

# Welcome New Members

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**Adina Gilliam, CNC**

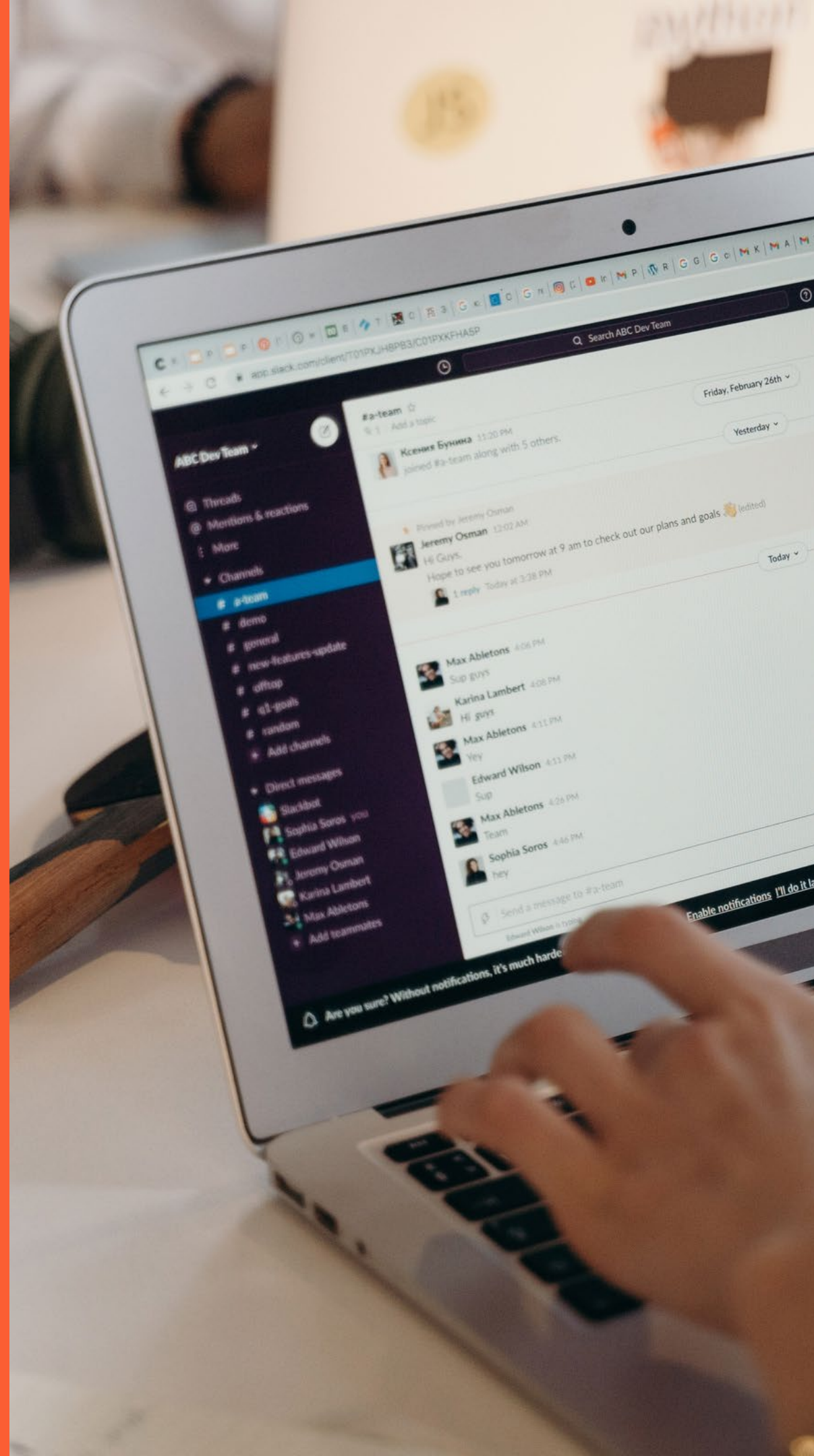
**Noelle Schleder, MS, RDN**

**Sam Walker, MS, RDN**

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We will get started in just a few minutes.





