



A Sampling of Healthy Eating Adventure Emails

Healthy Eating Adventures are meant to be “people to people” learning – “if I can do it, you can do it!” – and coaches each have their individual styles of sharing that shine through. They encourage their team members with emails, phone calls and sometimes in person shopping trips or cooking evenings. For ease, some groups might prefer to use pre-set scripted emails that go out at specific times. We found that the experience was more personal when the emails reflected the energy of the ongoing adventure and participants. The following are just a few examples to show the basic concepts and the variety of styles.

Sent: June 29, 2013

Subject: Welcome to your Healthy Eating Adventure

Hello and welcome to your new healthy eating adventure! Congratulations on your choice to follow a healthy plant-based diet! My name is Elizabeth Grant, and I will be your coach during the next month. I am available to answer any questions you might have about this new adventure. I began in March with the Penn State Mont Alto group, and I love the healthier lifestyle I have adopted.

Monitoring the change in my lab results has been a big part of my excitement about this program. Within the first 28 days, my overall cholesterol dropped 65 points! I am looking forward to my six month follow up results to see how my levels are maintaining. If you purchased the lab vouchers, please get the blood work done as soon as possible. If you did not purchase the vouchers, they will be available at Quick Start training. I strongly suggest that you do this. It will help you monitor your own progress and the benefits of a plant strong lifestyle, as well as contribute to the results of the overall community of healthy adventurers. If you would like to send the results to Dr. Liz George from bloodwork you have had in the last year, her email address is drsbobandliz@yahoo.com.

To assist with your adoption of the program, I recommend that you spend some time getting familiar with *Engine 2 Diet* and *Prevent and Reverse Heart Disease* as soon as possible. These books are full of excellent recipes, and you may want to write out the ingredients you will need for two or three interesting recipes before your first grocery shopping trip.

As you are getting started, enjoy exploring all the wonderful whole grains, legumes, and vast variety of fruits and vegetables that you may have been missing. Plan some extra time for the shopping trip, and be sure to follow the Engine 2 food rules chart. If you would like me to help you with shopping the first time, I will gladly meet you and help you find the items that may not be familiar. I know my first shopping trip was a challenge for me and I was grateful to have my coach’s assistance reading labels and figuring out what I needed to buy.

At the Quick Start training, you will get tips for cleaning out your cupboard of the items you won’t be needing on your adventure, and you can consider donating some of these to

your local food bank or homeless shelter. You will also get cooking tips, and some sample recipes.

I am looking forward to meeting you, and I will be happy to answer any questions you have by phone or email. I am hoping you enjoy this adventure as much as I do! Your coach, Elizabeth

Sent: Monday, January 19, 2015 5:32 PM

Subject: Re: Healthy Eating Adventure

Hello fellow adventurers! Shelby and I hope that everyone enjoyed the healthy eating adventure on Tuesday night and left feeling educated, enlightened, encouraged, curious, intrigued, and full. After my first seminar, I left with more questions than answers. But with a leap of faith I committed to the adventure with the hope of learning more. If you remember my comments at the seminar, the experience made quite an impression. A few of the highlights include:

28 days is not that long to learn something new. This will give you time to focus, evaluate, and enjoy.

This won't be torture! Don't focus on what you cannot eat, focus on the things that you never thought of eating before. I still miss the flavors of some of the foods that I don't eat any more, but I just don't know where I would put them. I'm usually full of whole grain, leafy things (and grapes- I've turned into a grape fiend!)

You will feel the changes and notice the difference. You will be pleasantly surprised.

You are not in this alone, Shelby Miller and I are here to help you, encourage you, and answer any questions that you might have, as are the folks who helped us.

Hopefully, you are still curious and will attend BJ's kitchen makeover presentation on Tuesday. There will be brochures and guides to help you get started. Shelby and I look forward to seeing you there and getting started on this new adventure. If you have any questions or hit a speed bump, reach out to us. As you can see, I love to talk.

See you soon!!

