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

Incorporate these CHEER guidelines to create a healthy work environment:

- Communicate
- HealthySteps to Wellness is your partner
- Expert on wellness platform and HealthySteps to Wellness website
- Enthusiastic about joining forces as a community of Wellness Champions
- Role 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?
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 a outside of our common work area and agree to replenish the supply once a month (confidence = 9)

TEAM ACTION PLAN FOR A NUTRITION SKILL CHALLENGE

1. 
2. 
3. 
4. 
5. 

QUESTIONS? Contact us at healthysteps@stanfordhealthcare.org