# Share In The Chat!

- Your name
- Where you're from
- Your favorite food

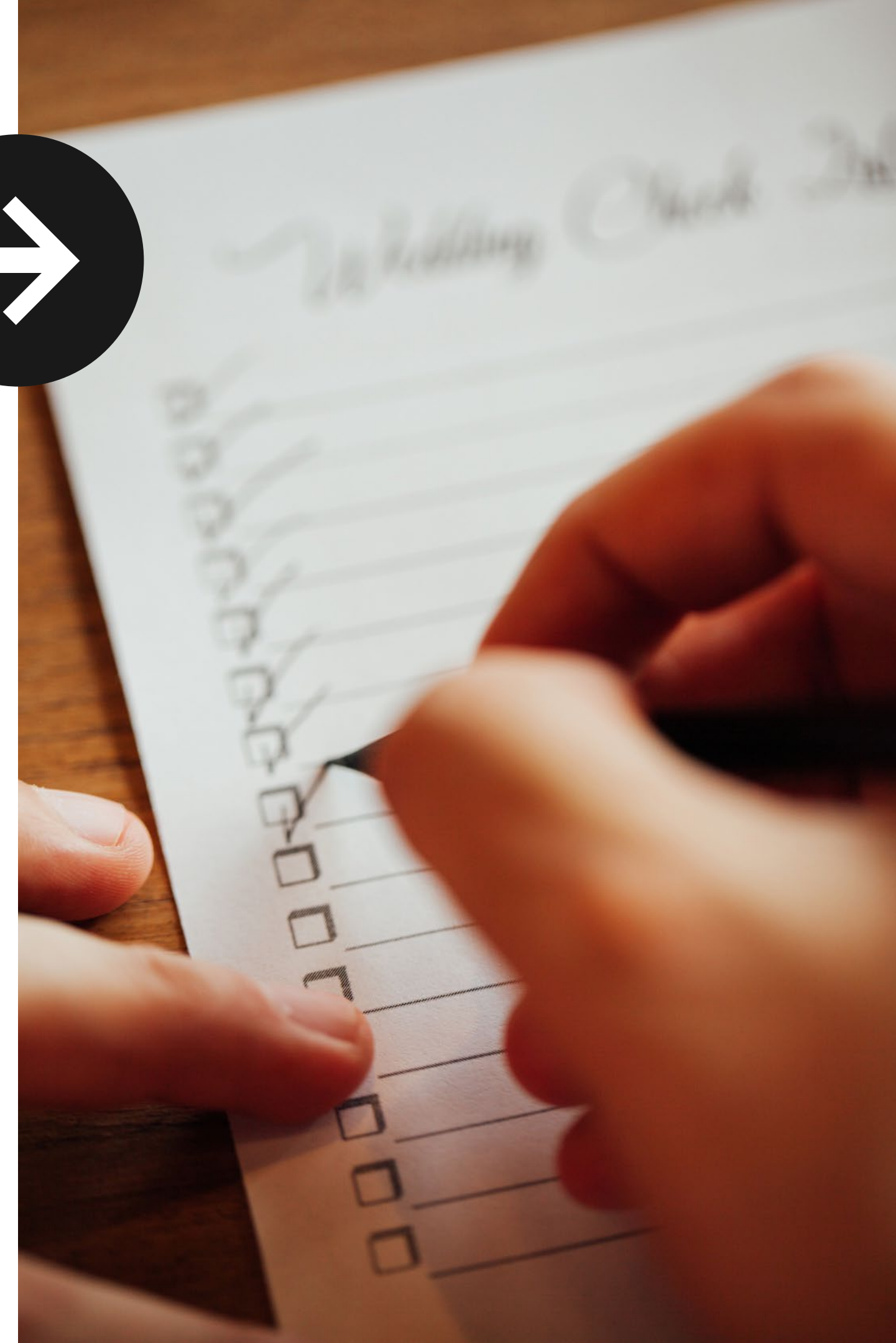


Studies show that people lose more weight and are healthier when they have social support and are part of a likeminded community.

# Today's Goals



- 1) Explain Stronger U Nutrition Basics
- 2) Explain how the Stronger U program works and your coach's role
- 3) Develop a starting goal for your session
- 4) Build familiarity with the Stronger U Community and additional resources



# Where we started

Scientifically based philosophies with a flexible and realistic approach.

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STARTED 2015

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MEMBERS 50,000+

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COUNTRIES 50+

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APPROACH FLEXIBLE & REALISTIC

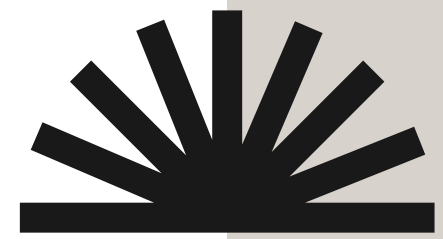
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**Mike Doehla**  
FOUNDER

