

Panel of Experts

Tiny Habits for Healthy Weight Loss

Presented by Tiny Habits® Academy

Tiny Habits for Healthy Weight Loss Experts



Host and Moderator
Andrea Spyros



Sarah Rumfelt



Catherine Wygal



Marta Rozgoni



You will:

- **Learn the Tiny Habits Method**
- **Learn successful Tiny Habit recipes**
- **Feel more empowered**
- **Have access to more resources and support**



Session Preview

- Success stories
- Live Q & A
- Tiny Habit Recipes
- Resources for You
- Power of Celebration



Sarah Rumfelt

Tiny Habits Certified Coach

Sarah's 3 Tiny Habit Recipes

1

After I walk in the grocery store, **I will** go to the produce section.

2

After I walk into the kitchen in the morning, **I will** get out a glass.

3

After I arrive at work, **I will** park in the furthest spot.



Catherine Wygal

Tiny Habits Certified Coach

Catherine's 3 Tiny Habit Recipes

1

After I step on the scale, **I will** say: This is just data.

2

After I start preparing a meal, **I will** ask: What veggie can I make with this?

3

After I look in the mirror, **I will** thank one body part.



Marta Rozgoni

Tiny Habits Certified Coach

Marta's 3 Tiny Habit Recipes

1

After I feel hunger pangs, **I will** remind myself I have plenty of food and it's available whenever I want.

2

After I put a utensil in my mouth, **I will** say: until 70% full.

3

After I want my body to be skinnier, **I will** remind myself that I don't need to adhere to outdated beauty standards.

Six Ways to Celebrate:

1

Physical Movements

4

Sound Effects

2

Verbal Statements

5

Visualizations

3

Songs

6

Purpose-Focused
Celebrations



Go to TinyHabitsAcademy.com:

- Find these coaches
- Join the 5-Day Tiny Habits program
- Take a Tiny Habits Specialty Course
- Become a Tiny Habits Certified Coach