HeartMark Health Seminars

Pre-teen-Teen

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| HeartMark Health promotes a consistent healthy lifestyle. | Seminars for Youth!  Sign up for November sessions to avoid the holiday yo-yo- damage! |
| HeartMark Health specializes in inspiring children and teens to make great healthy choices when it comes to nutrition, fitness, and overall emotional and physical health. | Nutrition Lectures for Schools—invite me and I’ll teach your class about the food groups, the food pyramid, and how to make nutritious snacks! We can make our own allergy-free nutritious snack if you want! |
| The HeartMark hand gesture teaches students to think before they take action, to see what they love through the HeartMark, and to connect to themselves and to others. | Private Seminars Inspiring Girls to a Healthy Lifestyle  1.5 hour sessions: $45/lesson for group lessons, $75 for private  30 minutes of HeartMark Yogalates—stretching and strengthening exercises.  30 minutes of healthy HeartMark thinking.  30 minutes of HeartMark Health in the kitchen.  Read more about the content of each seminar. |
| HeartMark Health does not promote a particular fad diet. HeartMark Health focuses on making positive choices that provide maximum nutrition and energy, and avoiding choices that steal nutrition, energy, and short-term and long-term happiness. An overall healthy lifestyle and a connection between our food, fitness, and recreation is always emphasized. The HeartMark theme allows us to think about these choices. |  |

In Detail:

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| Pre-session, online forms before I meet student: | Write Down What you Eat  Drink, Food, Tooth brushing – for 3 days. |
|  | What do you want to Gain from this experience? |
|  | What habits do you think you can improve? |

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| Session 1: Respect Yourself. You are not a garbage Can. ™ | Do you like yourself? ™ |
| Exercise session | This session is not theory. We stretch and strengthen, especially the core of the body. My fitness style is very unique in several distinct ways. We start with small, careful and gentle movements (that you can do even when you’re tired) and eventually make larger and stronger movements (which you can do because you end up having energy after the smaller movements). I start at the ankles, and move gradually up. This helps each muscle group stay in balance and proportionately strong, prepares one muscle group for the other, and keeps them connected to each other so that the body flows gracefully while walking (as opposed to just strengthening individual muscles separately.) I’d rather do an hour and a half of this. Contact me if you’re interested in the full class. It is not tough and yet you feel limber, strong, and energetic when it’s over. This is appropriate for any level. |
| Worksheet/Discussion— | Do you like yourself, do you want to be healthy?  What is a garbage can? It is where you put trash. Trash is something you never think about after you throw things there. But your body is not a garbage can, so you need to think about what you put in it.  Visualization of positive being. We use Pavlov’s methods of classical conditioning but apply them to ourselves so that we teach ourselves to associate feeling great from making great choices. You will know how to teach yourself this method. You will teach yourself to crave food that is healthy for you.  We also use the same method to teach ourselves that bad choices lead to negative results. We visualize the damage and pain caused by the negative choices. Once you associate damage from a bad choice and energy and feeling great from a good choice, the right choice becomes automatic.   1. Identify your habits that that you think you should avoid. 2. Identify habits that you want to reinforce. 3. Sugar—2 Visualizations to avoid sugar. 4. Protein, Calcium, Fiber—3 visualizations to eat these foods when hungry. 5. Cheap starches, Nutrient-rich starches—visualizations 6. Bad & Good FAT—visualization 7. Any more bad habits? From Smoking, to not exercising, we can come up with many. |
| Kitchen | Food basics. Fresh, frozen, colorful, variety, …  Food tasting to discover new and fun healthy choices. |
| Homework | Do a visualization exercise before you make your food choices. Also: start to pay attention to cause and effect reactions in your body. |

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| Session 2: HeartMark Health Food Pyramid |  |
| Exercise session | Stretching and core strength. |
| Discussion: (reminder—do you like yourself?) Healthy Eating for healthy everything else. | What is healthy? What is nutritious? --Food that gives and does not take away. Get more for your calories and fat.  The food pyramid—Eating the food in the right order. What to eat when.  Mirror Exercise—looking and loving |
| Kitchen-- Food pyramid in actual examples in the kitchen. | Typical ideal plate whether it’s a snack or a meal—the food groups that belong there. How to choose what goes in a snack or a meal. |
| Homework: | Pay attention to your eating patterns, your craving patterns, your thinking patterns. (worksheet on each.) |

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| Session 3: |  |
| HeartMark Exercise Session | Theme: Listen to your body |
| Discussion: Rhythms & Metabolism | The Human Body’s natural changes, living within the cycles, not panicking, respecting the body’s needs  Maintaining a constant weight and a constant goal.  Tracking your body’s rhythms and paying attention—avoiding cravings by eating right |
| HeartMark Kitchen: | Cooking basics—from spices, to the order of ingredients and how to use them.  We’ll cook lean beef with vegetables for a fast, complete, and versatile meal! (If anyone is vegetarian, we’ll switch to a vegetarian meal.) |
| HeartMark Homework: | Track your thinking patterns!  Track your family’s thinking patterns if you have time, too. |

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| Session 4: THINKING-EATING DISORDERS | Thinking Patterns |
| HeartMark Exercise | Theme: Listen to your thoughts! |
| HeartMark Discussion-- | All the Thinking-Eating pattern mistakes which lead people to faulty eating.  --Panic approach  --All or nothing approach  --holiday vs. vacation approach  --“moral” judgment  --“I’m never full/” and other self-defeating statements  Cultural problems  Social eating—trying to eat less or more than others and “still look good”  Social pressures |
| Kitchen: | Night caps that are delicious:  From a relaxing snack, to an energizing study reviver: salad with yogurt! Cereal with yogurt, and other healthy relaxing treats. |
| Homework: | Continue the positive visualizations (and also practice the negative visualizations to teach oneself not to like certain foods.) |

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| Session 5: | Identifying your hunger |
| HeartMark Exercise | Isolations. Learning to distinguish our different zones. |
| Discussion | Experiences of the week, successes & failures recap and suggestions  Learning to identify what we should eat when. |
| Kitchen | Cook by Color™--Learning the spices and ingredients that give each meal the pigment we’re in the mood for. Cooking based on the color we’re in the mood for, and cooking to get a colorful meal, too! |
| Homework | Apply positive visualizations to other parts of our lives.  Questionnaire: What are you most afraid of in the world? What are you most passionate about in the world? |

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| Session 6: Thinking Patterns about Life | Applying what we’ve learned to all things |
| HeartMark Exercise: | Learning to do it on your own.  Tips to keeping it interesting. Starting small, staying consistent, and not hurting oneself. |
| HeartMark Discussion | Making great choices,  using visualizations before taking action—in which you pretend you already did this action and analyzing how you feel about it,  teaching oneself HeartMark-Pavlovian conditioning.  Long-term visualization  Analyzing dreams,  Maintaining a healthy lifestyle—giving yourself the chance to have down time.  Never criticizing yourself if you are relaxing! --but analyze it, recognize it, and maximize it. Then move on. Never do an activity for a really ridiculous amount of time.  Finding something positive to focus on in life, to stay motivated and active. Finding the one thing you are passionate about. |
| HeartMark Kitchen | Desserts! Going-away party for ourselves by learning the secret to healthy desserts. |
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