

# Extreme Lifestyle Makeover



## Week #3 - Session Outline

### **Materials consultant needs to have for this session:**

Virtual "Grocery Store Tour" (show DVD)

Ask them to get out their **Personal Grocery Store Shopping Lists** they were asked to complete for homework. Instruct that they fill out the second column with tips they receive during the DVD.

Hand out the article entitled **Grocery Store Tip List** and the **Sample Shopping List**.

**HOMework:** For homework ask them to read the Grocery Store Tip Sheet, go through their fridge, freezer and kitchen cupboards and ask that they clear out any unhealthy foods and replace them with healthier alternatives.

**HOMework:** Hand out the article **Tips for Getting Your 8 Glasses of Water a Day** and go over the 1<sup>st</sup> page with them. Ask the participants to share some of the tricks they use to get the recommended 8-10 glasses of water each day. Then read one or two examples off the tip sheet article. They can read the rest for homework.