



Your 6-Week Guide to LiveBest Leader Guide

Overview

Thank you for choosing *Your 6-Week Guide to LiveBest* as your healthy eating program. This 7-series Leader Guide slide series is intended to be a guide to use during your weekly meetings. It follows the weeks of the book, aligning closely with the book so you and the participants should find it easy to understand the session by following the book. You can download the slide series for free from www.LiveBest.info; make sure to save them to your computer.

General Guidelines

Even though the title indicates this is a 6-week guide, the classes are designed to be taught in seven 45–60 minute sessions. Seven because the first week has introductory material that is to be used as a single class. This introduction class is the week to allow group members to meet each other, learn the ground rules, complete their health numbers and **LiveBest Checkup** and **Goal Worksheet**.

It is important at the beginning of the program to set ground rules. The material lends itself to class discussion. Participants should be made aware of time limitations and the need to be respectful of each other. It may be necessary to meet separately with those who may be outspoken outside of class time to address personal issues.

Please thank the participants for attending class. Making change can be challenging, but having the support of the people in the room makes it easier and more fun. The class lends itself to group discussion so limiting enrollment to 10 to 15 participants is recommended.

Setting ground rules at the beginning of the program will make for good class dynamics:

Respect each other and the time frame of the class. Make sure one person's comments do not dominate the discussion time. A particularly needy participant may need to schedule time outside of class time with the instructor to address individual concerns.

Privacy is also important. Group members should be reminded to keep confidential the personal information they may hear or share with their fellow group members. Personal health information and their Numbers to Know are not for group sharing. Some people may prefer to keep their goals and tracking personal. That's okay. Some will want to share their goals and progress. That's okay too. What's important is to respect individual preferences and refrain from sharing information with people who are not in the group.

This book is intended for information purposes, not as a substitute for the medical advice of a physician or other healthcare professional.

The following format works well within the seven-week time frame.

Introduction	Introduction, LiveBest Checkup, Goal Worksheet, Numbers to Know
Week 1	Vegetables and Time Saving Solutions
Week 2	Review of Week 1 goals; Fruit, Flavor
Week 3	Review of Week 2 goals; Protein, Breakfast



- Week 4** Review of Week 3 goals; Dairy, Nutrition Facts Panel
Week 5 Review of Week 4 goals; Whole Grains, Mindlessly Eating Better
Week 6 Review of Week 5 goals; Moving More, Sleep

INTRODUCTION WEEK

Resources for this section:

LiveBest Grocery List at www.LiveBest.info and LiveBest Equipment List at www.LiveBest.info

Activity idea:

Bring a tape measure to class to demonstrate or for folks to use if they choose.

Introductions, ground rules, complete their health numbers and **LiveBest Checkup** and **Goal Worksheet**.

Slide 2

This introductory slide includes an audio recording from author Judy Barbe. This will help connect group members to the author's philosophy.

A LiveBest lifestyle:

- Is not a diet plan. Weight loss may be a result, but the goal is to make better food choices to improve energy and health. These are long-term results that may be difficult to measure in the short term.
- This is about *expanding* choice by identifying action steps to take to help make *better* choices.
- Focuses on gradual change on a realistic schedule, which gives you, your taste buds, and brain time to adapt.
- Small changes can make a significant difference over time. They often tend to snowball into other areas of a person's life.

Slide 5

This slide correlates with page 9 of the book. The list of benefits from eating better and moving more targets what many people are seeking in their reboot.

Slide 6

Review the Table of Contents so group members understand the topics and timing.

Slide 8

Soul Food. These are scattered throughout the book to remind people of the importance of living, exploring, sharing, and enjoying life to enhance the quality of life.

Slide 9

This begins the discussion that people can choose where they want to go in their life which is important in goal setting.

