

Nutrition Support

NOTES

So busy you have time to eat!

You need food: thermic effect

So busy meal prep is difficult

Healthy Choice meals help

MFP meal reminders

Rice cooker / crock pot

Technical Difficulties

Can't cook

Not a lot of food / small portions

Doesn't fill you up / high sodium

Healthy snacks

Fruit, Kind Bars, vegetables, cheese and
crackers, nuts

What happens when you find yourself worrying too much or too often?

Scream and cry!

Try and get a quick workout in: 10 to 15 minutes

Good stress relief

Try not to overthink the process

A little more cardio than weights

Getting started and staying on track:

Results are the key to motivation and motivation is key to results.

Body circumference measurements can be helpful

Make sure setbacks are really setbacks

Example of 5 to 10 pounds

Weigh and measure at the same time each day

Consistency is the key:

Helps avoid scapegoating, blaming, guilt

Makes you accountable

Stop stressing about stressing!

Circumstancing change, being flexible is important!

Wake early!

Workout early!

Make it fit wherever possible.

Breaking things up is ok.