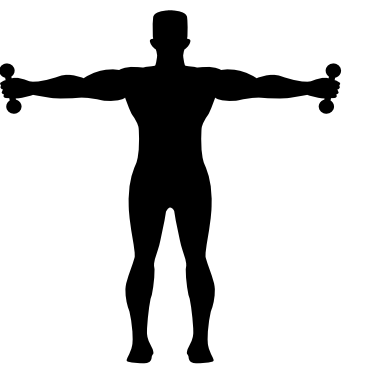




Healthy Eating Course

The Healthy Eating course runs over six sessions and is designed to help participants understand how to fuel their bodies in a way that works for them. It doesn't prescribe any diets, or tell people what to eat. Instead, it focuses on eating habits and providing information to make informed decisions.

What do the 6 sessions cover?

Session One

What is Healthy Eating?

In this session the group is introduced to the course and what they can expect for the following weeks. We discuss what healthy eating looks like and different approaches to food. The concept of habits is introduced along with a food journal.

Session Two

Eating Habits and Feelings

The group goes through various statements concerning eating habits and food, then looks at their own relationship with food. Healthy eating always starts with the person and not the food - a central theme of this course that paves the way to sustainable healthy eating practices.

Session Three

The Eatwell Food Plate

The Eatwell Food Plate is a government guideline to healthy eating which breaks down which food groups should make up a person's average daily intake. Participants go through each food group, its function, and reflects on their needs and what this means to them.

Session Four

Attitudes to Food

After learning about food groups and identifying eating habits, the next session takes away any stigma around food and the language we use when talking about 'treats' and special occasions. The session uses mindfulness techniques to raise awareness on what and how participants eat.

Session Five

Being Prepared

The next session in the series focuses on how to proactively create a healthy diet. The group design their own healthy snacks and are introduced to a variety of salads they can try.

Session Six

Physical Activity and Food

This session discusses what a calorie is and how it is important to fuel the body before and after exercise. Participants connect exercise with nutrition requirements to create a healthy lifestyle.

For more information on specific sessions, please contact chris@trainforwards.com.