



# Eating Healthy Anywhere Webinar



This interactive training will provide research-based information focused nutrition on the go. It will also provide resources for meal planning and being more prepared to eat healthy anywhere. Texas Ranger Gary Phillips will be speaking to how he eats healthy anywhere.

In this handout, you will find space to take notes and resources from the webinar.

1. List your barriers to eating healthy and how you can overcome those barriers.
2. One way to overcome the perceived barrier that healthy eating cost more is to utilize [these tips and resources related to healthy eating on a budget](#).
3. \_\_\_\_\_ is a large determinant in eating healthy foods.
4. The first step to changing the way one eats is \_\_\_\_\_, giving one a roadmap to health in a short amount of time.
5. List 3 pitfalls when it comes to eating healthy.
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
6. Snacks should contain a \_\_\_\_\_ and a \_\_\_\_\_. The \_\_\_\_\_ gives you energy while the \_\_\_\_\_ helps you to feel satisfied.
7. Snack matrix is available [online here](#)
8. 30 Minute Meals handout is available [online here](#)
9. It is a choice to eat healthy food that nourishes your body and it boils down to three things: \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_.
7. See the [webinar recordings](#) for more information on the following topics:
  - a. Quick and Easy Food Prep
  - b. Maximizing Grocery Store Trips & Managing Intake in a New Environment
  - c. Recharge Tactics: strategies to Reset, Plug in & Perform Better

Key Takeaways & Notes:

### Upcoming Webinars:

- **Fit to Lead:** Thursday July 9 at [10am to 11am](#) or [12pm to 1pm](#) CST
- **Overcoming Postural Issues & Exercise Form:** Thursday July 16 at [10am to 11am](#) or [12pm to 1pm](#) CST
- **Never Has Physical Activity Been More Important:** Thursday July 23 at [10am to 11am](#)