

WELCOME



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# NOURISH CLIENT WELCOME PACKET



St. Andrew's Family Fitness Plus

[www.standrewspark.info/nutrition](http://www.standrewspark.info/nutrition)

# Welcome!

You have taken a massive step in your wellness journey, and we are so excited for you and to work with you!

Before you begin, please know that trusting your body, honoring your hunger, and feeling your fullness can be scary. This is the opposite of what a typical diet or nutrition plan feels like. It's understandable to have some concerns!

This is why it's important to practice an abundance of self-compassion and patience with yourself as you make your way through this new journey.

Remember, you are not alone. Your Nourish Coach is going to be there every step of the way.

In addition, this welcome packet serves as a guide through the Nourish process. Inside, you will find the 10 Principles of Intuitive Eating, a breakdown of your Whole Wellness Wheel, an Instruction Guide to the SAFFP App, the 5 Stages you can expect to experience during the Nourish Program, 4 Steps to Reject Diet Mentality, a Hunger and Fullness Scale, and a Hunger Discovery Scale Journal!

Yours in Health & Wellness,

*The Saffp Team*

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# THE 10 PRINCIPLES OF THE

# N O U R I S H P R O G R A M



## Principle 1: Reject the Diet Mentality

Throw out the diet books that offer you the false hope of losing weight quickly, easily, and permanently. Refuse to participate in a culture that values thinness over health and wellbeing.

## Principle 2: Honor Your Hunger

Stop fighting your hunger cues! Keep your body biologically fed with adequate energy and carbohydrates. Otherwise, you can trigger a primal drive to overeat.

## Principle 3: Make Peace with Food

Give yourself unconditional permission to eat whatever you want. If you tell yourself that you can't have a particular food, it can lead to intense feelings of deprivation that build into uncontrollable cravings and, often, bingeing.

## Principle 4: Challenge the Food Police

The food police is the voice inside your head that monitors the rules diet culture has created. It shouts negative barbs, hopeless phrases, and guilt-provoking indictments every time you eat something you feel guilty about.

## Principle 5: Discover the Satisfaction Factor

When you eat what you want, in an inviting environment, the pleasure derived will help you feel satisfied and content. You will find that it takes just the right amount of food to decide you've had "enough."

## Principle 6: Feel Your Fullness

Listen for body signals that tell you, you're no longer hungry. Observe the signs that show you're comfortably full. Pause in the middle of eating and ask how the food tastes and your current hunger level.

## Principle 7: Cope with Your Emotions with Kindness

Food won't fix feelings. Eating for an emotional hunger may only make you feel worse in the long run. Find ways to comfort and resolve your emotions without food.

## Principle 8: Respect Your Body

No one-size-fits-all when it comes to bodies, and yours is uniquely and beautifully yours. Don't worry about the type of body diet culture tells you to have.

## Principle 9: Movement—Feel the Difference

Shift your focus to how it feels to move your body rather than the calorie-burning effect of exercise. Focusing on how you feel from working out, such as being energized, can have a powerful impact on your motivation.

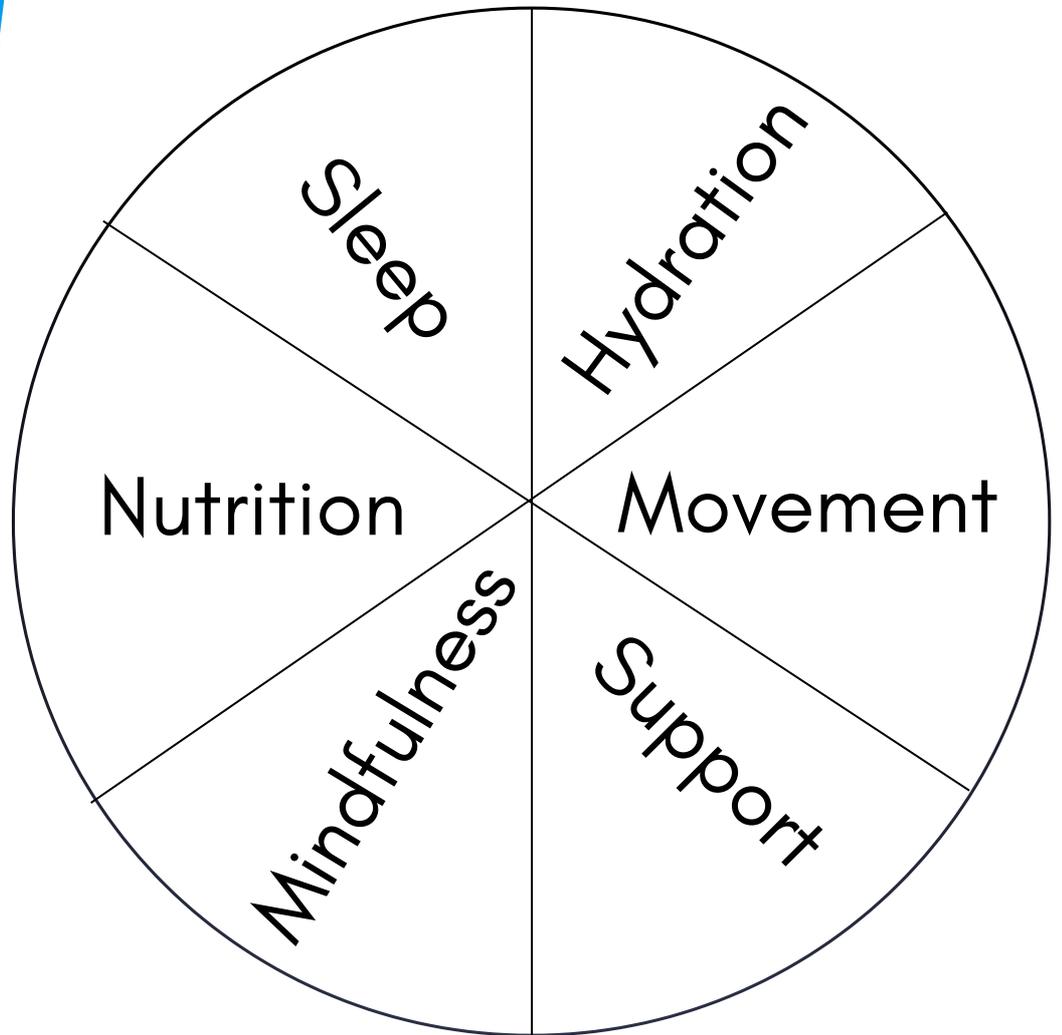
## Principle 10: Honor Your Health With Gentle Nutrition

