



Healthy Adults

Healthy Adult Collection

Covers healthy nutrition and lifestyle behaviors. Ideal for anyone looking to improve their health while making small, manageable changes. This collection may also be used to treat a diagnosis of pre-diabetes or prehypertension. Take health seriously by making conscious choices to prevent chronic disease.

Details

Professional Level for the Toolkit:

- Health Coaches
- Nurses
- Dietitians
- Community Health Workers
- Exercise Coaches

Suggested Professional Use:

- 1:1 Coaching for the Toolkit
- Group presentations, digital engagement
- Website access for the Journey

Comprehension Level for the Journey:

- Adult Consumer

Stages

Stage 1

Basics: Let's Get Started!

Stage 2

Developing New Habits.

Stage 3

Addressing Obstacles.

Stage 4

Reflecting on Progress.

Toolkit Items

Stage 1

1. Snack Attack
2. Grocery Store Guide
3. Food Journal
4. Breaking Down the Dietary Guidelines
5. Breakfast: An Important Meal
6. Understanding Gut Health
7. Treating Pre-Diabetes
8. Weight Management Checklist
9. DASH Diet

Stage 2

1. Identifying Hidden Calories
2. Calorie Counting
3. Creating a Healthy Lunch Box
4. Mindful Eating
5. Meal Planning for 1

Stage 3

1. Right Size Your Portions
2. Macronutrient Myths
3. The Dangers of Fad Diets
4. Sugar and its Many Names
5. Consuming Alcoholic Beverages
6. Fun Mindset Exercise Tips
7. Identifying Disordered Eating

Stage 4

1. Health Survey
2. Food & Mood: Are they connected?
3. Nutrition for Balanced Hormones
4. Feeling Better About Your Body

Journey Items

1. Eating Nutrient Dense Foods
2. Shopping on a Budget
3. Goal Setting
4. Reading Food Labels
5. Healthy Start Intro
6. Get Active and Exercise
7. Meal Prep the Right Way
8. Eating Out! Fast Food & Friends
9. Common Exercise Obstacles
10. Managing Restaurant Eating
11. Holiday Season Tips
12. Tips for Living a Healthy & Balanced Life