



NEXT LEVEL
NUTRITION

BY *Angela Chucas*



NEXT LEVEL NUTRITION WEEK 8: BREAKING THE ALL OR NOTHING MINDSET

WHAT'S HAPPENING IN TODAY'S VIDEO

1. Introduction
2. The 12 week series
3. How to give feedback
4. Recap on last week: Protein part 2
5. Lesson 8: Breaking the all or nothing mindset
6. Homework!
7. Q&A

TODAY



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BY *Angela Lucas*

WHO AM I?



BACHELOR'S DEGREE IN
HUMAN NUTRITION
(1ST CLASS)



MASTERS DEGREE IN
SPORTS NUTRITION
(DISTINCTION)

SENr
The Sport and Exercise Nutrition Register

BDA The Association
of UK Dietitians



@nextlevelnutritioniom


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WHAT YOU WILL LEAVE THIS COURSE WITH:



Research based behaviour change techniques to dig DEEP into the way you think about food and your daily habits.

How to cook quick and easy meal with high protein.

Healthy food swaps.

and more!

HOUSEKEEPING:

Slides and recording will be available by tomorrow.

Sign up to each class, each week.

You can access them via <https://edu.perksatwork.com/> and searching for Next Level Nutrition in the CoA section.



Course Schedule

Week 1: Know your why & understanding your core values - ✓

Week 2: How to 'surf the urge' to manage cravings- ✓

Week 3: Key questions to trigger mindful eating behaviour in any place- ✓

Week 4: How to change, build & break habits - ✓

Week 5: How to get organised for a week of home cooked meals - ✓

Week 6: Eating more protein part 1 - ✓

BREAK - ✓

Week 7: Eating more protein part 2- ✓

Week 8: How to break the all or nothing diet cycle

Week 9: Using reflection as a tool for change

Week 10: Healthy swaps for everyday food

Week 11: Identify your thoughts & feelings to change your behaviour

Week 12: Recap & Q&A

We really value your feedback



HELP US IMPROVE OUR CLASSES



DOWNLOAD THE

**FEEDBACK
LABS**

MOBILE APPLICATION



iOS App Store:
tinyurl.com/ios-fblabs



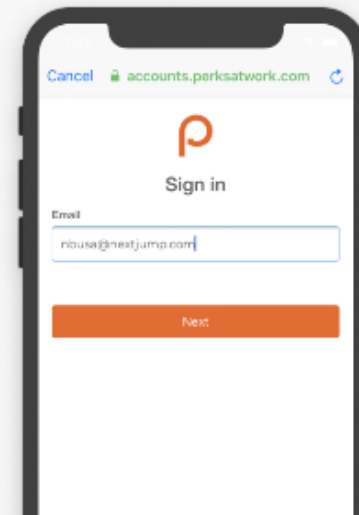
Android Google Play Store:
tinyurl.com/android-fblabs

Need Help Logging In?

1 Enter your work email.

This is the same email you use to log in to Perks at Work!

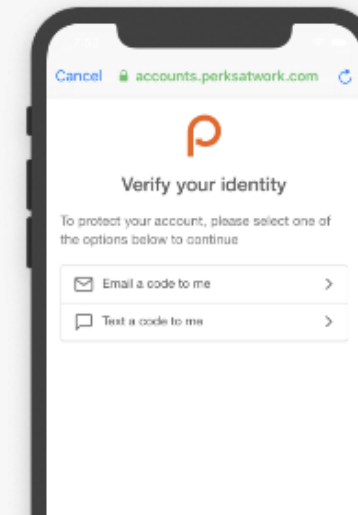
If you are asked to select an organization, please select "WORLD."



