

## GROW Coach Model Handout for Week 3

Hello ME!

We are now in week 3 and our topic this week is nutrition. Please refer to the handouts listed on your handout schedule.

We will be looking at N01 and B03.

The benefits of eating healthy foods are huge. Making the change, however, can be difficult. It can be helpful if you can identify reasons you want to make a change. Review handout B03, *So...You're Thinking About It!*, to help you look at the positives and negatives. The handout focuses on weight loss, but you can use it as a guide if you are focusing on eating healthier for other reasons.

Most of us probably do eat a fairly healthy diet. The problem is we may just eat too much or use certain foods too often. It is not a good idea to take foods away, instead, use balance, variety, and moderation as described in handout N01, *All Foods Can Fit*. Eat smaller portions, use balance in your food choices, and have more variety!

Here is your assignment for this week:

- Create a list of positive reasons you want to lose weight or make changes for a healthier lifestyle. Use this for motivation when you need a boost.
- Evaluate your moderation, balance, and variety. Do you eat until satisfied, or feel stuffed? Do you balance higher-calorie food choices with lower? How is your variety? Try a new vegetable or fruit for a change.

Thought for the week:

*Learn from your setbacks and they will open the door to new opportunities.*

