

Weekly Group Nutrition Zoom Call Week of April 20 Call Topic

What: The goal is that your Facility Leader kicks off a weekly Zoom coaching call with your members and provides 10 minutes of content to add value, and then facilitates Q&A to build community. The Leader does not have to do all the coaching although should research and know the topic well. And the bigger goal is to add value AND build community. So the secondary focus is the facilitation of discussion.

When: Launch Week of April 20 and calls should be roughly 30-40 minutes.

Who: Your facility leader facilitates, and your members are attendees.

Operational Steps:

1) We recommend conducting at least 1 zoom call per week. But for most engagement and if within your ability, we would recommend you pick 2 times to offer the calls for client convenience. (Example: Tuesday at 5:30pm and Friday at Noon). 2) If you offer 2 coaching calls, you will cover the same content in each call for that week,

you would just be creating 2 times for convenience so your members can access. This is leading with more value. 3) Notify your team and email clients that you will be offering a weekly coaching Zoom

session at your set time(s) to help support them and to build community.

10 Minute Lesson Outline

Week of April 20 Topic: Creating a Successful Routine

“Hey Family!

Excited to connect with you all and welcome to the call! We miss you and happy you are getting your work outs in! Another big focus here at Fit Body is to provide mindset & nutrition coaching, while building community. This is why we will be offering these zoom calls weekly so we can add more value to you, so we can stay accountable as a family, and so you can stay connected!

The format of these calls is that I will lead with the content/topic of the day, and I will then pose questions intended to initiate dialogue. I will be following an outline to start, but greatly welcome your contribution. So get ready to “volunteer” or you will be “voluntold”. ****(smile/chuckle – see below)*.

As your contribution is greatly appreciated being that again, I will facilitate conversation but really looking to all of us to share your wins, struggles and ideas so we can learn together and build community in the process!

Can I get a thumbs up if this sounds good?!

Ok, let's get started.”

***Coaching moment for you as the Facility Leader/Coach: Your whole goal here is to ensure they understand you need their contribution to make this a success while doing it in a light/fun way...*

– **Lesson:**

Today we are going to talk about creating a successful routine! This is going to include how to shape your environment, nutrition habits, and how to improve your current routine if you are not happy with the way things are working in your life right now.

So, if you feel like things have been a little “crazy” inside your home the last couple weeks, first off you are not alone and tonight we are going to talk about tips and tricks to bring more organization to your routine.

We may need to let go of the expectations we have of “normal.” What we were doing before was the “old normal.” Today is the “new normal” and this new normal is probably what is going to stick around for a little while, here.

So we really want to figure out what we want this new normal to look like, creating a schedule for ourselves that works for us and for our family, to get through this time.

Maintaining a schedule can help create a sense of calm and order, even chaos or times of stress.

Creating a Successful Environment (big picture)

- Unfortunately, we do not have a lot of control right now on the environment outside of our homes
- The good news is WE DO have a lot of control over our environments inside our homes
- We don't have to feel the victims of our environment; we can be the architect of it!
- Our environment is the invisible hand that is shaping our behavior. If we are not happy with the way our days are going or the behavior in our day's we need to change the environment.

Where to Start?

- What does your day look like?
- What do you want your day to look like? (We must first have the blueprint, before we can build the home)

o Wake and bedtime? o Eating times? o Schedule your workout time as a can't-miss appointment o Shower time? o Reading time? o Times for a walk/getting outdoors o Find your silver lining to all of this...

Take advantage of things you wouldn't normally get to do (Play a game with your kids after lunch outside).

o Take this schedule and *Write it out*

- What would a schedule look like for the kids?

o They need structure as well, they are used to a lot of structure at school, this has

been a big shift for them o Important: schedule their meal times (plan for yours/theirs) o Have them help with this and write it out

*So now that we have this schedule we want to make it visible. The most powerful sensory ability we have is **VISION**. If we can see it, we are more apt to do it.*

Place the written routine/schedule(s) for each day in a place so everyone can see it.

- Ex. fridge, counter....

A small change in what you see during your day can have a huge impact on what you do.

- *Can someone who feels they are having good success with their routine right now name a few things that are working well for you? Changes/realizations?*

- *Can someone who has kids at home share some ideas about what the routine for the kids while you are working?*

When to plan for your day?

o Sunday for the rest of the week o The night before each new day o The morning before you start anything else

Maybe you want to have an accountability partner in all of this?

Whether that is a family member, or us coaches.....reach out to this person and make a plan to check in with them. Use your fam at Fit Body

So, we are going to do a deep dive next here into the nutrition habits and how these can be a successful part of your routine.

Successful Nutrition Habits.....

- 1. Meal Planning/Prepping Habits** *Daily/ Weekly schedule Factoring this in time for meal prep*
 - *Sunday make 4,5,6 days worth of food*
 - *Breakfast, lunches, snacks, but making dinner each night*
 - *Night before when you make dinner make meals for the next day*

Can someone share... in the last few weeks since being at home What has been working the best for you during this time when it comes to meal prepping and planning?

Making do with what you have.

- *Focus on creating balanced meals, as best you possibly can*
- *This may include more canned, frozen or pantry items vs fresh -that's Ok*
- *Main goals—eat the essentials*

o *Find a protein source* o *Carb source*

o *Fat source* o *Veggies/fruit not as available??*

- 2. Eating Habits**

- *Sitting at the table for meals*
- *Have a designated area for eating*

o *“One space, one use” -Starting to feel like there is no separation between work*

like and home life? Dining table/workspace and eating –each habit should have its own home. o Do not mix this area with other areas if possible o Ex: work in the bedroom desk, and eat at the kitchen table

- *Eating full meals vs snacking through the day*
- *Not skipping meals*
- *Following the schedule that you have created*

o *Transfer your schedule into calendar or phone* o *Set reminders to eat if needed*

- *If you want to make a habit like drinking water a big part of your day make the cue to do it a BIG part of your daily life*

o *Water bottle in the office and in the kitchen* o *Bedside table at night*

If Someone is willing to share what is one eating/nutrition habit you are doing well with right now? • *Sprinkle triggers around your environment for success*

o *Big “pretty” bowl of fruit out on the counter*

Healthy snacks for the day; baggies of nuts, whole grain crackers o Veggies chopped up and ready to go in fridge in the front o Vitamins on bedside table vs in the cupboard o Ellen example –Veggie dish on the weekends

- Remove the landmines
- o “out of sight, out of mind” o Kids food out of sight o Move juices and pops to the basement fridge and keep waters, lacroix, tea in the

main fridge

Main Take Aways/Call to Action/Homework

- 1. Write out your day and create your schedule**
- 2. Place this somewhere in the home where you can see it**
- 3. Reach out to your accountability partner—family/friend/coach/Stacy or I and make**

a plan for checking in (if this is something you need)

Q&A ?????

- Facilitate Group Discussion
- ***Recommendation for your Facility Leader/Coach: Be playful but assertive in asking questions. Initially people can be quiet when in groups, so playfully mention to the group you will be volunteering people if you don't get a response..

Once conversation gets going, the momentum will create an easier dynamic to facilitate. But don't be afraid to calling on someone you have a strong relationship with to get the dialogue going!