Michael

Sent: February 16, 2014

Subject: Welcome to Healthy Eating Adventures

Thank you for joining us on the adventure of 28-days of Plant-based, Whole foods nutrition! In this program, you will receive community support in cultivating healthy eating habits that can last a lifetime.

We're so excited to have you with us and look forward to our first meeting on Wednesday February 19 at 6:30 PM in the Reisner Dining Hall. We'll be meeting in the faculty lounge to hear Coach BJ discuss the Kitchen Training preparation for the adventure. You'll learn about how to clean out your cupboards to prepare for this way of eating, how to shop and read food labels following the guidelines and about quick and easy meals you can make. We'll

also enjoy wonderful healthful snacks provided by Shippensburg's dining services.

Please get a head start for the meeting by reading as much of the books as you can, particularly *Prevent and Reverse Heart Disease* by Caldwell Esselstyn Jr., M.D. If you need the books, they will be available on Wednesday night for purchase by check or cash.

You will get the chance to meet and chat with your coach on Wednesday. Please bring any questions as you prepare for the adventure; they are there to help orient you.

Please feel free to let me know if you have any questions as well. Congratulations on taking this step towards a healthy eating lifestyle!

Best,
Elizabeth Grant
Program Manager
Healthy Eating Adventure
www.healthyeatingadventure.org

On Sunday, October 6, 2013 11:06 PM, Healthy Eating Adventures

Hello Healthy Eating Adventurers - congratulations on your 1st weekend of whole foods/plant based enjoyment!! Your gut bacteria are already enjoying a new environment that allows them to help your immune system function, as well as reduce inflammatory molecules. Your arteries are already experiencing decreased inflammatory cytokines (that contribute to plaque formation) as you minimize their exposure to the saturated fats in animal products and expressed oils. And your muscle cells are already becoming more responsive to insulin and normalizing your glucose!

Enjoyed seeing so many of you at BJ's helpful Quick Start -- and I'm looking forward to seeing everyone at this Thursday's Pot luck - 6:30. If you are going to follow your labs -- be sure you have your "pre" ASAP -- because your lipid levels will drop quickly. Most of all - just enjoy the fun of discovery and learning something new!!

Congratulations again for making a big difference in your own health. Over the month, you'll see that you also impact lots of other people as you talk about how great you feel with a whole foods/plant based lifestyle. Be Well, Dr. Liz

Sent: Sunday, January 25, 2015 4:55 PM
Subject: How's it going?

Dear Adventurers,

It was so exciting to hear coach BJ's presentation last Tuesday. I hope it was as helpful to you as it always is to me. No matter how many times I see that I learn something new.

You have been busy shopping and practicing and reading labels and asking questions these last few days and should begin to feel better prepared.

You are brave to take on new ways of eating to improve your health and I really appreciate each of you for your interest and your positive energy. It was so much fun to listen to the buzz in the room last week. This is really an adventure!

Please don't hesitate to contact your coaches with questions.

Enjoy and I'll see you this Tuesday.

Hugs,
Patti

Sent: Oct 16, 2013

Subject: Fabulous Flavors

Hello all adventurers and coaches - The potluck was great last Thursday-- what fabulous variety and flavors. And everyone shared such amazing stories -- all coming from different challenges and places in their lives. As many of these as I've attended - I never cease to come home amazed at what I've heard. How we eat makes a world of difference in so many ways!! Hope you have another wonderful meal and enjoy each others encouragement this Thursday.

Eat Well, Be Well, Dr. Liz

Sent: December 19, 2015 9:20PM

Subject: great job and such fun

Dear HEA graduate,

You were an inspiration Wednesday and it was so exciting to see the new you in just a few weeks. What really struck me were the energy in the room and the positive joy in each of you taking care of yourselves.

The coaches were impressed with how well you grasped the new healthy habits and as usual we all learned from each other.

Thank you for being a part of helping to make Franklin county healthier. You are each a role model to your families and friends in ways you may not realize.

Keep up the good work and stay connected with us. You will be include in our master e-mails and invited to participate in future adventures, in potlucks, and to coach others, or to help as a volunteer.

Thanks for your wiliness to embrace this healthy life.

Hugs,
Patti