2 Verify your account.

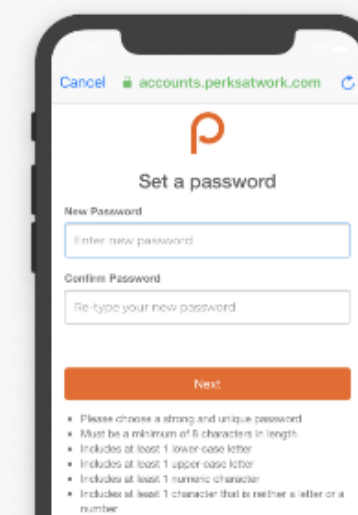
Option 1: Via email.

Option 2: Via invite code nxjacademy.



3 Create a password.

This password is used to access all Perks at Work apps.



STILL NEED HELP? PLEASE CONTACT coahelpdesk@nextjump.com



1 PROTEIN RECAP

We had LOADS of questions again last week which is great!

We can start with a few now.

Pop your question in the chat and I'll answer the first 3.



2 'ALL OR NOTHING MINDSET'

What it is?

How do you know if you're in it?

How do you identify it?

How do you change it?



Let's start with what is the ALL or NOTHING mindset?

It might sound like:

“I must give up _____”

“I must push myself to the extremes”

“I must cut out all carbs”

“I must BAN _____ from my diet”

“I must restrict my calories to 800/day”



Or it might look like:

Day 0 – Usually a Sunday night in my experience

“Right, that’s it, this week is going to be DIFFERENT. There will be no [insert all ‘banned’ food] and I will do 10k steps and go to the gym/classes and everything will be GREAT. At this point, we’re full of hope for change

Day 1 – Skip breakfast/or very low-calorie breakfast. Very low-calorie lunch, not appealing but we’re ‘on it’ so we eat it. Gym and or walking. Chicken or Fish with vegetables for dinner. Go to bed hungry but feeling accomplished. We’re doing it this time.

Day 2 – Similar to day 1 but with added hunger and more daydreaming of the banned foods. We’re strong though. This is OUR week!

Or it might look like:

Day 3 – Wake up ravenous, consider toast for breakfast but carbs are ‘bad’. Go to work hungry. Envy a colleague’s lunch. Feeling but stressed out but go to lunchtime HIIT class. Feeling a bit wobbly. Back to work to the sad soggy salad. Boss is on your case, your team and driving you mad, one angry customer tops it off and the ‘f**k it button’ is growing by the minute. You stay ‘strong’.

Day 4 – Kids/Pets/Neighbours have had you up in the night, you’re hungry and frazzled. It’s lunch time and you want to throw your salad at your colleague/boss/passers-by. A colleague/friend suggests a pub lunch, it’s pay day after all and that’s it. BOOM, you’re at the pub, ordering lasagne and chips, with a side of cheesy garlic bread. There would probably be a glass of wine if you didn’t have to go back to work... And there is it... it’s OVER. You’re heading home, you go via the shop, pick up the wine and order a takeaway. After all, your week is ruined!

Or it might look like:

Day 5 – Fuzzy head from the wine, Sandra in HR is doing the Friday breakfast run. You're in. No diet rules now! It's someone's birthday, pass the cake! Afterwork drinks, you're in! And then it's the weekend... No point making a goal focused choice now. You'll wait until Sunday, make a NEW and BETTER plan. Next week will be YOUR WEEK.



How do you identify it?

Grab a pen or come back to these slides later

What behaviours are you attempting at the beginning of the week or right now that are not sustainable long term?

You might not know right now but if you write down your intentions for the week, you can see if they're achievable (or not!).



How do you change it?

AWARENESS OF:

HABITS

PATTERNS

BEHAVIOURS

SELF TALK

HOW?