STRONGER  NUTRITION

# Nutrition Basics



- Energy Balance
- Macros
- Behavior Change

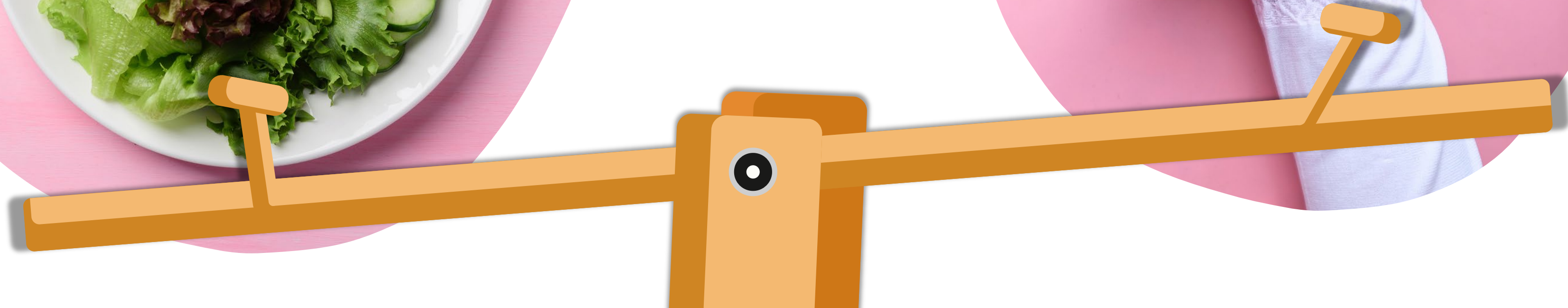


# Energy Balance

**ENERGY IN**



**ENERGY OUT**



# The Importance Of Movement

## Non-Exercise Activity Thermogenesis

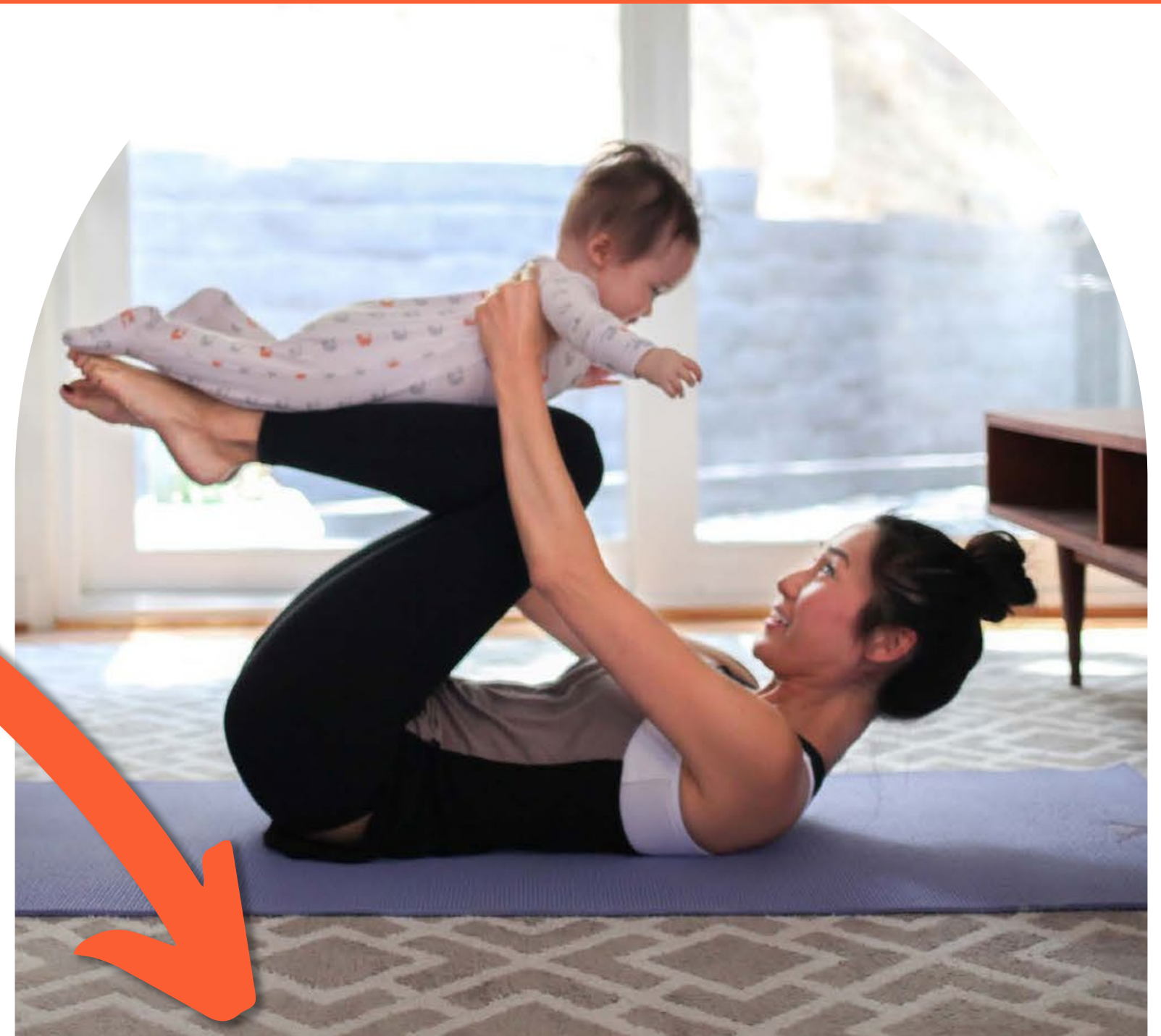
### Sources Of Calorie Burn

BMR  
60-70%

NEAT  
10-20%

TEF  
10%

EAT  
5-10%



# MACROS

Macronutrients, commonly referred to as “macros,” are three important components of the foods and drinks we consume and are the main sources of energy (calories) that enter our bodies

## PROTEINS



## CARBOHYDRATES



## FATS





# Discussion: PROTEIN

What is your favorite protein source to get in a day?

Are you currently planning your meal around what your protein source will be?

Do you feel like you get enough protein over a day?



## Adequate Protein

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Protein intake is the second most important dietary factor for changing body composition.

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## Muscles and Fullness

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Key for maintaining and gaining muscle mass and for keeping you full.

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# Behavior Change

Behavior Change is tough...  
but it is doable.

You don't have to remodel your life to achieve change. Start with small adjustments that will lead to big change.

