

WEEK 2 NOURISH YOUR BODY

WELCOME TO WORKSHOP 2

This week we will start to explore any potential barriers to achieving your program SMART goal, the importance of having an 'anything goes' meal as well as the concepts of food as information and the importance of gut health, which draws focus to this week's theme – nourish your body.

01. POTENTIAL BARRIERS

One of your journal activities last week was to identify any potential barriers to you achieving your SMART goal. It is important to have a mindful plan for overcoming these if they arise over the coming weeks.

Barriers come in all guises and sizes! Thoughts, internal negative self-talk, time, cravings, motivation and temptation to name a few.

With a partner, take 5 minutes each to share at least one barrier or potential barrier you have identified and then how you plan to overcome it if it does arise. You may wish to offer support or advise your partner if they get stuck.

+ A potential barrier to achieving my SMART goal, that I have identified is ...

+ I can over come this if it arises by ...

02. GUT HEALTH AND THE GUT MICROBIOME

The microbiome refers to the trillions of microbes (bugs, predominantly bacteria) that live in us and on us, primarily in the gut. A healthy and balanced microbiome supports health and weight management.

+ List some foods that support a healthy microbiome below:

