

PEERtrainer on track

Class 3:

Moving On: Part I

PEERtrainer™

<http://www.peertrainer.com>

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This information is intended for the sole purpose of participants in the PEERtrainer on track program. This is not a substitute for medical advice. Please seek a physician if you have any questions or need medical advice or attention when starting a weight loss program.

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1. You have the knowledge, you make great choices...most of the time
 - a. But what about the times that you still don't make it happen. As Dr. Suess says: "Bang ups and hang ups can still happen to you."
 - b. Why do you still make bad choices even a little bit of the time, even as you're eating it, you know you shouldn't? We're not talking about a great creme brulee that you wanted and tasted great. We're talking about the times that you knew, as you were eating something, or as you were sitting on the couch and knew you wanted to be working out, you just didn't.

2. You think this is not something I do anymore and you start to beat yourself up
 - a. There is a temptation to ask yourself over and over why you keep doing it.
 - b. But it's not the most useful question to ask yourself. Even if there is an answer to that question, it's more important to figure out what you're going to do next.

3. It is not productive to keep beating yourself up. You have to get skilled at moving on.
 - a. You are at a fork in the road with 2 choices. You can beat yourself up or you forgive yourself and you move on.
 - b. In the moment, make a choice to move on.
 - c. If you saw a child start to beat themselves up about coloring outside of the lines, how would you respond?
 - d. You would give them a hug, explain that it takes practice and help them forgive themselves and help them move on.
 - e. Give yourself this same sweet and comforting advice. Put your attention on something positive, the way that you do with your child.

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4. We want you to ask yourself a more important question: What do I need to be doing next?
 - a. Make a next choice quickly, without beating yourself up.
 - b. You are at the point that many times you make a good choice.
 - c. You now have the tools to collapse the time between making a bad choice and moving on. You can make a good choice faster.

5. The “bang ups and hang ups” are all a part of it.
 - a. You’ve experienced a bang up and then you have the experience to draw from. Use your knowledge to say, this happened, and that’s ok and I’m moving on and getting back on the horse.

6. We are a broken record: When this happens, when you made some bad choices, you need to be sure to be nutritionally sound the very next meal.
 - a. The next morning: Have a high nutrient breakfast
 - b. A great example: an egg omelet with a lot of vegetables
Take a big pan, no special trips, get the vegs out of your freezer, maybe mushrooms, or tomatoes, zucchini and mix it with eggs. Sprinkle it with salsa, maybe some beans, some avocado
 - c. Some do a smoothie, but please load up on the spinach. Please be a little more stingy with the fruit. Even though it’s natural sugar, it’s still sugar.
You’ve had some toxins, now you’re in a little withdrawal.
 - d. Pick a high nutrient breakfast so the “drugs”/aka toxins, leave your system

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7. Consider a different breakfast altogether: Many other cultures have salads for breakfast. If you can do it, please do. If not, it is a requirement for lunch.
7. Requirement for lunch: soup or salad.
8. Choices involve three things when it comes to permanent weight loss and health: changing your thinking, changing in your approach to movement and getting oxygen into your system and changes in your food choices.
9. Make a distinction and move on. Get back at it with your good habits. Now would be a good time.
10. Life still happens. Anyone can knock you off your game or someone really ticks you off. How can you deal with this positively and not turn to your old bad habits?
11. When you find yourself going off track, many times it can be because of frustration or anxiety from a bad interaction with others.

You already know how to make the good choices. Next week we'll teach you simple tools to deal with the frustrations that happen day in and day out.

Have a great week.

Jackie and Joshua