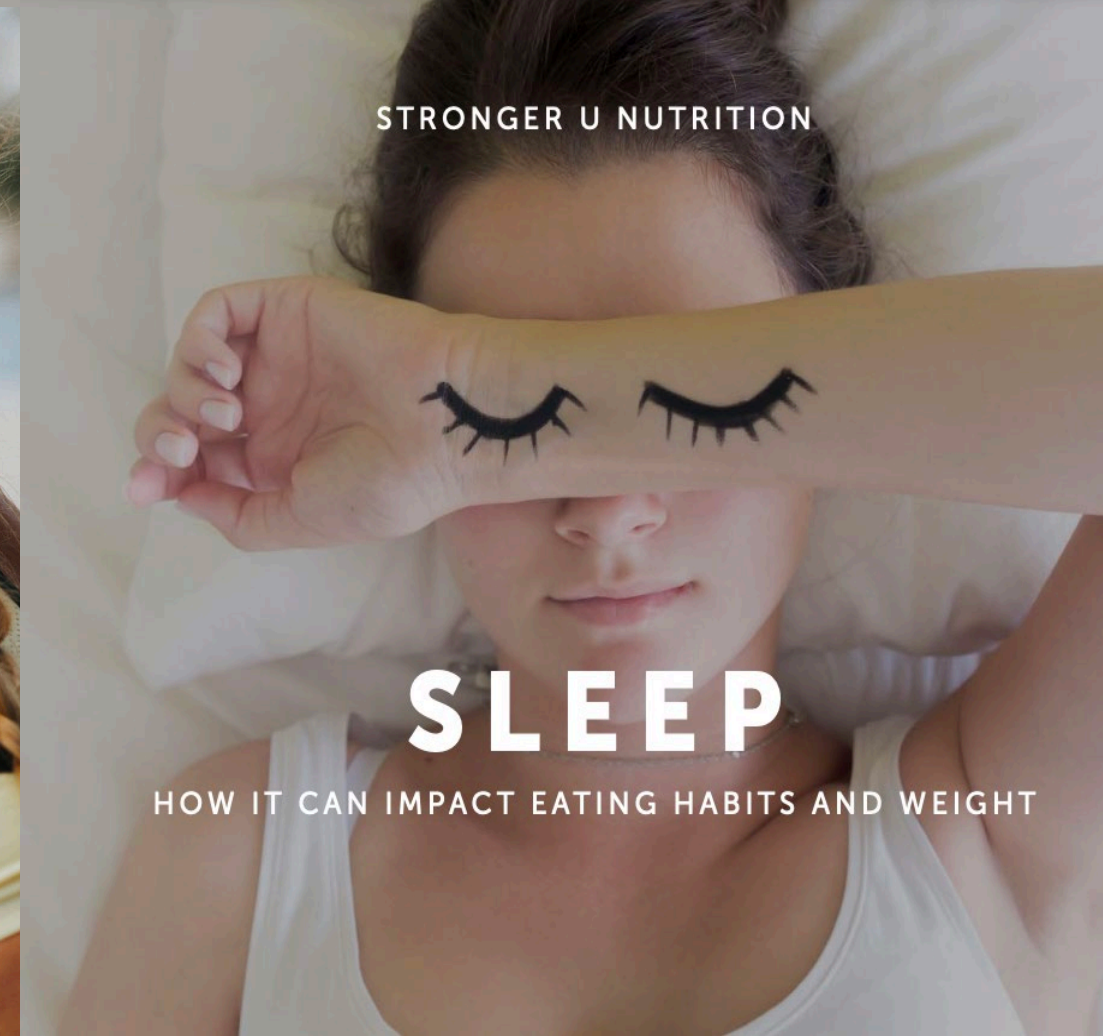
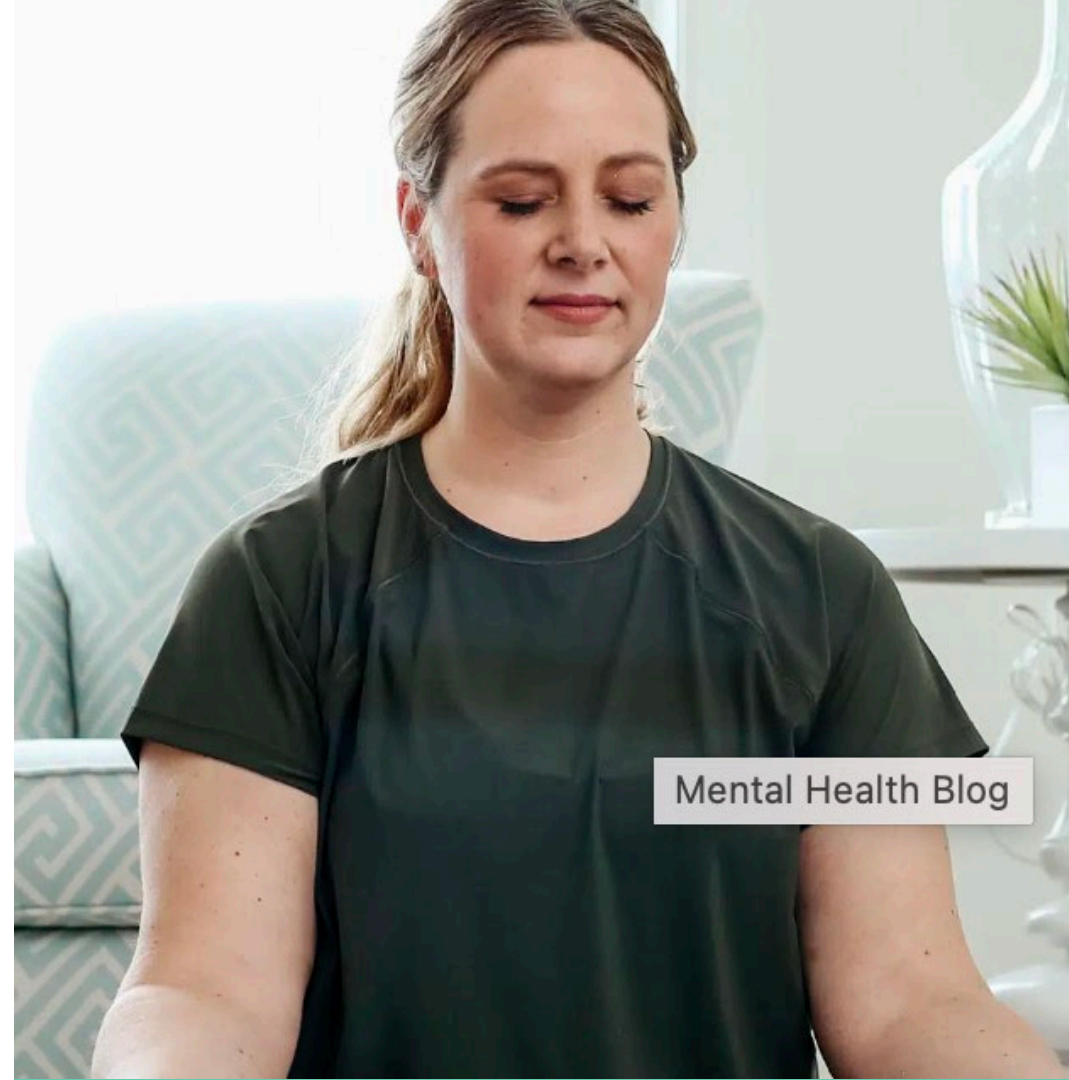