Slide 10

A key component of the book is the LiveBest Checkup. The LiveBest Checkup is based on a 2,000 calories-per-day eating plan. This is an average often used for educational purposes, however, each person is unique. A 50-year-old woman who has a desk job requires fewer calories than a man that same age. A 22-year-old male letter carrier is going to need more calories than his 55-year-old father, who is an executive. You get the picture. You can use the information at ChooseMyPlate.gov to help you determine your specific calorie needs which will help you tweak the LiveBest Checkup food group needs.

This should be a guided activity.

Using the questions on page 14 as a script, ask people what they've eaten in the past 24 hours and jot it down on the LiveBest Checkup "So, how was your day?" section. Then transfer that information to the corresponding food group boxes. It's unlikely that each time you eat you are eating a "serving" of food. In fact, it may be more than one serving

(1 cup of pasta is 2 grain servings). There is serving size information on the left side of the LiveBest Checkup and at ChooseMyPlate.gov.

In doing the LiveBest Checkup it's good to know how much you are eating and the variety of foods you are eating. It's about portion sizes and frequency. But what you'll really learn in this activity are the food groups you tend to fall short on. This activity will ultimately help with goal setting and get group members aimed in the right direction to find some actionable solutions. If you have no or low representation in a food group, this is a cue to add more of those foods to your eating plan. Empty boxes mean you have some work to do. Empty rows mean a little more work.

Foods are grouped into categories based on the nutrients they supply. Choosing foods from all five food groups delivers the mix of the nutrients you need. These nutrients are of special concern for adults: protein, calcium, vitamin D, vitamin C, iron, vitamin A, folate, vitamin B6, vitamin B12, and zinc. A varied diet that includes whole grains, fruits, vegetables, dairy, and lean meat, fish, poultry, nuts, beans, and peas is the best way to achieve your needs.

Do you wonder what your plate should look like? If your plate is half full of fruits and vegetables, and paired with lean protein, whole grains, and dairy, your plate rates high. Though I haven't used it in the book, ChooseMyPlate.gov features a MyPlate graphic, which shows what foods should be included at each meal.

Slide 14

LiveBest Goal Worksheet

Have group members identify three behaviors that would help each of them live their best life. One each for food, activity and your environment. Cut back on sweets? Increase the amount of fiber? Walk the dog daily? No TV during meals?

If this is a work or group setting, there may also be a group goal to set, such as making sure meeting menus include milk or yogurt. Or "rather than email, I will walk to my coworker's office." Participants may take turns leading a group walk during lunch.

Each week the **LiveBest Goal Worksheet** should be part of the group discussion. This powerful tool helps members evaluate their progress and keeps them on track. The goals should be concrete and measurable. What will you do? How will you make it happen?

In reviewing the worksheets, talking about success and slip-ups can help them identify solutions. It also motivates people to keep working toward their goals. The actual goal-setting can be a homework assignment to allow members time to reflect on what areas they choose to focus on during this week. They can always choose to repeat a goal from last week, but they may hear a good idea from a fellow group member and decide to pursue a new healthy lifestyle goal.

It feels good to be acknowledged for forward progress. We're looking to celebrate a win-win-win success! You set a goal (a win), you meet the goal (another win), to live best (yet another win). No need to break out the cupcakes, but congratulations, high fives, and fist bumps go a long way!

Slide 15

LiveBest Numbers to Know

Encourage group members to get baseline numbers. However, not having them should not prevent them from moving through the class. You could demonstrate how to do the waist measurement (see page 20 of the book for details). For more information about results of the blood tests, see heart.org

In a worksite setting, many companies are willing to bring in outside support to offer employee screenings. Check with Human Resources.

Slide 16

Summary

- This is about choosing more power-packed foods, not depriving yourself.
- This is about making progress to live even better.
- This is not a race or a competition. You choose what you can do.
- Reading the book and talking about it isn't enough. To be successful in *Your 6-Week Guide to LiveBest*, you must actively participate: track your food choices, physical activity and soul food moments, plus identify and track goal progress.

