

Department of Health Coach Training

Session 1: Introduction ~ Nutrition and Health Overview ~Health Transformations ~ Setting Intentions and Goals

Welcome!

* Purpose for this course:

- To give you the knowledge of health, nutrition, and exercise science to be able to focus on disease prevention here in the FSM.
- To give you, as a health professional, the experience of embarking on your own personal journey to optimal health and well-being.

* Health Crisis in the FSM

A Few Facts:

- ~ Federated States of Micronesia is the 2nd fattest nation in the world
- ~ 91% of FSM citizens ages 15 and over are overweight
- ~ 1 out of every 3 adults have been diagnosed with Type 2 Diabetes

Which is easier?

- Treating a disease once diagnosed?
- Preventing the disease from occurring?

* Sandbags ~ Combatting the health crisis

******It really does take a village!******

******Will YOU be a sandbagger?******

Twelve Step Integrative Nutrition Plan

*You do not need to follow the steps in any order.
Pick one and then go on to another when you're ready.*

1. Drink more water
2. Practice healthy cooking
3. Increase whole grains
4. Increase sweet vegetables
5. Increase leafy green vegetables
6. Experiment with protein
7. Eat fewer processed foods
8. Make a habit of nurturing your body
9. Have healthy relationships
10. Enjoy regular physical activity
11. Find work you love/learn to be passionate about your work
12. Develop a spiritual practice

It's not a short-term diet; it's a long-term lifestyle.

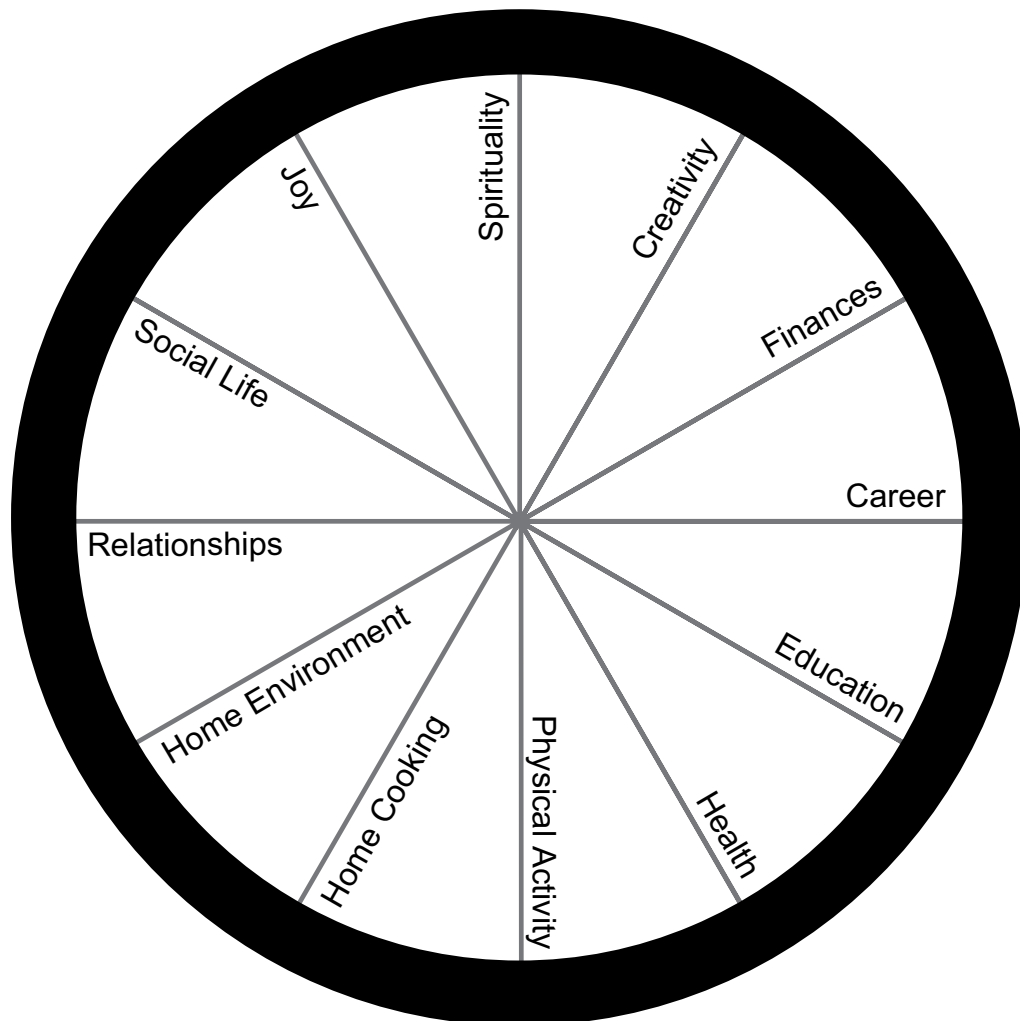
* Why "fitting out"?

When you're fitting out, you're being your authentic self.
Fitting out promotes personal growth.

"The one who follows the crowd will usually get no further than the crowd. The one who walks alone, is likely to find himself in places no one has ever been." ~ Albert Einstein

* Tools for your Health Journey:

- Health Journal
- Circle of Life



* Checklist for Training Program

- Get your physical, including blood work
- Health History Consultation
- Record your weight and measurements
- Take “before” photos for personal reference
- Set your intentions for this course ~ and beyond!

* **S.M.A.R.T.** Goals

Specific
Measurable
Attainable
Realistic
Timely

* Things to keep in mind:

- Intentions can grow and change
- If you are not moving forward, evaluate why
- Your energy is precious. Allocate time and resources toward actions that excite you and bring you closer toward your goal.
- Use your intention for motivation. You’ll need your intention for when you are feeling down and unmotivated.

*****Create your own personal Mission Statement.*****

Additional Notes: _____