# Behavior Change

## What are your “Anchor Behaviors”?

These are behaviors that lead to success, when they are followed consistently.

- Exercise
- Specific Foods
- Water (Ex: Full Nalgene)
- Stress Reduction/Meditation
- Sleep





# Have Treats

You should eat mostly nutrient -dense whole foods but not feel bad about having some treats. All foods can fit but that doesn't mean they all should.

# Track Your Food

Tracking food is about awareness and opportunity. Use the Stronger U app to record your meals and plan your days

# Be Active

Movement and activity can have a large influence on the number of calories you can eat per day. Exercise can be important for many aspects of overall health but has a limited influence on weight loss

# POP QUIZ!

Answer the question below in the chat:

Name the three macronutrients.

Can you recall at least 2 of the 4 ways how we can expend calories?

Do you have an anchor behavior?



**STRONGER  NUTRITION**



Stronger U believes in structured flexibility. Meaning you get to choose what you eat based on your goals, lifestyle, and preferences.



# Stronger U Program Basics

# Your dash explained!

Nutrition tracker

Check-ins

Progress charts

Community

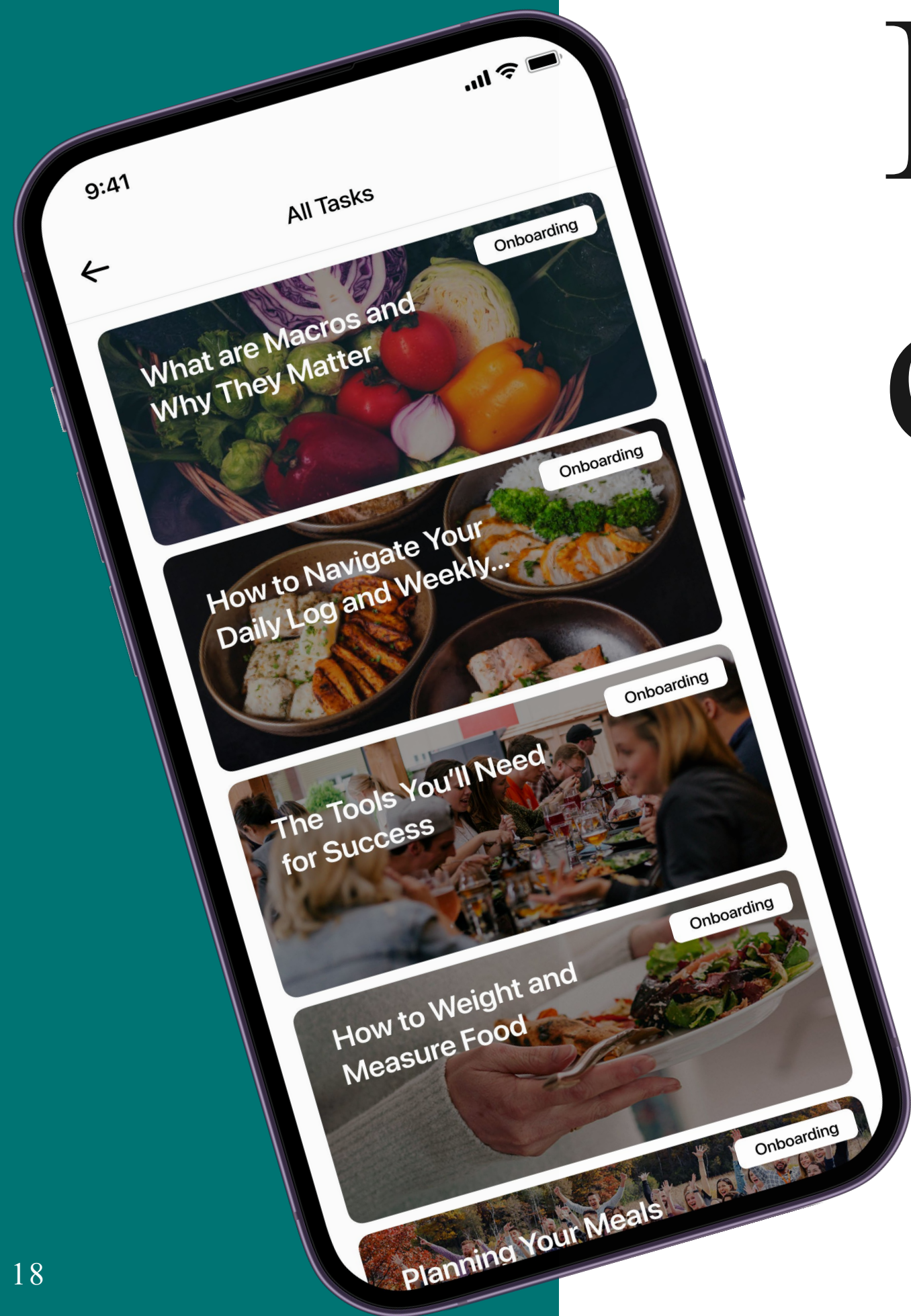
Onboarding tasks



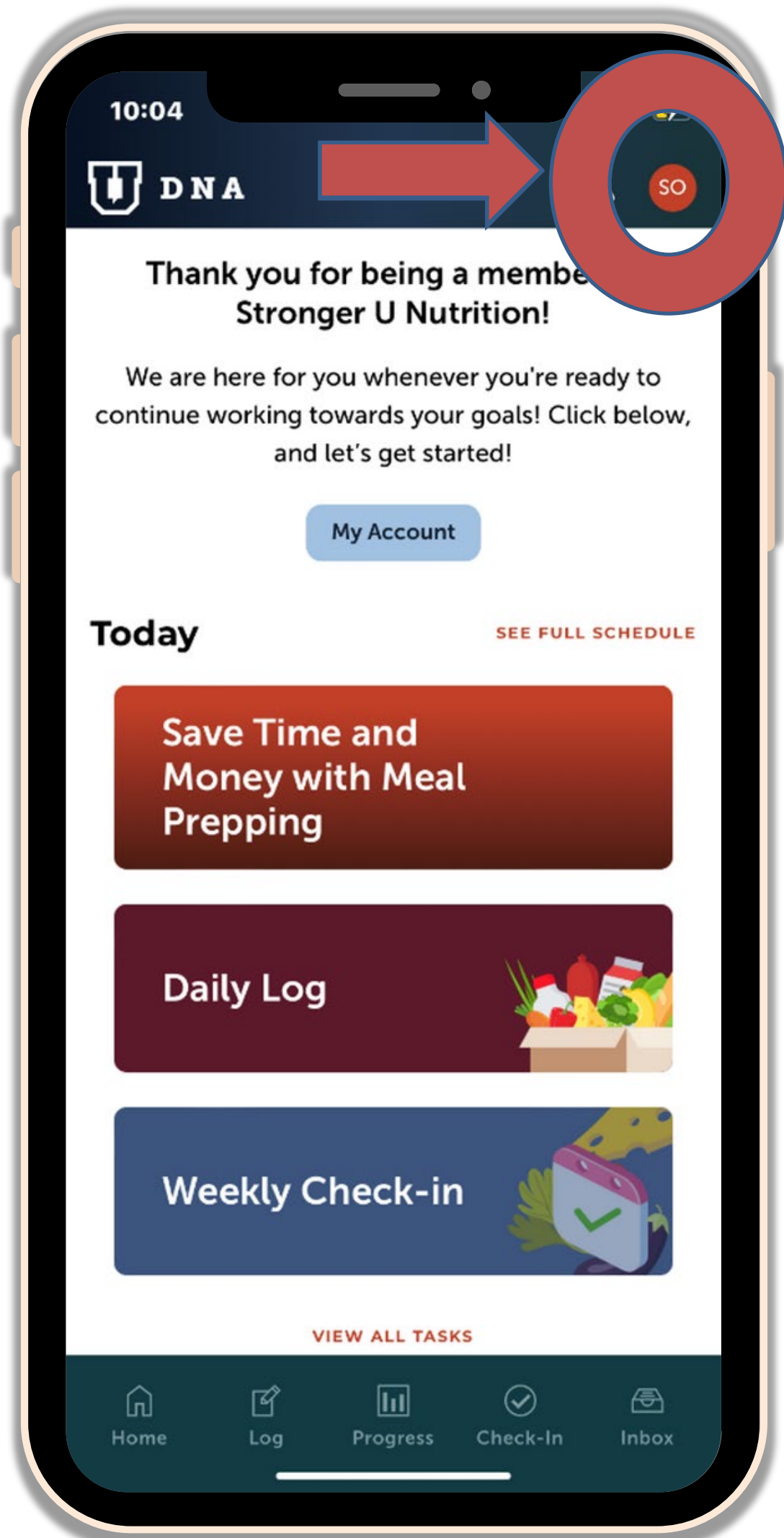
For the first 2 weeks you will be assigned a few onboarding tasks each day.

# Dash continued...

- What are macros
- How to track, measure and weigh food
- Taking progress pictures
- How the weekly check-ins with your coach work
- How to use your coach
- And More...







# App Help ?

- Profile Changes
- Support Tickets
- On/Off Nutrition Tracker
- University



If you want to use the Stronger U Nutrition Tracker, under Application Settings, make sure the Nutrition Tracker toggle is turned ON. If you prefer to use an outside tracker, it has to be toggled OFF.

# GOAL SETTING!

Your success at Stronger U depends on YOU!

Let's take 3 minutes and write out your most important goal for your time at Stonger U.

Once you're done, log into the Stronger U app and send your goal to your coach! Let them know what you want out of your program!



## How to set a goal:

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Do you want to lose weight? Gain muscle? Run a 5k? Set a goal and make it specific, measurable, achievable, and Timely.