JOURNALING

VOICE NOTES

**TALKING TO A
FRIEND**



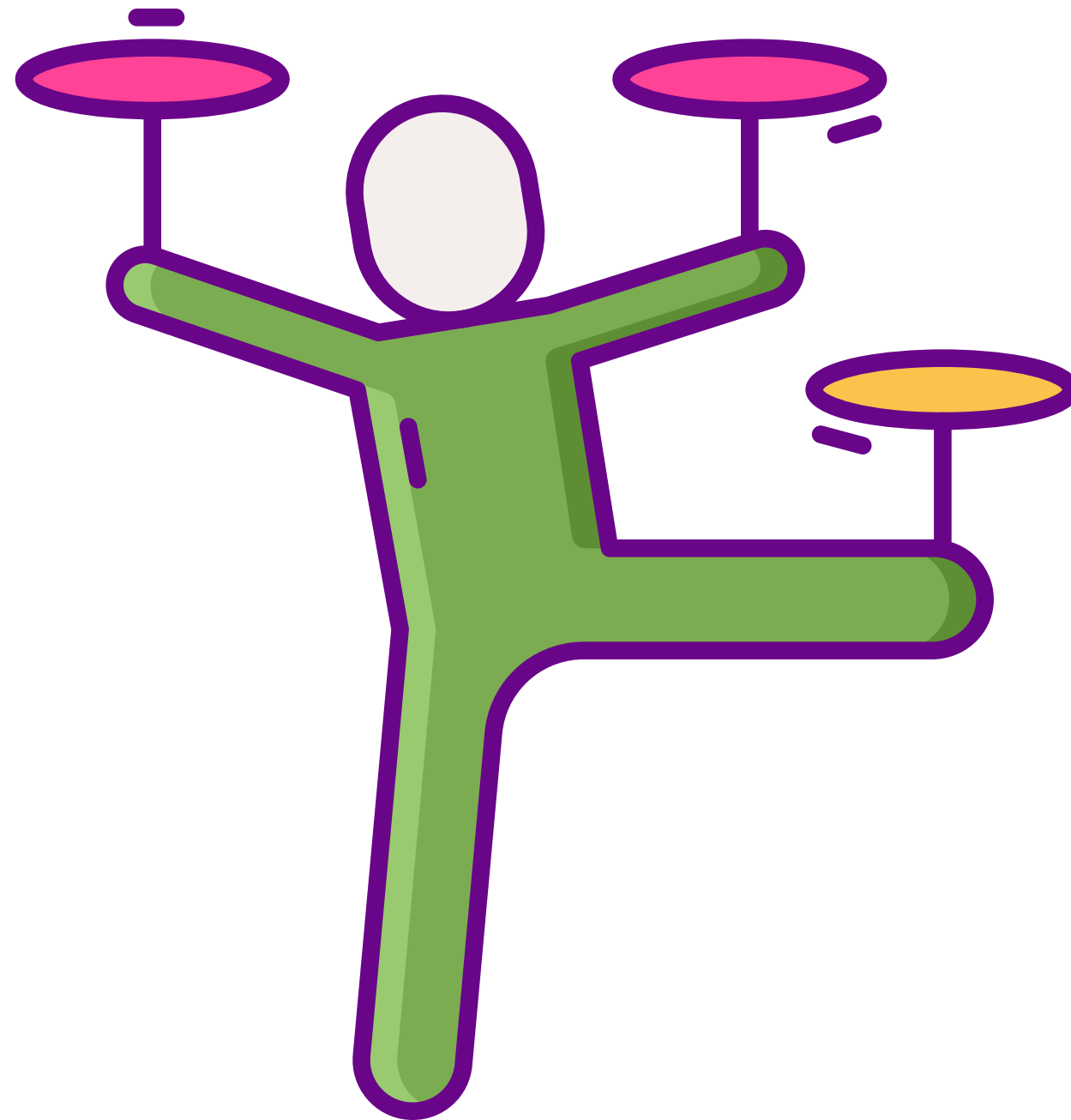


START SMALL

**IS WHAT YOU'RE
ASKING YOURSELF TO
DO 90% ACHIEVABLE?**

**LETTING YOURSELF WIN
IS THE BEST WAY TO
BUILD MOTIVATION**

**KNOW YOU MIGHT
NEED TO COMPROMISE
- FOR NOW...**



**YOU DON'T NEED TO SPIN
ALL OF THE PLATES, ALL OF
THE TIME**

**ITS VALUABLE TO ASSESS
WHICH PLATE YOU CAN
PUT DOWN, SO IT DOESN'T
FALL DOWN.**

**E.G. 1 LESS WORKOUT SO
YOU CAN BUILD A MEAL
PREP/PLANNING HABIT**



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RECAP OF THIS WEEK:

