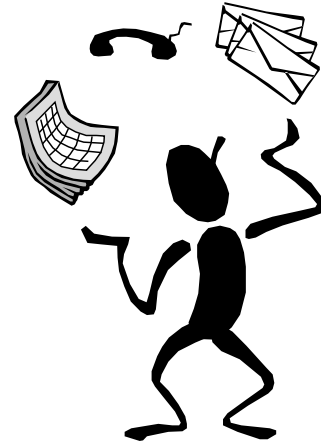


How to
Overcome Emotional Eating
in this
STRESSED OUT,
Crazy-Busy World



By Melinda Haynes
Family & Children's Counseling Services, Inc.
www.HealPlayLove.org

Hello and welcome to the workshop. I hope you enjoy today's gathering and are able to glean some useful information that will help you feel empowered to overcome obstacles and reach your weight loss and fitness goals- and to help others do the same. Feel free to ask questions and engage in the discussion without raising your hand.

Please keep and use this journal as a useful tool to help you implement some of the ideas and tips that you will learn here today. If you have any questions and you have time, you are invited to stay and chat after the presentation. Or, you can contact me at the email or phone number listed above.

Blessings and health to you,

Workshop Facilitator

Healthy Living Quiz

Your knowledge has a direct impact on your level of confidence, the way you interact with others, and how you live your life. How much do you know about healthy living? Please answer each question below with “True” or “False” answer:

- _____ Early in the morning is the best time of day to work out.
- _____ The best way to lose fat is to skip meals.
- _____ Doing sit ups everyday is the best way to strengthen abdominal muscles.
- _____ Women should use very light weights during strength training to avoid bulking up.
- _____ People who eat breakfast eat fewer calories throughout the day.
- _____ Work hard every chance you get: No pain, no gain!
- _____ According to research, *support and accountability* are two of the top indicators of weight loss success.

em · pow · er *em'paʊər* - [*em-pou-er*]-verb (used with object)

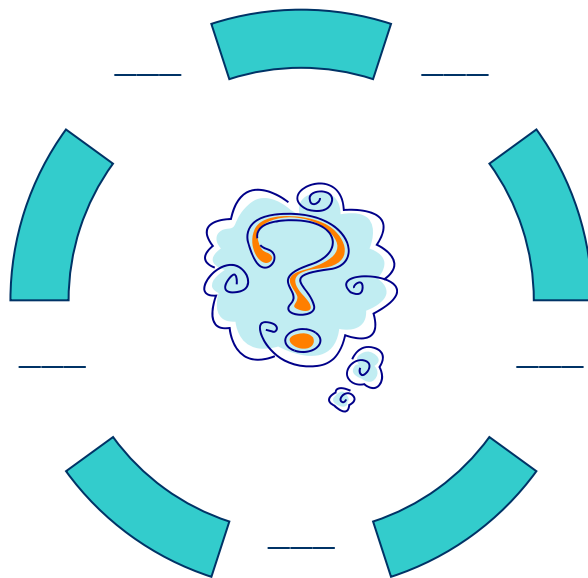
- 1) to give power or authority to; to authorize
- 2) to enable or permit

Source: www.dictionary.com

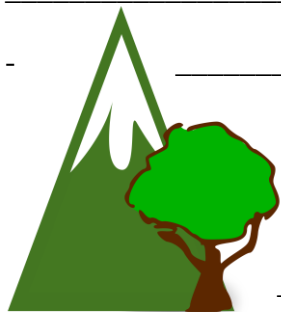
I am strong!



Workshop Notes



Notes: _____



Workshop Feedback Survey

Date _____

Name of Workshop _____

What did you like most about this workshop? _____

On a scale of 1 to 10, with 1 being the worst and 10 being the best, how would you rate the following:

_____ Facilitator was able to present topic in an interesting manner

_____ I feel that I learned something about this topic

_____ I will be able to apply this new knowledge to my daily life.

Suggestions for improving the workshop: _____

Suggestions for improving the delivery (facilitator's manner of speaking, interacting, etc.)

Future workshop topic suggestions: _____

Any additional comments: _____

Optional:

Name _____

Zip code: _____ Email: _____

Note: Workshop comments are sometimes used for promotion and marketing purposes. If you do NOT want your name associated with these promotions, check here: _____

Thank you!!