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## Engage Your Coach

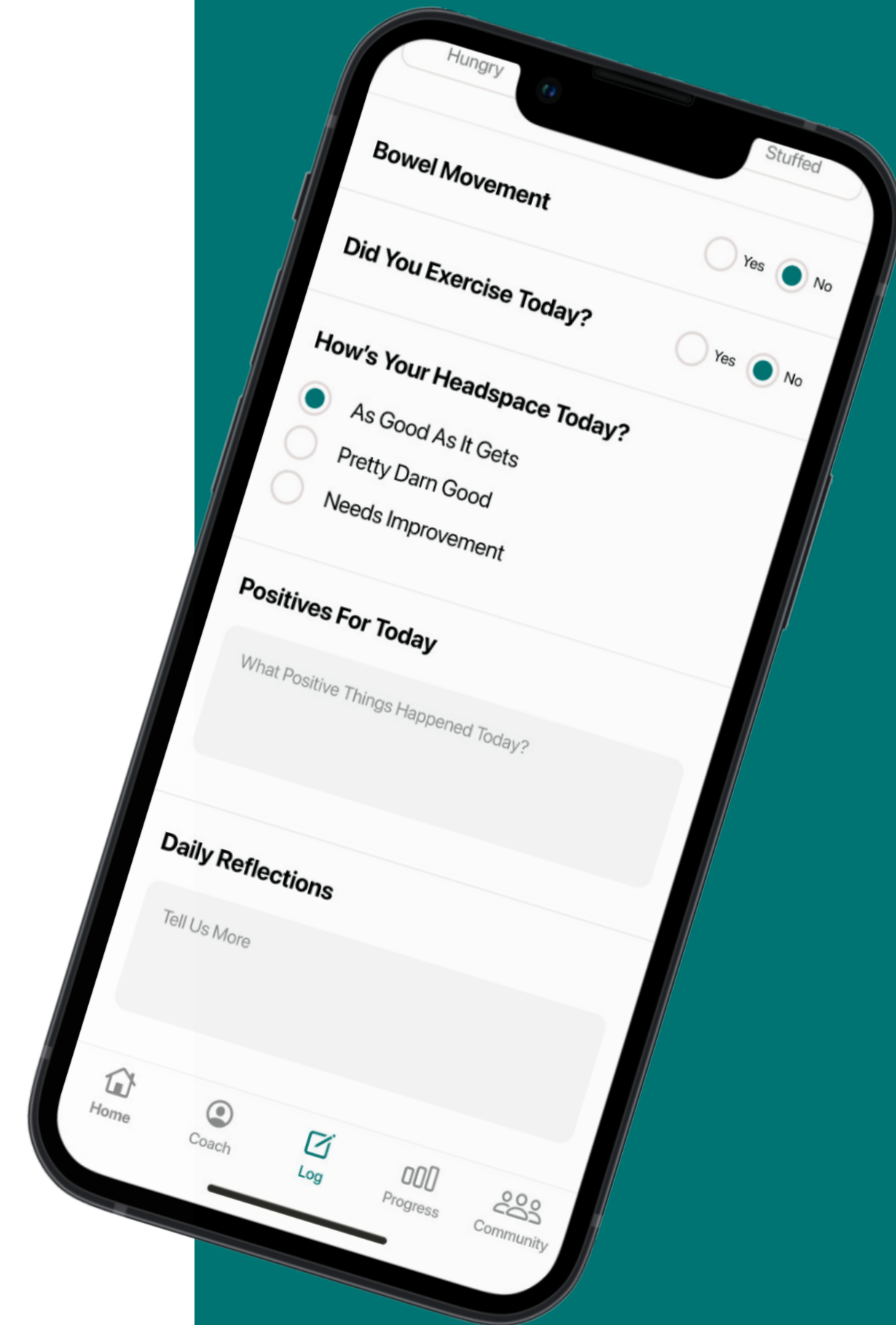
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Engaging with your coach will help them tailor the program just for you!

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# Expectations for your day-to-day:

- Follow your personalized plan for tracking food intake.
- Log in everyday to the app to input data.
- Check in with your coach on your assigned check-in day.



# But What Do I EAT?

- It's your choice!
- Hit your Macros
- Use the Meal Planning Guide
- Watch the videos to learn more
- Put in the time



	Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g	
<b>Breakfast</b>							
Thomas' - Everything Bagel, 1 bagel	200	51	4	11	410	7	⊖
Cheese, provolone, 1 oz	100	1	8	7	248	0	⊖
All Whites - 100% Egg Whites (Grams), 210 g	114	0	0	23	342	0	⊖
<a href="#">Add Food</a>   <a href="#">Quick Tools</a>	494	52	12	41	1,000	7	
<b>Lunch</b>							
Udo's - Lettuce, Romaine, Raw, 200 gram	34	7	1	2	17	2	⊖
Organic Seasoned Premium Croutons Fresh Gourmet Grams - Organic Seasoned Premium Croutons Fresh Gourmet Grams, 14 g	60	8	2	2	130	0	⊖
Newmans Own - Balsamic Vinaigrette, 2 Tbsp (30g)	90	3	9	0	280	1	⊖
Stronger U - Shrimp Cooked, 200 grams	198	0	1	48	0	0	⊖
Stronger U - Red Grapes, 190 grams	131	34	0	1	0	0	⊖
<a href="#">Add Food</a>   <a href="#">Quick Tools</a>	513	52	13	53	427	3	
<b>Dinner</b>							
Stronger U - Carrots, 200 grams							
Butter (Salted) 100 Grams - Butter (Salted) 100 Grams, 22 Grams							
Stronger U - Chicken Breast, Bis, Cooked, 5 oz cooked							
Stronger U - White Rice Cooked, 128 grams							
<a href="#">Add Food</a>   <a href="#">Quick Tools</a>							
<b>Snacks</b>							
Stronger U - Strawberries, 100 grams							
Stronger U - Blueberries, 100 grams							
Rice Cake - Rice Cakes Chocolate Crunch, 1 rice cake							
Jif - Creamy Peanut Butter(grams), 16 g							
Ready Whip - Original - Real Cream - Grams, 10 grams							
<a href="#">Add Food</a>   <a href="#">Quick Tools</a>							
Totals							



