



# *Eat With Me*

# *Train With Me*

*Week 6: Getting Organised & Overcoming  
Obstacles*



*8 Week Nutrition Program*

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## **Get Organised for Success**

Preparation and organisation are the key to eating healthy successfully. We all lead busy lives and there are often lots of unexpected obstacles to healthy eating. For example, maybe you slept in and didn't have time for breakfast so grabbed a coffee and a chocolate muffin on the way to work. Maybe you get takeaway because you have a long commute to work and don't have time to cook.

Planning ahead can help you avoid those situations where you are tempted to make a poor food choice. Being prepared means having a backup plan. For example, knowing where you can get a healthy breakfast on the run on those occasions when you're pressed for time in the morning or having some healthy meals in the freezer for those late nights at work.

### **Getting organised**

#### **1. Use a diary.**

If you don't have one, get one. I'm serious. Get to know your diary intimately. Diarise all your events, meetings, holidays, parties and anything else that could disrupt your regular eating over the next few months. Then get a highlighter and make sure those events stand out so that you can easily identify them as potential obstacles to healthy eating and plan around them. You can use an electronic diary to do the same thing. After a while you will get so good at being prepared and organised that it will become a habit.



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2. **Plan to overcome obstacles.** Think about how you can change your environment to avoid obstacles or being tempted by poor food choices. For example, if you always have a biscuit after lunch because at work you walk past the kitchen to get back to your desk, see if you can take another route. If you always get KFC for dinner on evenings when you work late, investigate what else is open at those times of the evening so that next time you work late you can easily choose a healthier dinner option.

3. **Do a planned grocery trip once a week.**

This involves:

- Looking at your diary to see what you have on that week and planning your meals
- Checking your pantry, fridge and freezer to work out what you already have and what you need to buy
- Writing up a shopping list based on your planned meals for the week
- Sticking to your shopping list

**Do NOT go grocery shopping on an empty stomach and make sure you are not hungry when you are planning your meals for the week and writing your shopping list!**



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## **Overcoming Obstacles**

Don't let yourself make excuses for being unhealthy or simply lazy. Make being healthy your priority.

**We are all busy.**

**We are all faced with lots of social and work pressures.**

Some people work long hours in stressful jobs, run businesses and have families to take care of, and still manage to fit in exercise and make healthy food choices. If others do it, so can you.

**You are in control of your life and the choices you make.** Act like an adult. Be responsible. EAT RESPONSIBLY.

You're already taking steps in the right direction (well done!) so this exercise is just about identifying any outstanding obstacles or excuses you might make (even subconsciously) that get in your way of healthy eating.





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## Your homework...

Brainstorm your most common obstacles or challenging situations and list healthier alternatives. I've included some here as examples for you. But I cannot envisage all of the obstacles that may come up in your life. So it is up to you to take responsibility for identifying the obstacles to healthy eating that you face and come up with possible solutions for them.

Obstacles	Solutions
Not enough time to have breakfast at home in the morning	<ol style="list-style-type: none"><li>1. Go to bed earlier and wake up earlier</li><li>2. Have a super quick breakfast or something you can eat on the train/bus or in the car eg: fresh fruit, small tubs of yoghurt (buy some disposable spoon so you don't have to worry about losing/washing your cutlery).</li><li>3. Leave tub of yoghurt/cereal at work and have breakfast at my desk when I arrive at work while my computer is starting up.</li></ol>
Work stress leads me to snack on sweets	<p>Clear my work environment of all sweet temptations as much as possible.</p> <p>Have a cup of tea when feeling stressed.</p>
I have a party on every week until the new year.	<p>Make sure I eat well all week and then allow myself to enjoy the food and alcohol at the party.</p> <p>Drink water between every alcoholic drink at the party.</p>
Not enough time to cook dinner when I work late so I end up ordering pizza	<p>Plan my week ahead. Cook extra portions and freeze them so that all I have to do is heat up dinner when I get home from work.</p> <p>Find healthier takeaway options that are easy to access on my way home from work.</p> <p>Ask my partner/family/housemates to cook extra food on the evenings I work late, so there is something for me to eat when I get home.</p>

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Obstacles	Solutions
Now your turn...	

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Obstacles	Solutions