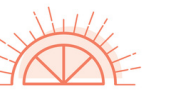
Are you setting yourself up to fail?

Are you feeling bad for never achieving your goals?

Your goals are too BIG!

Simplify, put a plate down.

Journal, become really aware - make sure it's 90% +



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HOMEWORK

Listen to what you're telling yourself this week...

Are you in the ALL?

Or Are you in the NOTHING?

Can you identify what makes you move from one to the other?

Use a notepad/journal to help you record your thoughts.

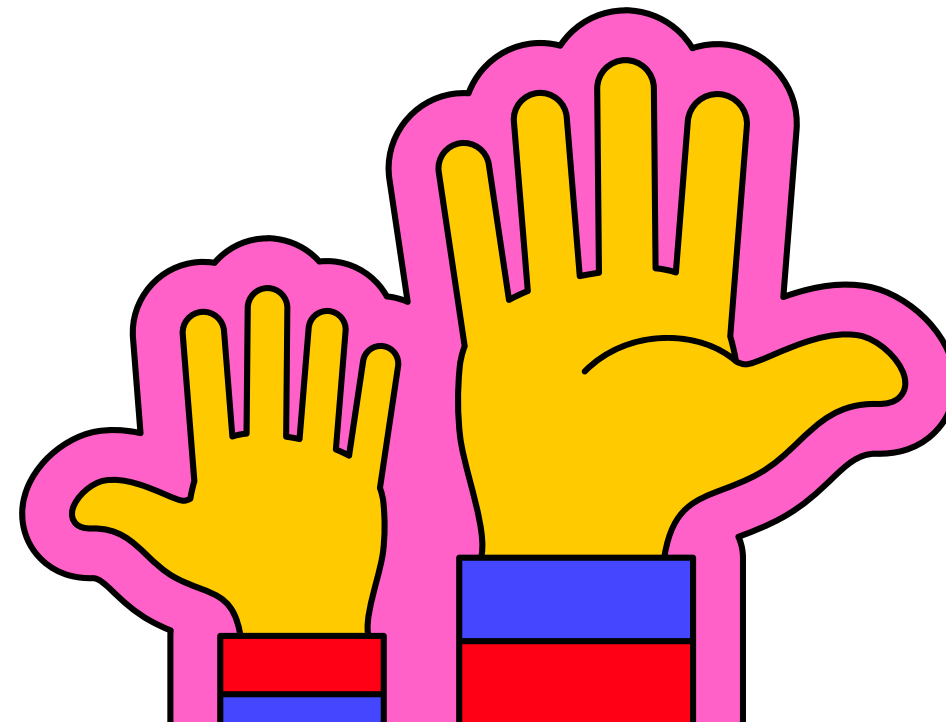


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HAS THIS
SPARKED ANY
NEW IDEAS FOR
ANYONE?

Pop your thoughts/questions/ideas in the chat and we'll do as many as we can.



NEXT WEEK

Let's stay on mindset:

Reflection as a tool for
change.



ANY QUESTIONS?



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We really value your feedback



HOW DID IT GO? LET YOUR INSTRUCTOR KNOW.



ANGELA CLUCAS

MEETING TAG

Next Level Nutrition Series



-) Your Favorite Part
-) Your Least Favorite Part
-) What Do You Wish You Could Of Learned More About

POWERED BY



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Android Google Play Store:
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