

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