

# Smart Moves – Week 5

**PURPOSE:** Energize your day in week five. This Smart Moves meeting is designed to remind participants to eat breakfast daily. Follow the steps listed below for a successful fifth meeting.

## **FACILITATED AGENDA**

### **I. Weigh-in (7 minutes)**

As participants enter the room direct them to the scales to weigh-in with their support partners. Instruct them to record their weight on their personal Progress Record Form.

### **II. Welcome and celebrate success (5 minutes)**

After all have weighed-in, ask if anyone would like to share their success. Allow participants to celebrate their success by sharing their stories. Encourage them to also share obstacles they faced and breakthroughs. Ask how they moved more.

### **III. Distribute Newsletter Volume 5 (1 minute)**

### **IV. Discuss importance of eating a daily breakfast (4 minutes)**

Studies have found that people who are successful at attaining and maintaining a healthy weight have something in common. They eat breakfast every day. Encourage participants to share their favorite healthy breakfast.

### **V. Activity: march in place (3 minutes)**

Remind participants to maintain good posture, hold their abdominal muscles tight, lift their knees as high as possible and remember to breathe.

### **VI. Preview next week**

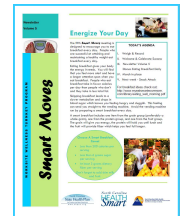
Dismiss the group by introducing the focus of next week's meeting: snacks. Encourage participants to eat smart, move more, eat breakfast daily and reach for their goals.



## Tools & Materials for Success

Place digital scales on a NON-CARPETED floor **before** the meeting begins.

- scales
- Newsletter Volume 5



For breakfast ideas check out:  
[www.MyEatSmartMoveMore.com](http://www.MyEatSmartMoveMore.com)