

QUICK TIPS IN COACHING EXERCISE and NUTRITION

Two or three ideas can be offered if they seem stuck - always with permission. Their control of choices is important for ownership and acceptance. You may want to review "Health Power" for brief guidelines to help their misinformation if you are not a health professional. Be creative, listen carefully - make notes on comments to explore later.

Exercise:

- Activity can be as important as structured routines.
- Explore limitations, medications, doctors' orders for blood pressure.
- Explore past successes or attempts in other programs.
- Encourage small steps to create confidence.
- It is helpful to ask first what they know about exercise, such as heart rate.
- Encourage stretching, deep breathing as appropriate.
- Assess fluid intake, support system, equipment available, as needed.
- Let the Spirit lead the questions, give no advice.
- Assist with SMART goals.

Nutrition:

- Explore habits of eating such as when and how.
- Explore family habits, preferences, special needs and culture.
- Ask what they know about healthy food choices.
- Be aware of fads, indulgences and well-meaning nutrition diets.
- Be alert to resistance in change and accept their choice graciously.
- If they have low self efficacy, prayer and Bible promises often help.
- Encourage simple planning to promote achievement.
- Let the Spirit lead the questions, give no advice.
- Assist with SMART goals.