

# Smart Moves – Week 8

**PURPOSE:** The Week 8 Smart Moves meeting focuses on the benefits of eating more fruits and vegetables. Follow the steps listed below for a successful eighth 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 what steps they took to control their portions over the past week.
- III. Distribute Newsletter Volume 8 (1 minute)**
- IV. Discuss eating more fruits and vegetables (4 minutes)**  
Encourage participants to eat more fruits and vegetables. Fruits and vegetables are low in calories and high in fiber which fills you up. They provide many of the nutrients that our bodies need. Brainstorm ways to eat more fruits and vegetables.
- V. Activity: walk (3 minutes)**
- VI. Preview next week**  
Dismiss the group by introducing the focus of next week's meeting: strength training. Encourage participants to eat smart, move more, eat more fruits and vegetables and reach for their goals.



## Tools & Materials for Success

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

- scales
- Newsletter Volume 8



You can implement the Fruits and Vegetables Challenge to extend your support group for an additional four weeks. Download materials for this challenge at:  
[www.EatSmartMoveMoreNC.com](http://www.EatSmartMoveMoreNC.com)