



## Role of a Team Coach and Tips

**ROLE:** During the 28-day HEA, your role as a coach is to guide, direct and support adventurers to lead a healthy lifestyle by eating whole foods, plant-based, no oil and to have fun along this journey!

### TIPS:

-  Get your team off on a good start by encouraging them to read *Engine2 Diet* and *Prevent and Reverse Heart Disease* from the beginning. Knowing the reasons to follow a whole foods, plant-based lifestyle really helps keep a person on track!
-  Encourage people to look at Rip's and Caldwell's shopping "Yes's and No's" and take a trip to the grocery store with new awareness; encourage them to take their time the first time around and enjoying discovering foods from nature.
-  On their shopping trips encourage team members to take their Participant Booklet to easily store in a purse or pocket. After a few shopping trips, they will get the gist of label reading – so critical to understanding how to make better choices in selecting packaged and processed foods.
-  It's fun and mind expanding to learn something new! Encourage them to share their experience with family and friends – they've joined a community Healthy Eating Adventure.
-  Encourage them to linger in the fruits and veggies section. Look around at the frozen vegetables and fruits; note the availability of low sodium selections. Get familiar with the Organic Health Food sections which offer an array of whole grains, beans and legumes. Check out the salad bar – a great source for a quick take-out meal.
-  Make a group email and keep in touch regularly, at least once a week. Send an intro letter to your team after the kick-off and before the Quick-Start Training. If you don't hear from team members, pick up the phone and check in with them.
-  Make yourself available for questions (i.e., where do I find these foods? or what's your favorite recipe?).
-  Plan on attending potlucks and graduation, your team depends on your support. If you can't make it, contact your alternate coach to attend.
-  Keep track of the dates and location of the potlucks; send a reminder to your team. Sit with your team for the first potluck.
  
-  Compare ideas with other team leaders.
-  Encourage them to join our Facebook page and visit our HEA website.
-  Encourage them to view the documentaries and online videos listed on the provided materials. We have a lending library where they can borrow films and books.
-  Encourage them to check out the exercise section in Rip's book. Consider walking, jogging or exercising with team members.