

Module Four

Going Off Road



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YOU ACKNOWLEDGE THAT YOU HAVE CAREFULLY READ THIS "WAIVER AND RELEASE".

Defining Going Off-Road

No matter what your plan, no matter how clear your lifestyle definition - nothing is going to work 100% of the time. Life throws us curveballs, and we need to swing at them as best we can.

This week we will be looking at how to "off-road" with ease and flow. When we talk about Going Off-Road, that really means anything that isn't part of your overall plan or definition of your lifestyle.

For some people eating out is going off-road, while for other people eating out is a planned part of their normal week. Similarly, for some travel will be an off-road experience, while for others that's just part of the routine.

This week is all about how you define going off-road, and making that work for you and your Healthy Habits.

"When you fail to plan, you are planning to fail."

~Winston Churchill

Find On-Roads vs. Off-Road in your Definition



- Because each of us is different, we can't say what will be "off-road" for you in the context of your Healthy Habits around food
- Discover this for yourself. Your definition that you created previously and the vision that accompanies it is "on-road", things that fall outside that are "off-road".
- Use the worksheet to work out what is "off-road" for you, things that you don't usually account for, when it comes to your definition of your lifestyle and food.

Turn to page 2 of your Week Four Workbook and complete the worksheet.

Imagine Off-Roading, and Plan to Succeed

Now that you have some potential off-road scenarios identified, it's time for a little planning. Using the worksheet provided, write a story about each scenario where you are imagining the actions you will take as part of your lifestyle definition

For example: If your usual self-definition is

"Joyful eater and whole foods chef"

How do you plan to eat out?

Imagine yourself at a restaurant you didn't get to pick, with people you care about, and write that story in the space provided. How can you joyfully eat whole foods in this scenario, keeping your off-road experience as close to your definition as possible?

Now go online and share at least one of your off-roading plans with other members of your community or your health coach.

Eating Out / Travel

Whether eating out and travel are on-road or off-road for you, sometimes you will not be able to avoid going out to dinner. Eating out can be a challenge for people who are trying to eat healthy. However, it can be done. It just requires some planning and careful choices.

What is involved?

Eating out successfully requires that you plan ahead. In the restaurant, it is important to ask for what you want. Be firm, yet polite (assertive). It is in a server's best interest to try to give you what you want. Asking for what we need, especially in public, does not come easily for some of us. So asking for and getting what you want takes practice.

Making Good Choices

A big challenge to eating out is finding and making good food choices. Often, a restaurant, dinner party, or event will not have exactly what you want. Be creative, stay committed, and do not worry if the situation is less than perfect. You will learn from every situation and be more prepared in the future.

Eating Out / Travel

Four Keys to Healthy Eating Out

1. Plan ahead

Having a plan will help you prepare for difficult situations and handle them more easily. If you plan ahead, you are less likely to run into roadblocks.

2. Ask for what you want

It is up to you to ask for what you want. A good restaurant will want to meet your needs: after all, you are paying for the meal. Be firm and friendly.

3. Take charge of what's around you

Take steps to surround yourself with things that will support your goal of eating healthy, such as choosing a restaurant with whole foods options and going with people who support your commitment to establishing Healthy Habits.

4. Choose foods carefully

There are usually more food choices when you eat away from home. Take care when choosing foods and stay focused on your goals and your self-definition.

Eating Out / Travel

Restaurants expect that people will ask for what they want, so find out about healthy food options. After all, you are paying for your meal!

Ask for the *foods* you want:

- Ask if foods can be cooked in a different way.
- Ask about modifying dishes to include more whole foods and vegetables.
- Do not be afraid to ask for foods that are not on the menu.

Ask for the *amounts* you want:

- Ask how large the serving size is.
- Order salad dressing, gravy, sauces, or spreads on the side.
- Ask for less cheese or no cheese.
- Split a main dish or dessert with someone.