Make food choices that honor your health and taste buds and make you feel good. You don't have to eat perfectly to be healthy. Consistency is what matters over time. Progress, not perfection, is what counts.

# THE WHOLE WELLNESS

# W H E E L

The SAFFP Whole Wellness Wheel is how our Fitness Team measures proper health—which is so much more than what your body looks like.



For a truly healthy mind and body, it's essential to focus on these six factors, or spokes, of your Wellness Wheel! Your Coach will help you balance each spoke throughout your Nourish journey.



# HOW TO USE THE

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## Step 1

After your first Nourish Session, your Coach will add your name and email to the SAFFP App and you will receive two email notifications after they have finished.

### Email # 1

Hi (firstName),

Welcome to St. Andrews Family Fitness Plus Fit App! We can't wait to start working with you to achieve your fitness, wellness, and nutrition goals.

You will receive more information shortly on how to best use the app. In the meantime, please feel free to start exploring the app on your own.

If at any point you have any questions about your training, the app, or the services available to you, feel free to reach out any time!

Yours in health and wellness,

The SAFFP Personal Training & Nourish Team

### Email # 2

Here's how to set up your account...

## Welcome to St. Andrews Family Fitness Plus!

Hi [redacted]

Before you can sign in to view your training app, you must set up your password. Click below to get started.

[Set up your account](#)

After setup, [download the mobile app](#) so you can take your workouts on the go.



## Step 2

From your smartphone, tap "Set Up your account" inside the second email and walk through the steps to create an active client account.

## Step 3

After you have created an active client account, go back to email #2 and download the app from the App Store or Google Play.

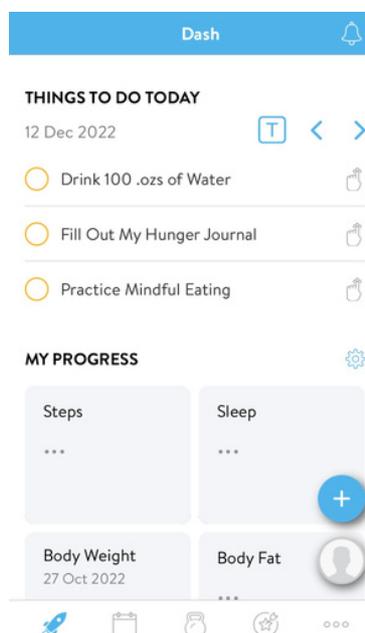
## Step 4

Once you have downloaded the app, open it up-, it's time to explore! The app will ask you several questions about notifications and reminders- please keep these alerts turned on so you can receive daily updates, reminders, and check-in's from your Coach. Then, it will take you through a brief tutorial. Please watch the whole tutorial.

How The App Will Look on Your Phone



Your Main Screen with Your Daily Habits at the Top!



Tell your coach if you are having any difficulties using the app, or if you have any questions!

