review & Check-in
 - Tool: Learning Loop
- Motivation Types
 - Intuitive Exercise
- Joyful Movement
- Reflect and adjust (if needed) your personal series goal
- Create Week 3 Action Plan



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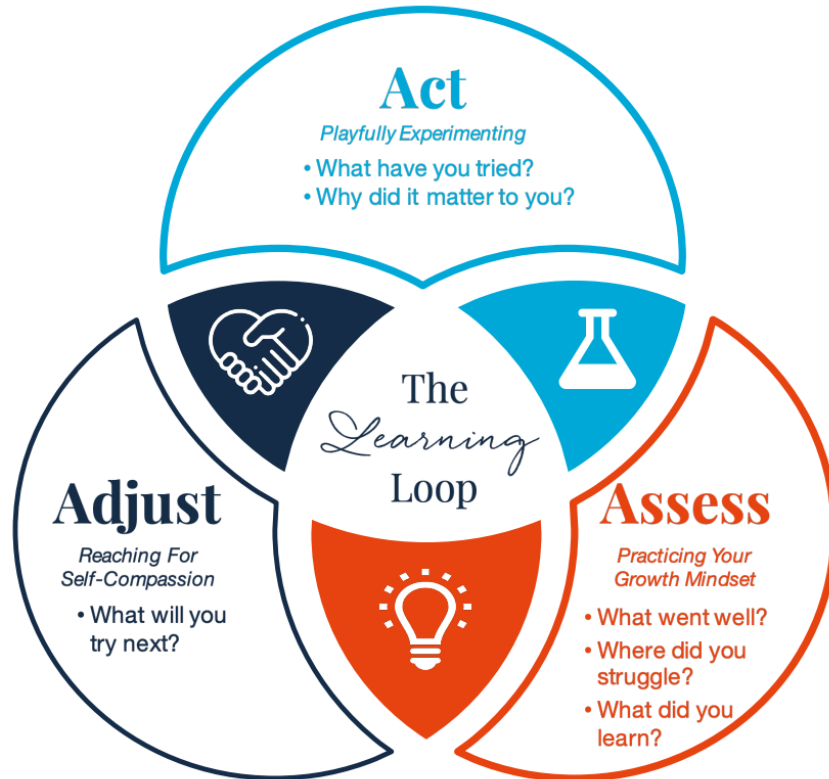
REVIEW

- 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?
- Importance of listening to your inner-narrative about health and weight...
- Power of Habits: Tiny is Mighty
 - ABC's: Tiny Habit Recipe



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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?

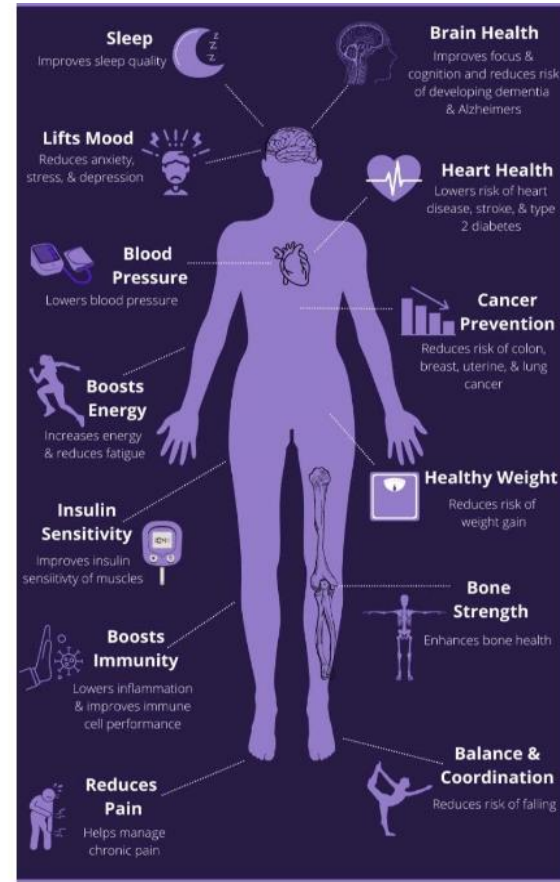


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BENEFITS OF REGULAR MOVEMENT (EXERCISE)

“if exercise could be packaged in a pill, it would be the single most widely prescribed and beneficial medicine in the nation.”

Robert Butler, National Institute on Aging





Why Non-Exercise Activity Matters

03:21

MOTIVATION 2 TYPES

- Intrinsic - comes from inner rewards like:
 - Better sleep
 - More energy
 - Having fun
 - Feeling strong

- Extrinsic – comes from external factors, typically not immediate like:
 - Weight loss
 - Muscle tone
 - Lower cholesterol
 - Lower blood pressure

JOYFUL MOVEMENT

A way of moving your body to feel more energized

- What brings you pleasure?
 - How can I make it more fun – add music, friends, etc..
 - Can I mix it up?
 - How is my body responding?
- Can you commit to 5 minutes of Joyful Movement this week?
- HOW? Share in chat...



WHAT DO YOU THINK?

How to make meetings shorter



THIS WEEK...

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



MAKE IT A GREAT WEEK!





Seek

Together™