Eating Out / Travel

How to ask for what you want:

- Use a firm and friendly tone of voice that can be heard.
- Look the person in the eye.
- Repeat your needs until you are heard.
- Keep your voice calm.

If the server brings you something you didn't ask for:

- Avoid being threatening or the opposite (wishy-washy).
- Be firm and friendly.

"This looks very nice. But I asked for broiled fish, not fried.
Please may I have some broiled fish."



Eating Out / Travel

Planning ahead is the secret to healthy eating when you travel.

- Stick to whole foods as much as possible, but don't obsess. Flexibility is a key Healthy Habit to learn as you don't always have 100% control of your environment.
- Skip the soft drinks and alcohol and drink water when traveling by air. It is the difference between getting off the plane with giant ankles and swollen feet, or comfortably walking.
- Check out available restaurants and menus before you leave home.
- Bring foods with you, pack a bag of homemade protein bars, fruit, and nuts.
- Stop at the farmer's market or local grocery when you arrive at your destination to stock up on foods you choose to eat as part of your self-definition.
- Talk to people who live in the area and find out good places to shop or eat out healthfully.

Focusing on Food



“

Don't dwell on what went wrong.
Instead, focus on what to do next.
Spend your energies on moving forward
toward finding the answer.

~Denis Waitley

”

Weekly Food Activity

- What were your Healthy Habits food goals last week? You should have identified a caloric target and one other goal.
- With your goals in mind, look at last week's food log on Loselt and check the following:
- What were your daily average calories last week? Above or below your target?
 - If below your target, what can you do this week to get in more calories each day?
 - If above your target, do you want to move more next week, or eat less? Choose what works best for your schedule and lifestyle.
- How did you do with your second target for the week? Was it easy? Hard?

Turn to page 5 of your Week Four Workbook to set up your week.

1. What small changes are you making this week to help accommodate your goals?
2. What potential challenges do you foresee this coming week?
3. How can you use your new self-definition with food to navigate these challenges?

Focusing on Body



“

Being defeated is often a temporary condition. Giving up is what makes it permanent.

~Marilyn vos Savant

”

Weekly Body Activity

- What were your Healthy Habits Body goals last week? You should have identified a NEAT goal and a planned activity goal.
- With your goals in mind, look at last week's Activity log on LoseIt and check the following:
- What were your daily average NEAT last week? Above or below your target?
 - If below your target, what can you do this week to get in more NEAT each day?
 - If above your target, do you want to maintain that next week? Choose what works best for your schedule and lifestyle.
- How did you do with your planned Activity target? Do you want to stay the same or increase?

Turn to page 9 in your Week 4 Activity Book to set up your week.

1. What small changes are you making this week to help accommodate your goals?
2. What potential challenges do you foresee this coming week?
3. How can you use your new self-definition with Body to navigate these challenges?

Focusing on Mind



I've missed more than 9,000 shots in my career. I've lost almost 300 games. 26 times, I've been trusted to take the game winning shot and missed. I've failed over and over and over again in my life. And that is why I succeed.

~Michael Jordan



Weekly Mind Activity

Each week you should try to take daily time for meditation and visualization regarding the theme of the week. These themes are designed to help you progress and develop Healthy Habits in the areas of Food, Body, and Mind.

Most of the work you do in establishing Healthy Habits is mental – changing patterns of behavior that you’re comfortable with into something that you desire.

Turn to page 16 of your [Week Four Activity Book](#) and complete the worksheets.

Your weekly mind activity is a short process of visualization and/or meditation around the theme of the week.

This Week’s Themed Visualization

Going Off-Road

Use the definitions you created for yourself related to Food, Body and Mind. Take 10-15 minutes at the beginning of the week to visualize how Going Off-Road fits with this definition of yourself. What does your ideal self do, say, and think when Going Off-Road?

Week Four: Complete!

Make sure you finish all activities listed, and participate with your online community to get the best results!



Creating Healthy Habits,
One Week At A Time!