Slide 17

Goal Setting

Allow time for goal setting for next week. Ideally, there would be quiet time for each person to complete his/her **Goal Worksheet**. The goal setting can also be a homework assignment to allow members time to reflect on what areas they choose to focus on during this week. They can always choose to repeat a goal from last week, but they may hear a good idea from a fellow group member and decide to pursue a new healthy lifestyle goal.

WEEK 1

More From Your Fork with Vegetables and Time Saving Solutions

Resources for this section:

FruitsAndVeggiesMoreMatters.org or MushroomInfo.com, LiveBest Grocery at www.LiveBest.info

Activity ideas:

- A food tasting may be good this week. Select a dark green, red or orange vegetable for people to try. Choose one from the lists on pages 30 and 32.
- Lead a short stretch break.
- Review portion sizes using household measuring cups and glasses. Demonstrate what a ½ cup of cereal or cooked pasta looks like and how many ounces in a typical drinking glass.

Review any questions from the week before. Review the LiveBest Checkup and Goal Worksheet. Group members may like to share their ideas, successes, or obstacles. Unless you want to take time for it, there is no need to walk participants through the LiveBest Checkup during class.

Slide 1

Please click on Judy's photo to play a short audio message. Portion sizes are important as you complete the LiveBest Checkup. Refer to ChooseMyPlate.gov for more details of

what counts as a serving. There are also photos of servings on the site.

For more information on how portion sizes have changed in recent years, there is a free power point presentation at the National Heart Lung and Blood website at www.nhlbi.nih.gov/health/educational/wecan/eat-right/portion-distortion.htm.

Slide 4

Find a pesticide calculator at SafeFruitsAndVeggies.com. This tool illustrates that pesticide residues do exist in the food supply but that doesn't mean they are a public health risk.

Slide 6

Share your ideas

The book offers several ideas on eating more vegetables. Refer to pages 30-35. Sharing how they are cooking, serving, and eating more vegetables can assist others in their problem solving. As group members complete their LiveBest Checkup, remind them that empty boxes mean you have some work to do. Empty rows mean a little more work.

Slide 7

Soul Food

Remind group members of the benefit of connecting with others to enhance quality of life.

Slide 8

If time allows, ask members to share their time saving solutions. What's working for them?

Slides 10-14

Goal setting, LiveBest Checkup, LiveBest Goal Worksheet

Similar to last week.

WEEK 2

More From your Fork with Fruit and Favor

Resources for this section:

FruitsAndVeggiesMoreMatters.org, USAPEars.org, Sunkist.com, or Watermelon.org. McCormick Spices has flavor trends and spice combinations at McCormick.com

Activity ideas:

- A fruit tasting. Try a fresh fruit and the same fruit roasted.
- Lead a short stretch break.
- Herb tasting or use of spice in a recipe.

Review any questions from the week before. Review the LiveBest Checkup and Goal Worksheet. Group members may like to share their ideas, successes, or obstacles.

Slide 1

Please click on Judy's photo to play a short audio message. And please thank the members for attending class. Making change can be challenging, but having the support of the

people in the room will make this easier and more fun.

Slide 4

The book offers several ideas on eating more fruits. Refer to pages 48-49. Sharing how they are cooking, serving, and eating more fruits can assist others in their problem solving. As group members complete their LiveBest Checkup, remind them that empty boxes mean you have some work to do. Empty rows mean a little more work.

Slide 6

If time allows ask members to share how they are adding more flavor to their food. Have they found an herb or spice they're using? Are they roasting vegetables or fruits?

Slide 7

Soul Food

Remind group members that feeding their soul is part of the LiveBest Checkup. Has anyone taken a class? Connected with others? Done something fun? Found something funny? Organized a drawer or closet?

Slide 10-13

Goal setting, LiveBest Checkup, LiveBest Goal Worksheet

Similar to last week.

