



PUTTING OUT THE FLAME

Session One

Welcome! Getting Started

Classes featured: Welcome to Putting Out the Flame, Getting Started with Putting Out the Flame

WHAT YOU NEED TO KNOW:

This program focuses on key strategies of the Cardiometabolic Food Plan:

- Eating a modified Mediterranean diet, designed to reduce inflammation in your body
- Adding in healthy fats
- Incorporating key micronutrients
- Balancing blood sugar

Cardio refers to your heart health; **metabolic** refers to how your body uses food as energy.

Diet is defined as the way you eat. It does *not* mean cutting calories and feeling hungry all the time.

TAKE A MOMENT TO REFLECT

Why is your health important to you?

What does your vision for your health look like?

Who does it include? What will you accomplish? What adventures will you go on? Describe it.

What is your biggest challenge with food currently?

What barriers might you face as you make changes for your health?

Who are the most influential people in your life when it comes to what you eat?

Identify both supportive and non-supportive people when it comes to your health goals.



HOMEWORK

Assignment

Track everything you eat and drink for three days. Don't worry about writing down exact amounts; the purpose is to make you aware of what you are eating and to establish your baseline before you start making changes to what you eat in future sessions.

Quick notes:

FOOD AND LIFESTYLE TRACKING

Observe how you feel each day and how your daily habits make an impact.

Day one

What did I eat and drink?

Sleep, stress, and movement:

Day two

What did I eat and drink?

Sleep, stress, and movement:

Day three

What did I eat and drink?

Sleep, stress, and movement:

Want to track digitally? Check out these free tracking apps: My Fitness Pal, My Plate, Shopwell