

### 3. Focus on eating habits

In order to be effective with \_\_\_\_\_ (1) change we need to build a profile of the habits of our clients. This is not just '\_\_\_\_\_ (2) of food' but rather all the circumstances that swirl around the act of eating.

Nutritionists may be able to tell you how much vitamin C is in an orange but only you can understand the circumstances required to get your client to

\_\_\_\_\_ (3) eat oranges at morning tea instead of chocolate chip cookies.

One approach is to complete a nutrition and lifestyle profile \_\_\_\_\_ (4) at what your client is doing at that time, what they are feeling like, what they eat/drink, and what they feel afterwards. This can then be used to

\_\_\_\_\_ (5) a 'drop box' of potential changes that the client could action to \_\_\_\_\_ (6) their nutrition and from there you and your client can discuss, plan and implement just one change at a time. Ideally starting with the \_\_\_\_\_ (7) first (remember – tolerance and success is key) and building new changes in once previous ones have become \_\_\_\_\_ (8).

Essentially you want to build on a well \_\_\_\_\_ (9) foundation of success with all of your personal training clients by following the three key principles talked about here.

## NUTRITIONIST CONSUME

CONSIST  
LOOK

## CREATION IMPROVEMENT

EASY  
ESTABLISH

LAY