# Meal Planning

Choose Protein First



**STRONGER U**

## MACRO SELECTOR

### PROTEIN

CHICKEN BREAST  
TURKEY BREAST  
SHRIMP  
PORK TENDERLOIN  
TOP SIRLOIN / LEAN RED MEAT  
EGG WHITES  
COD / FLOUNDER / TILAPIA  
LEAN GROUND MEAT  
NON-FAT GREEK YOGURT  
WHEY PROTEIN  
CANNED TUNA IN WATER  
TURKEY JERKEY  
NON-FAT COTTAGE CHEESE  
NON-FAT RICOTTA  
DELI MEAT  
COLLAGEN PEPTIDES  
SOY / TOFU  
VEGAN PROTEIN POWDER  
TURKEY BACON  
LEAN TURKEY / CHICKEN SAUSAGE

### FAT

OLIVE OIL  
COCONUT OIL  
AVOCADO  
OLIVES  
NUTS  
FISH OIL  
FLAX SEEDS  
SALAD DRESSINGS  
BUTTER / GHEE  
MAYONNAISE

### CARBS

VEGETABLES  
FRUIT  
RICE  
POTATOES  
OATMEAL  
DRIED FRUIT  
POPCORN (PLAIN)  
RICE CAKES  
BREADS  
CORN / FLOUR TORTILLAS  
PASTA  
CEREAL  
JUICE / SPORTS BEVERAGES  
SUN-DRIED TOMATOES  
CANDY  
JAM / JELLY  
BBQ SAUCE  
HONEY  
WAFFLES / PANCAKES  
GRANOLA  
KOMBUCHA

### PROTEIN + FAT

EGGS  
CHICKEN THIGHS  
SALMON  
STEAK / BEEF  
COTTAGE CHEESE  
CHEESE  
CANNED OYSTERS / SARDINES  
FULL-FAT SOUR CREAM  
HUMMUS  
BACON / PORK BELLY  
NUT BUTTER  
FULL-FAT YOGURT  
TUNA SALAD / CHICKEN SALAD  
SAUSAGE

### PROTEIN + CARBS

PROTEIN SHAKE & FRUIT  
EGG WHITES & POTATOES  
WHOLE GRAIN BREAD  
BLACK BEAN PASTA  
BEANS / LENTILS  
QUINOA  
CEREAL & SKIM MILK  
NON-FAT FROZEN YOGURT  
FLAVORED YOGURT  
CRACKERS AND DELI MEAT  
LOW-FAT CHOCOLATE MILK  
FAT-FREE YOGURT WITH HONEY  
FRIED NUGGETS

### FAT + CARBS

NUTS  
NUT BUTTERS  
TORTILLA CHIPS  
AVOCADO TOAST  
POPCORN & BUTTER  
CHIA SEEDS  
BREAD & OLIVE OIL / BUTTER  
POTATO CHIPS  
DRIED COCONUT  
BAGEL & CREAM CHEESE  
MUFFINS  
DONUTS / PASTRIES

Carbs & Fats Second





# How To Use Your Coach

Your coach is your guide and your lifeline. They are there along side of you for your wellness journey.

## Individualized Plan

Your coach will develop a completely individualized plan for you based on how you are doing, feeling and progressing towards your goals

## Check-Ins

You will hear from your coach weekly on your check-in day for feedback and suggestions

## Support as needed

You can reach out to your coach at ANYtime in the app! Expect a response within 24 hours Monday through Friday



# When to message your coach:

When do you message your coach?

ANYTIME you are struggling, need support or have questions.

Don't be shy! Coaches want to help!



## Life Events

Life happens and sometimes you need to adjust ahead of the next check-in or talk it through



## Grocery Shopping

Get advice and plan ahead



## Social Calendar

Have an event coming up? Gameplan with your coach ahead of time

# ENGAGE!

Your success at Stronger U depends on YOU!

Is anyone attending an event or party in the near future?

Take two minutes and think about this event. Is there an opportunity to do it healthier?

Now send a message to your coach, they can help you game plan to have the healthiest experience possible!



## Engage Your Coach

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Ask your coach to help you game plan for events and parties! They will help you prepare to have a healthy experience.

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# Join The Community

Take 3 minutes right now and log into the Facebook Community. Post your biggest takeaway from new member orientation.

25,000 Members

Recipes

Social support

Accountability

Ideas



**STRONGER U**  
NUTRITION

# The Stronger U Value



**STRONGER U**  
NUTRITION

## Community

Facebook Community  
25,000 Members

Stronger U University  
Over 2,000 Articles,  
Recordings Etc.

## Stronger U Support Staff

Tech Support  
Education

Motivation & Engagement  
Newsletters  
Podcasts (Stronger U Radio)

## MX Team

Reach out for assistance using the  
support button in the app

Stronger U App  
Food Tracker  
Information Cards

**YOUR COACH**  
Personal Support  
Weekly Check-Ins



# Envision Success

What will your  
life look like in...

- 3 Months
- 1 Year
- 5 Years