WEEK 3

More From Your Fork with Protein and Breakfast

Resources for this section:

Protein ideas can be found at Walnuts.org, Almonds.com, IncredibleEgg.org, BeefItsWhatsForDinner.com, and BeanInstitute.com. Breakfast ideas can be found at QuakerOats.com, NationalDairyCouncil.org, Chobani.com.

Activity ideas:

- Review portion size of meat, poultry, and nuts.
- Lead a short stretch break.
- Share a soul food example.

LiveBest Checkup to the protein examples so they can calculate how much protein they ate at each meal. This might encourage them to set a goal for next week.

Slide 4

The book offers several ideas on eating more protein foods. Refer to pages 59–66. Sharing how they are cooking, serving, and eating protein can assist others in their problem solving. Many people fall short on fish, beans, and dried peas. Ask for specific examples on these foods. As group members complete their LiveBest Checkup, remind them that empty boxes mean you have some work to do. Empty rows mean a little more work.

Slide 7

Soul Food

Remind group members of the benefit of giving to others to enhance quality of life. This could be volunteering time or services, sharing some food you've cooked, dog sitting or forgiving someone.

Slide 9

If time allows, ask members to share their breakfast solutions. What's working for them?

Slides 11-15

Goal setting, LiveBest Checkup, LiveBest Goal Worksheet

Similar to last week.

WEEK 4

More From Your Fork with Dairy and Label Reading

Resources for this section:

Dairy resources include NationalDairyCouncil.org.

Activity ideas:

- Make a smoothie as a food demonstration.
- Lead a short stretch break.
- Using food labels from similar products, (for example, milk and milk alternatives), to compare the Nutrition Facts panels and ingredient lists). A package of cookies or chips is good for serving size examples.

short on. Refer to page 80. Sharing how they are cooking, serving, and eating more dairy foods can assist others in their problem solving.

Slide 1

Please click on Judy's photo to play a short audio message. Review any questions from the week before. Review the LiveBest Checkup and Goal Worksheet. Group members may like to share their ideas, successes, or obstacles.

Slide 3

How does 25 grams translate to your plate?

Have group members compare their

Slide 1

Please click on Judy's photo to play a short audio message. Review any questions from the week before. Review the LiveBest Checkup and Goal Worksheet. Group members may like to share their ideas, successes, or obstacles.

Slide 3

The book offers several ideas on eating more dairy foods, a food group many people fall



Slide 5

Soul Food

Remind group members of the benefit of laughter. How are they finding the “funny” in their life?

Slide 6

Review the Nutrition Facts Panel

It’s important to recognize the positive nutrients a food contributes toward health, not just focus on calories, sugar, and fat. Many nutrient-rich foods also contain fat (such as cheese or beef), or contain added sugar, but still are power-packed foods. You can learn more at fda.gov.

Slides 8-11

Goal setting, Checkup and Goal Worksheet

Similar to last week.

WEEK 5

More From Your Fork with Whole Grains and Mindlessly Eating Better

Resources for this section:

WholeGrainsCouncil.org, BobsRedMill.com, QuakerOats.com, CDC.gov, MindlessEating.org, and SlimByDesign.org.

Activity ideas:

- A food tasting of a variety of grains.
- Lead a short stretch break.
- Using food labels from similar products, (for example, cereal or loaves of bread), to compare the Nutrition Facts panels and ingredient lists.
- Demonstrate how dinner plate sizes vary in size.

Slide 1

Please click on Judy’s photo to play a short audio message from Judy. Review any questions from the week before. Review the LiveBest Checkup and Goal Worksheet. Group members may like to share their ideas, successes, or obstacles.

Slide 2

Review the benefits of whole grains.

Slide 4

Most Americans eat a lot of grains, but not enough whole grains. Use the skills from last week’s label reading to help identify whole grains versus enriched grains. Have group members share their whole grain solutions.

