

Smart Moves – Week 7

PURPOSE: The Week 7 Smart Moves meeting is designed to help participants identify the difference between a serving size and a “helping” in order to control portion sizes. Follow the steps listed below for a successful seventh 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 handled their snack attacks over the past week.

III. Distribute Newsletter Volume 7 (1 minute)

IV. Discuss portion control (4 minutes)

Maintain your weight by balancing the number of calories you eat with the number of calories you burn every day. If you take in more calories than you burn, you gain weight. Larger portions contain more calories. Over time our weight will begin to creep upward if we do not control our portions.

V. Activity: dance. (3 minutes)

Put on music and dance. Encourage everyone to keep moving. To burn more calories, keep arms in the air.

VI. Preview next week

Dismiss the group by introducing the focus of next week’s meeting: how to increase fruit and vegetable intake. Encourage participants to eat smart, move more, control portion sizes and reach for their goals.



Tools & Materials for Success

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

- scales
- media player
- music
- Newsletter Volume 7



Check out:
www.MyEatSmartMoveMore.com
 for 12 great tips to right size your portions.