



# WELCOME!

## HEALTH FOR EVERY BODY

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*Week 6 of 6*



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# WEEK 6 OBJECTIVES

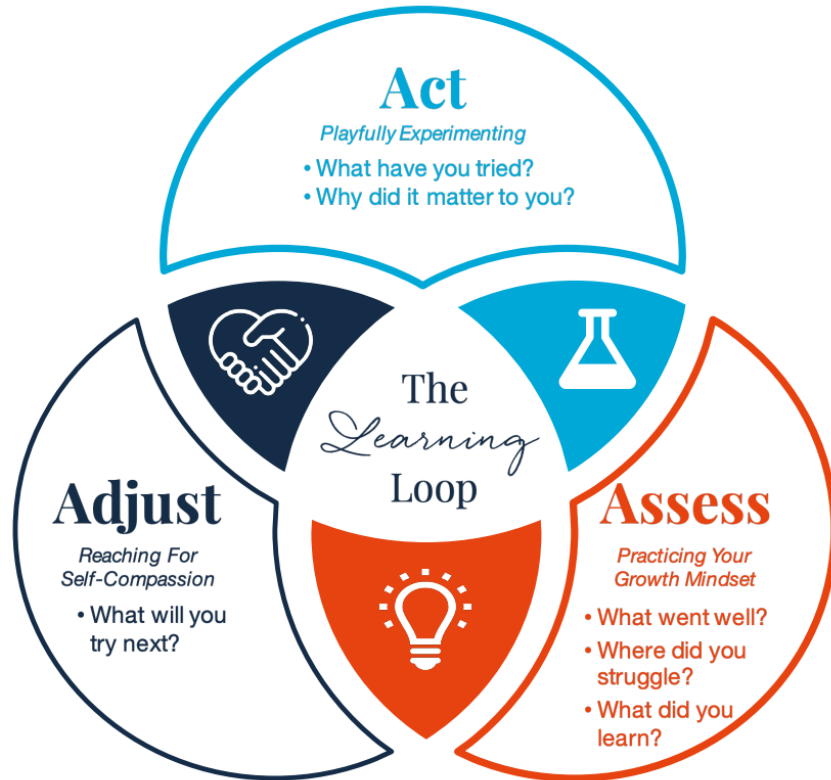
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- Weekly Review & Check-in
  - Tool: Learning Loop
- 6-Week Review & Check-in
- What's Next?



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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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# FROM WEEK 1...

## AGAIN...WHAT DO YOU WANT TO ACCOMPLISH IN THIS 6-WEEK SERIES?



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How will you know you're successful?

How will you monitor your progress?

# SERIES HIGHLIGHTS

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- 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
- Power of Why
- Importance of listening to your inner-narrative about health and weight...
- TOOL: The Learning Loop
- TOOL: Tiny Habits
  - ABC's: Tiny Habit Recipe
- Joyful Movement –for immediate emotional boost and sustained weight management
- Fueling with Purpose
- Importance of Sleep

# TOOLS FOR YOUR TOOLKIT

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PERMAH

Using YET –  
to reframe  
old beliefs

Tiny Habits –  
the ABC Recipe

Need &  
Want Foods

Your Why:  
Everything I do is  
to/for \_\_\_\_\_  
so that \_\_\_\_\_



Forward &  
Backward  
Foods

The Learning  
Loop

Sleep Log

“I’m Perfectly  
Imperfect”

The 80/20 Rule

# MOVING FORWARD ON THE HIGHWAY TO HEALTH

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# MAKE IT A GREAT YEAR!

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Seek

Together™