Slide 5

Have group members review their LiveBest Checkup so they can calculate how much fiber they are eating. This might encourage them to set a goal for next week. You’ll see that fiber comes from beans, vegetables, fruits, and whole grains.

Slide 6

The psychology of why we make food choices is fascinating, but there are simple changes we can make in our own environments so that we eat better mindlessly.

- Shop with a list
- Use smaller plates/bowls
- Use short, narrow glasses
- Serve food from the kitchen rather than all foods on the dining room table
- You are five times more likely to eat what you see first in your pantry or refrigerator...so position healthy foods there
- Buy smaller packages
- Create a fruit bowl

MindlessEating.org and SlimByDesign.org are two websites with study results and other resources. Review the information in this section.

Slide 7

Ask group members to share their solutions for improving their environment — home, work, wherever they spend a lot of time.

Slide 8

Snacking is extraordinarily prevalent. It is difficult to go anywhere without food being offered. These eating opportunities can sabotage the best-laid plans. It can also present an opportunity to improve the LiveBest Checkup. Snacks can help fill in the gaps, especially on those food groups we tend to fall short.

If time allows, discuss how members can optimize the food in the worksite.

- Harness peer pressure
 - discourage emphasis on sweet treats
- Identify solutions
 - five-minute breakfast ideas
 - good-for-you lunches
 - what's for dinner?
- Staff recipe share
- Take meetings on foot
- Root beer float days?
 - mini-size them
 - sub in frozen yogurt and berries

The Centers for Disease Control and Prevention website CDC.gov has more information on worksite wellness.

Slides 9-10

Soul Food

Reminder to share your gifts with others. This could be volunteering your expertise, taking food to a neighbor, share a funny story, or share time with a friend. Tell people why you value them or what you see as their strengths and positive qualities.

Slide 11-14

Goal setting, LiveBest Checkup and Goal Worksheet

Similar to last week.

WEEK 6

Getting More From Your Shoes and Sleep

Resources for this section:

AdultFitnessTest.org, SuperTracker.usda.gov, CDC.gov, SleepFoundation.org

Activity ideas:

- Lead a short stretch break.
- Share a soul food example.

Slide 1

Please click on the book cover to play a short audio message. Review any questions from the week before. Review the LiveBest Checkup and Goal Worksheet. Group members may like to share their ideas, successes, or obstacles.

Slide 2

Soul Food

Remind the group of the value of taking care of themselves. Many people make others a priority, but by taking care of yourself, you are better able to show up for others. Stress levels seem to fall when you spend time outside. The beauty and quiet in nature often sparks a creative thought.

Slides 3-5

The benefits of physical activity cannot be underestimated. Fitness impacts every aspect of our lives. For many the problem is making time for it. You can share ideas, but each person needs to find the “will or the way” to make it happen. The cartoon on page 107 illustrates how our brains respond to activity. Encourage participants to offer suggestions on how they are incorporating physical activity into their lifestyles. There is usually interest on incorporating activity into business travel.

Slide 6

The Centers for Disease Control and Prevention considers insufficient sleep a public health epidemic. People experiencing sleep insufficiency are also more likely to suffer from chronic diseases such as hypertension, diabetes, depression, and obesity, as well as from cancer, increased mortality, and reduced quality of life and productivity. More information and a compelling chart on the effects of sleep deprivation can be found at cdc.gov/features/dssleep.

Slides 7-11

Goal setting, LiveBest Checkup and Goal Worksheet

Similar to last week.

Slide 12

End the session by reading through the Congratulations section on page 113. Speak briefly about the need for tracking and realistic expectations. This program is about gradual change to live better.

Changing behaviors is difficult. By finishing *Your 6-Week Guide*, you have much to be proud of. When you feel good, you want to talk about it. Allow group members time to reflect on their progress over the past seven weeks.

Thank you for using *Your 6-Week Guide to LiveBest*. If you have feedback on the leader guide you can email me at Judy@LiveBest.info.

— Judy Barbe, author