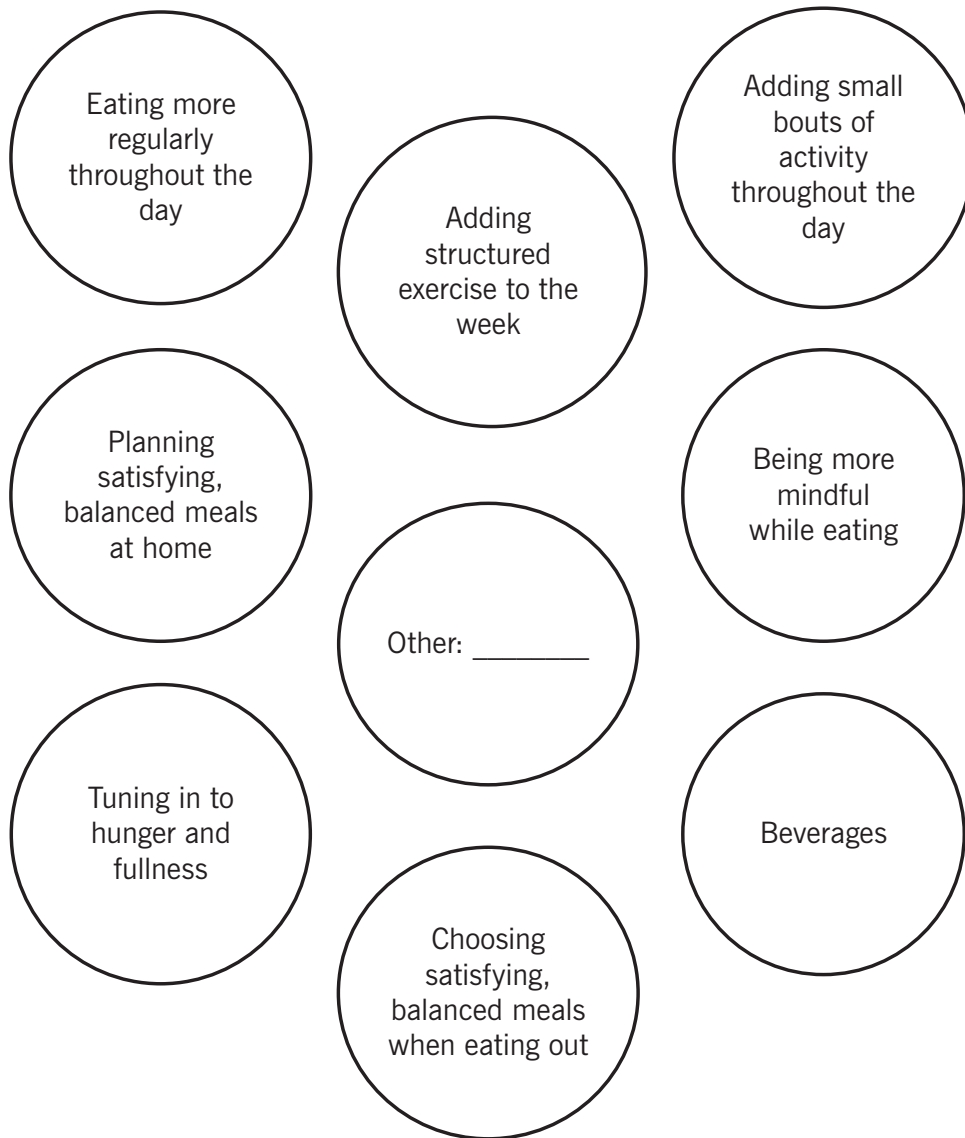


Handout 3.1

CIRCLE CHART FOR NUTRITION AND FITNESS COUNSELING



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Handout 5.1

FOOD AND FEELINGS JOURNAL

Use this journal to record your eating habits for a few days. By writing down your food and feelings you may become more aware of the reasons behind your food selection and how certain foods make your body feel. Start by noting the time of day and the foods you eat. Focus on the physical sensations before you eat and after you've finished. Write down any feelings that arise. An example is provided in the first row. This activity can help you identify times of the day, single foods, food combinations, or emotional triggers that motivate troublesome eating experiences.

Time	Food	How does your body feel before you eat?	How does your body feel after you eat?	Overall emotional feelings
9:00 a.m.	<i>Cold fiber cereal with milk, cup of coffee with half and half, strawberries</i>	<i>Stomach is fluttering with hunger, but only barely.</i>	<i>Satisfied and content</i>	<i>Had to remind myself to slow down and pay attention to my food/how my body feels. Surprised when I left some cereal in the bowl, but I felt satisfied.</i>

(continued)

Handout 5.1 (continued)

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Handout 13.1

FRUITS AND VEGETABLES MADE EASY

10 Meals in 15 Minutes

Are you hungry, but short on time? Here are 10 quick, easy meal ideas that include fruits and vegetables, along with a shopping list to take with you the next time you head for the grocery store.

