

Smart Moves – Week 6

PURPOSE: The Week 6 Smart Moves meeting is designed to help participants choose healthy snacks and beverages. Follow the steps listed below for a successful sixth 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 if they ate breakfast daily.
- III. Distribute Newsletter Volume 6 (1 minute)**
- IV. Discuss smart snacks and beverages (4 minutes)**
Smart snack and beverage choices help people attain and maintain a healthy weight.
- V. Activity: stretch (3 minutes)**
Point out to participants that sometimes when we're under stress we reach for a snack to soothe ourselves. Maybe all we really need is a break. Stretch the stress away. Download Flexibility Exercises at: www.MyEatSmartMoveMore.com and lead participants in simple stretches.
- VI. Preview next week**
Dismiss the group by introducing the focus of next week's meeting: portion control. Encourage participants to eat smart, move more, control snack attacks and reach for their goals.



Tools & Materials for Success

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

- scales
- flexibility exercises
- Newsletter Volume 6



Check out:
www.MyEatSmartMoveMore.com
for great tips on choosing smart snacks.

