

FOOD FITNESS FIRST™: CLASS # 1

INTRODUCTION TO FOOD FITNESS FIRST™

CLASS NEEDS:

1. Before the first class, set up the class schedule, tentatively. Decide how often, when, where, cost, etc. before the class to let the people interested in joining know. Inform the participants of the Introduction class that the class will start at the next class time – this is informational only
2. Handouts: Letter to participant, Signup Sheet for the Program, Class Schedules.

CLASS OBJECTIVES:

1. To inform people at the class about the program, what is expected of them, and the possible results?
2. To obtain participants for the program.

HANDOUTS:

1. Class Schedule
2. Signup Sheet – be sure to get the name of all participants, email address, phone number, etc.
3. Letter of Release and explanation to Participant - be sure to have one signed for each participant before the start of the program.

Slide # 1: What is Food Fitness first all about? – it a program to look at our health status now and make a plan for improvement.

Slide # 2: The favorable fitness Factor™ is a survey about us – it is divided into four main sections:

1. food, diet and ht/wt; also includes waist measurement, age and sex
2. The food section looks closely at the foods we use daily (often) and can make suggestions for improvement
3. The second section is about disease: Do we have them? Are they well controlled? Are we at risk to developing them? How do we prevent them?
4. The third section is about exercise
5. And the fourth section is about alcohol, tobacco and drug use and how it negatively affects our health status.

We will be filling this out at our next class.

Slide # 3: For many of us, just trying to keep from gaining too much weight and trying to do a little exercise is a lot – but these two things can make a huge difference in preventing diseases, like Hypertension, diabetes, DJD or joint disease to name a few.

Slide #4: Ask the class – why do we develop unhealthy habits?

Stress, too easy to do the easiest thing, joining a gym or eating a healthy diet

Costs more, etc.

Let's discuss for a minute why we do some of the things we do?

1. Habits: what does this mean? Do we eat out of habit? Stop at the same restaurant, get up 10 minutes late, so eating at home is harder, not grocery shopping, etc?
2. Do you eat when stressed? Or not eat? Do you eat different foods? Do you feel that eating high fat, low nutrition foods (chips, donuts, etc.) makes up for stress or you deserve it?
3. Is convenience you real goal? No cooking, no cleaning up, no grocery shopping?
4. Do you shop with only cost in mind? Does it often keep you from buying foods that are better for you?
5. Do you think "healthy" foods taste bad? Only fried, high fat foods are good? Whole grain, low fat foods are not tasty? Let's discuss how this affects how we eat, shop and cook.

Slide #5: How can we keep track of our eating habits? Ask class to refer to handout of "FFF food tracker"

You can use this or any other method to track eating for some time to see what it is you are eating, where and how much.

Review rest of slide with class.

Slide #6: Keeping track helps us to see how often we eat out, exercise, fry our foods at home, sleep, etc. This can help us to begin a plan for better health.

Slide #7: Discuss areas that may need work – Have people write down yesterday's meals to the best of their memories and snacks

Take a look at these – any areas to work on? What about new ideas on how to make a new habit?

Slide # 8: Often, we eat because of other reasons than hunger. Often it is from chaining – seeing something, picking it up, eating and doing something else, without even thinking. Do any of you do this?

I can think of several examples: You drive to work and always pass your favorite breakfast. They have a drive in window and you can get your item real fast. After several mornings, it becomes a habit.

Then one day, you have to pick up a co-worker – you don't drive by your restaurant and you don't get your breakfast – you broke the chain!! Think of other examples.

Slide # 9: We make new habits by: becoming aware of our current habits

Taking a look at a pattern and our current lifestyle

Making a decision about how to make a new habit and try this out

That makes change a little more realistic and more likely to last – diets usually don't last because they are unrealistic and make too many changes all at once.

Slide #10: Food Fitness first starts off with tracking, using the favorable fitness factor, setting goals and doing things one step at a time.

Slide # 11: Any questions?

The Class will start – (insert date, time, etc.)

The tentative class schedule is available.

The Cost is (insert any cost)

The sign up letter is available. It asks for your release for information, permission for labs, and to use the information in compiling results of the program.

Review the procedure for your facilities lab dates, office hours, and cost, what is required by the participant.