

# WELLNESS CHAMPION CHEER KIT



**Any time is the perfect time to help  
build community and energy.**

Incorporate these CHEER guidelines to create a healthy work environment:

**C**ommunicate

**H**ealthySteps to Wellness is your partner

**E**xpert on wellness platform and HealthySteps to Wellness website

**E**nthusiastic about joining forces as a community of Wellness Champions

**R**ole Model to others

# Nutrition SkillPower

## The Top 5 Skills For Feeling Confident and Smart About Nutrition



### SKILL #1

**Eat food. Not too** (A) \_\_\_\_\_, **mostly** (B) \_\_\_\_\_.

**Question:** Are the results of most weight loss programs and diet approaches similar or different?

**Answer:** (C) \_\_\_\_\_.

### SKILL #2

**Choose foods from the** (D) \_\_\_\_\_.

**Question:** When plating food, what are the general recommendations for filling your plate?

**Answer:** Mostly (E) \_\_\_\_\_; some (F) \_\_\_\_\_; moderate (G) \_\_\_\_\_; and moderate (H) \_\_\_\_\_.

### SKILL #3

**Eat food. Say goodbye to** (I) \_\_\_\_\_.

**Question:** How can you recognize these substances on ingredient labels?

**Answer:** (J) \_\_\_\_\_.

### SKILL #4

**The three essential targets for ideal physical health are** (K) \_\_\_\_\_, (L) \_\_\_\_\_, **and** (M) \_\_\_\_\_.

**Question:** Should you target all three at the same time, or one at a time?

**Answer:** (N) \_\_\_\_\_.

### SKILL #5

**Aim for** (O) \_\_\_\_\_.

**Question:** What does this stand for?

**Answer:** Zero (P) \_\_\_\_\_; 4 servings of (Q) \_\_\_\_\_; 30 minutes of (R) \_\_\_\_\_.

- Which skill is the most relevant to you right now?
- How will it help you make one small change?
- How does it help eliminate some aspect of overwhelm about nutrition?

A. Much, B. Plants, C. Similar, D. Healthy Eating Guidelines, E. Vegetables, F. Fruit, G. Whole Grains, H. Healthy Protein, I. Food like substances, J. Difficult to pronounce, K. Eat, L. Move, M. Sleep, N. One at a time, O. Zero 4:30, P. Sugar-sweetened beverages, Q. Fruits and vegetables, R. Physical activity

# How to create an action plan for a skill challenge.

*\*From the work of Dr. Kate Lorig, Chronic Disease Self-Management Program, Stanford Patient Education Research Center and Self-Management Resource Center*

## THE ACTION PLAN

- 1. Something that you (or your team) genuinely want to do**
- 2. Achievable**
- 3. Action-specific**
- 4. Answer the questions:**
  - a.** What? (specific action)
  - b.** How much? (time, distance or amount)
  - c.** When? (time of day or which days of the week)
  - d.** How often? (number of days in the week)
- 5. Confidence level of 7 or more**  
on a scale of 1-10 (1 = not at all confident  
10 = extremely confident)

## EXAMPLES

- *Our team will switch from sugar-sweetened beverages to fruit infused water on Tuesdays and Thursdays for one month  
(confidence = 7)*
- *Our team will commit to one glucose burn walk per day for one week and track it together each day; if we are successful, we will set a second challenge for two weeks  
(confidence = 8)*
- *Our group will relocate visible sweets to a drawer outside of our common work area and agree to replenish the supply once a month  
(confidence = 9)*

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## TEAM ACTION PLAN FOR A NUTRITION SKILL CHALLENGE

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**QUESTIONS?** Contact us at [healthysteps@stanfordhealthcare.org](mailto:healthysteps@stanfordhealthcare.org)