

Pull Out the Weed & Plant a Flower

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Choose an Association to Disrupt:

- Exercise = Necessary to avoid gaining weight or to lose weight -> Exercise = A time set aside to move my body in a fun way (hula hoop, dance, play with kids)
- Healthy = Skinny -> Healthy = Having the energy to do what you want in life
- Pizza = Beer/Pop -> Pizza = Sparkling Water
- Movie Theaters = Eating Popcorn/Candy -> Only go to Movies that I really want to see = Bring Bottled Water/Sparkling Water
- Buying Foods in Bulk = More Financially Responsible -> Buying Foods in Bulk = Overconsumption = More Health Care Bills = Less Financially Responsible
- Clean My Plate = Starving Kids in _____ -> Clean My Plate = Starving Kids Need Fueling Foods that contain quality protein, NOT my chocolate cake = Donate \$1 when you do not finish your plate
- Clean My Plate = Less Food Waste = More Financially Responsible -> Clean My Plate = Feeling Bloating = Over-fed My Body = Taxed My Body = More Health Care Bills = Less Financially Responsible
- Eating Out = Treating Self = Best Thing on the Menu -> Eating Out = Just another meal, BUT no dishes!
- Going Out with Friends = Food & Alcohol -> Going Out with Friends = Fun Conversation & Fun Activities
- Manly = Eating excessive amounts of meat & drinking a lot of beer -> Manly = Other's Respect for doing what you want & not what the Bros tell you

What weed do you want to pull out? What flower will you replace it with?