1. **Hummus Wrap**
Tortilla, fresh spinach, hummus, slice of cheese
2. **Chili Baked Potato**
Potato, canned chili (there are vegetarian options), shredded cheese
3. **Pita Pizza**
Pita bread, pesto or pizza sauce, mozzarella cheese, toppings such as bell pepper, olives, mushrooms, and Canadian bacon
4. **Cottage Cheese or Yogurt, Fruit, and Granola**
Cottage cheese or yogurt, fruit, granola
5. **Grilled Cheese and Tomato or Vegetable Soup**
Bread, cheese, favorite soup
6. **Breakfast Burrito**
Tortilla, scrambled eggs, salsa, canned black beans, shredded cheese
7. **Taco Bowl**
Canned beans, instant rice, canned or frozen corn, shredded cheese, tomatoes, avocado, salsa
8. **Tomato Tuna Melt**
Bread, bagel, or English muffin, sliced tomato, tuna with mayonnaise, cheese
9. **Peanut Butter and Banana on Bread or Tortilla**
Bread or tortilla, peanut butter, banana
10. **Lettuce-Free Salad**
Canned beans of your choice (garbanzo beans work well), small vegetables such as peas and baby tomatoes, diced vegetables such as bell pepper, cucumber, and carrots, vinaigrette salad dressing of your choice

GROCERY LIST

Produce	Canned	Refrigerated	Grain	Misc
Fresh spinach	Chili	Shredded mozzarella	Pita bread	Peanut butter
Bell pepper	Tuna	Slices of provolone, jack or cheddar	Tortillas	Mayonnaise
Mushrooms	Black beans (2)	Hummus	Bread, bagel or English muffin	Salad dressing
Fruit of your choice	Garbanzo beans	Pesto	Instant rice	Salsa
Avocado	Tomato or vegetable soup	Eggs	Granola	
Tomato	Corn	Canadian bacon		
Cucumber		Cottage cheese or yogurt		
Carrots				

(continued)

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Handout 13.1 *(continued)*

15 Ways to Sneak Fruits and Vegetables into Your Meals and Snacks

Everyone knows the power of produce. Food fads have come and gone, but fruits and vegetables have held steady at the top of recommended food lists. They are colorful, tasty, versatile, and full of vitamins, minerals and fiber; yet they're easily overlooked at the grocery store. Here are just a few ways fruits and vegetables can liven up even the most boring dish.

1. Fruit smoothies or juicing
2. Baked potato with vegetable toppings such as beans, salsa, and broccoli
3. Precut vegetables dipped in salad dressing or hummus
4. Apple, banana, or celery with peanut butter or other nut butter
5. Soups with vegetables and/or legumes
6. One-pot entrees with vegetables included such as casseroles, stir fries, pasta, and stews
7. A lettuce- or spinach-based side salad
8. A lettuce- or spinach-based main salad with added chicken, tuna, salmon, bacon, steak, or beans
9. A lettuce-free salad side dish (salad toppings only, mixed with salad dressing)
10. Fresh vegetable such as broccoli or cauliflower, steamed in the microwave, flavored with cheese, butter, salt, and/or other seasonings
11. Add vegetables such as lettuce, tomatoes, avocado, and corn to a burrito, taco, or taco salad
12. Add vegetables to entrees such as sandwiches, wraps, pizza, and omelets
13. Add salsa to anything
14. Add frozen spinach to scrambled eggs, omelets, or quiches
15. Add vegetables into a pasta, rice, or quinoa salad

Handout 14.1

FITNESS THAT LASTS A LIFETIME: INTRINSIC MOTIVATIONS FOR PHYSICAL ACTIVITY

You've probably heard that exercise is good for you, but you may not be aware of the many ways being active can not only improve your health, but improve your life. In fact, there are at least 60 documented benefits of physical activity. Some benefits are noticed right away, either during the activity or immediately after.

Researchers have discovered that people who are more aware of the intrinsic motivations (motivations that come from within) are more likely to consistently include physical activity into their week. No medication or pill can provide the long list of intrinsic benefits that you may experience when you simply move your body. Here's a list of the immediate benefits many exercisers notice.

Being physically active . . .

- Increases energy levels.
- Produces a sense of accomplishment or empowerment.
- Improves sleep patterns.
- Intensifies hunger signals throughout the day.
- Reduces feelings of stress and anxiety.
- Results in fewer body aches and pains (low to moderate intensity).
- Improves sensitivity to the body's own insulin, immediately improving blood sugar control.
- Improves self-esteem.
- Improves body image.
- Increases mental focus.
- Increases strength and stamina.
- Decreases depression and stress levels.
- Improves digestion.
- Increases flexibility.
- Alleviates menstrual cramps.
- Enhances coordination and balance.
- Increases range mobility and range of motion.

Overall, being physically active feels good, improving mood and disposition. Which of these benefits have you already noticed?

Which of these benefits would you like to pay closer attention to next time you are physically active?

Based on Mahle Lutter, Rex, Hawkes, and Bucaccio (1999).