# THE FIVE STAGES OF

# N O U R I S H

## Stage 1: Starting Point

1. Worry about food consistently.
2. Focused on weight.
3. Consume food largely based on external cues, instead of what you want.
4. Out-of-control eating, or fear of being out-of-control.
5. Guilt and shame over eating "forbidden" foods.
6. Emotional eating or numbing through food.
7. Negative body image.
8. Lack of self-respect.
9. Often feel stuck, frustrated, and discouraged.
10. Ready to make a change.

## Stage 2: Exploration

1. Relearning intuitive signals, hunger, taste preferences, satisfaction, and satiety.
2. May feel awkward, uncomfortable, and even scary.
3. Allow unconditional permission to eat whatever you want while being mindful.
4. By eating satisfying foods, hunger lessens outside of meals and snacks.
5. Learn to honor hunger and recognize body signals that indicate hunger.
6. Experience stronger emotions.
7. Expect to overeat foods that previously caused guilt and shame, and enjoy the process!
8. This stage will **NOT** become a habitual way of eating, so allow yourself to relax!

## Stage 3: Crystallization

1. Eating decisions don't require as much directed thought.
2. Greater sense of self-trust in choosing the right foods and amounts to satisfy yourself.
3. Easier to discern your hunger signals and honor them.
4. You take time-outs during meals and gauge fullness and satisfaction.
5. Your desire to overeat, binge, or use food to cope with emotions has lessened.
6. You may still battle with those "forbidden" foods but don't need as much to reach satisfaction.
7. You experience emotions and continue to find ways to cope outside of food.
8. You notice a deeper sense of empowerment.

## Stage 4: The Intuitive Eater Awakens

1. Your eating style is much more free-flowing and comfortable.
2. You consistently choose foods and amounts based on preferences and hunger signals.
3. You more regularly choose more nutrient-dense foods because of their health factors, not because of external pressure.
4. Your need to eat previously "forbidden" foods has diminished, and self-trust has increased- you know you can eat whatever you want.
5. Self-talk regarding food, mind, and body is mostly neutral or positive.

## Stage 5: Treasure the Pleasure

1. You have little to no guilt regarding food choices and quantities.
2. You want to experience eating in the most optimal of conditions.
3. You experience nutrition and movement in a whole new way.
4. You feel better physically, emotionally, and mentally.
5. Your concerns about weight diminish.
6. Your self-esteem and love are higher than they have ever been!



# FOUR STEPS TO REJECT

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## Step 1: Recognize the Damage of Dieting

Continued dieting and food restriction will only perpetuate cycles of disappointment, guilt, anxiety, depression, and shame. Dieting *is* the problem, not *you*. No amount of dieting will heal your relationship with food, body, or your emotions.

## Step 2: Be Aware of Your Diet Mentality

Diet mentality can show up as "good vs. bad food" thoughts, exerting unnecessary willpower regarding your food cravings or wants, stepping on the scale, making negative comments about your body, and exercising for appearance. It's important to become aware of how diet mentality shows up for you, what it's triggered by, and how you replace those negative thoughts with more neutral thinking.

## Step 3: Get Rid of Dieting Tools

Dieting tools come in various forms, including the scale, calorie trackers, macro counters, food plans, diet books, cleanses, and even food scales if they're being used to measure your portions. Why are these things not helpful? They are all external forces you rely on to tell you when, what, how, and why to eat. When you rely on outside tools to regulate your food and body, you lose your autonomy. It's time to regain your autonomy and eliminate the dieting tools!

## Step 4: Practice Self-Compassion

The final and arguably most important step in rejecting the diet mentality is practicing self-compassion. It takes time to reject a mentality you've been surrounded by. You're going to have some setbacks, and that's okay. Remember to give yourself a great big hug and keep moving forward.

# Hunger & Fullness Scale

	Rating	Hunger & Fullness Sensations	Overall Quality of Sensation (circle one)
<b>Over-Hungry</b>	0	Painfully hungry. Intense and urgent.	Unpleasant, Pleasant, Neutral
	1	Ravenous and irritable. Anxious to eat.	Unpleasant, Pleasant, Neutral
	2	Very hungry. Looking forward to a meal or snack.	Unpleasant, Pleasant, Neutral
<b>Normal Eating Range</b>	3	Hungry and ready to eat. No urgency. This is a polite hunger.	Unpleasant, Pleasant, Neutral
	4	Subtly hungry, slightly empty.	Unpleasant, Pleasant, Neutral
	5	Neutral. Neither hungry or full.	Unpleasant, Pleasant, Neutral
	6	Beginning to feel fullness.	Unpleasant, Pleasant, Neutral
	7	Comfortable fullness. Satisfied and content.	Unpleasant, Pleasant, Neutral
<b>Over-Full</b>	8	A little too full. On the verge of discomfort.	Unpleasant, Pleasant, Neutral
	9	Full to the point of discomfort.	Unpleasant, Pleasant, Neutral
	10	Painfully full, stuffed, may feel nauseated.	Unpleasant, Pleasant, Neutral

