

# Fit & Lean in 2014

## Consultant Outline

### Supplied Needed for Participants:

- Handouts for each week
- Measuring tapes (one for each participant: they can use this at home to take their own measurements)
- Clear jar or other container (one each)
- Coloured glass stones (these are called “success stones”) to give out to participants as they complete goals each week. The stones will be kept in the clear containers to be a visual reminder of all they have achieved through this program. Other items that could work: marbles or screws/nuts/bolts (might be good for manufacturing type jobs or male participants)



← This photo gives you an idea of what we are referring to when we mention jars/containers with “success stones” in them....not the pounds lost!

Consultants may also want to ensure they have extras of the following handouts available for participants during sessions:

\*\* Goal Setting Sheet

\*\* Extra pens may also come in handy

### Specific Items You May Want to Have on Hand for Specific Presentations:

Week One: Calculator (to help people calculate BMR and target heart rate)

Week Three: Extra food labels (participants are encouraged to bring in their own food labels but consultant should have extras on hand for those who forget).

Week Five: May want to have extras of handout 5.4 for participants who may want to have an extra copy of the gratitude journal for their personal use at home.

Week Six: Participants are encouraged to bring a recipe from home; however, consultant may want to bring in a cookbook with more indulgent recipes that you can discuss how to lighten up with the class.

Weeks Six & Seven: any equipment you may need to lead the group workouts these weeks.