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Handout 14.2

EXERCISE FEELINGS JOURNAL

Use this journal to record your physical activity patterns for a few days. By writing down your activity patterns and associated feelings, you may become more aware of the immediate benefits experienced following a session of exercise. Focus on the physical and emotional sensations you experience before, during and after the activity. Try to identify activities that are engaging, leave you feeling good, and are fun.

Date/Time: *May 8th, 12:30 pm*

Exercise Description: *Brisk walking for 25 min. during lunch break with a coworker*

Feelings Before: *Mentally exhausted and frustrated*

Feelings During: *Out of breath at times but not intolerable. Warm sun and fresh air felt good*

Feelings After: *Less frustrated and eager to make some progress on the mountain of work in front of me*

Date/Time: _____

Exercise Description: _____

Feelings Before: _____

Feelings During: _____

Feelings After: _____

Date/Time: _____

Exercise Description: _____

Feelings Before: _____

Feelings During: _____

Feelings After: _____

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Handout 14.3

FITTING IN FITNESS: CREATIVE WAYS TO SQUEEZE PHYSICAL ACTIVITY INTO YOUR DAY

It's often challenging to find time to exercise. Many believe that exercise has to look a certain way or be a certain length in order for it to "count." The truth is that any time you move your body it counts as physical activity.

If you're feeling too busy to work out, consider incorporating these quick little bursts of physical activity into your day:

- Park in the farthest spot in the parking lot and walk.
- Take the stairs instead of the elevator/escalator.
- Take a 10-minute walk on your lunch break or during a rest period.
- Walk or bike to work, or drive halfway to work and walk or bike the rest of the way.
- Walk or bike to the store for light groceries.
- Take a stretch break every 2 hours to get your blood circulating.
- Walk around the perimeter of the field while your child is at a sports practice.
- Walk over to a coworker's office instead of calling, texting, or emailing to ask a question.
- Initiate walking meetings at work when meeting with two or three people.
- Walk to the mailbox instead of picking it up in the car on your way in or out of the driveway.
- Walk around the block with your family after dinner.
- When watching a television program do strength-building activities during the commercial break (such as push-ups or sit-ups).
- Clean the house or garden.
- Turn on some music and dance in your living room.

Which of the strategies above, if any, sound like feasible ways to add more activity to your day?

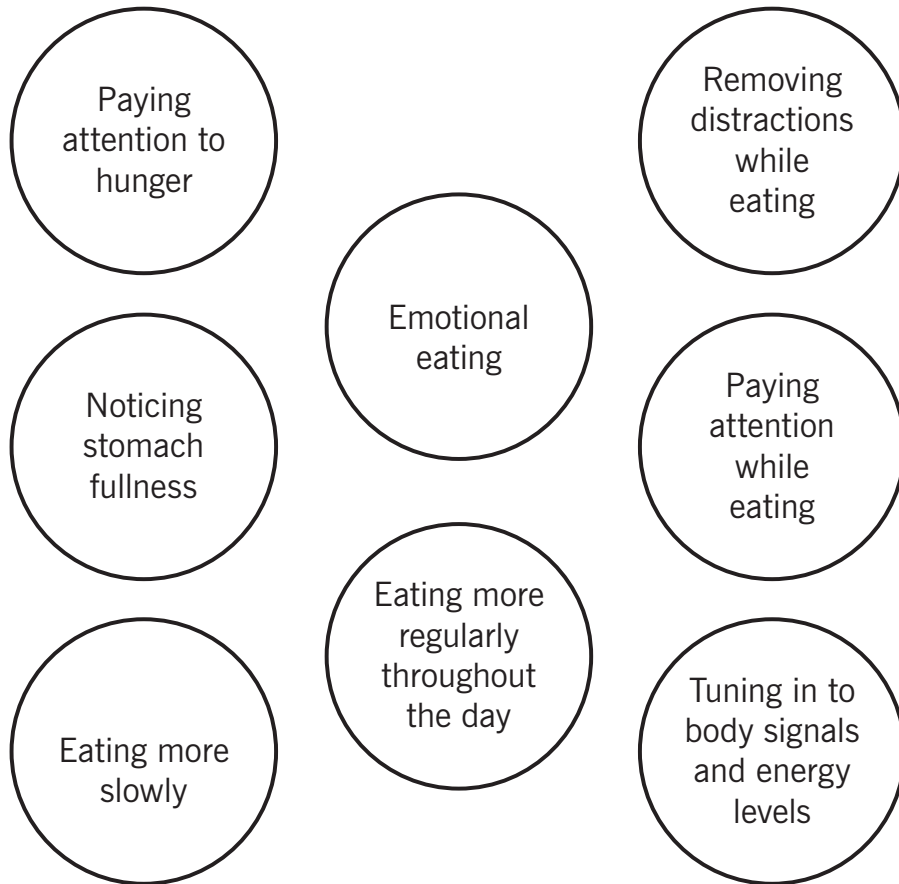
What other ideas do you have?

Based on Kowalski (2010).

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Handout 15.1

CIRCLE CHART FOR HUNGER AND FULLNESS



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