



# FAQ's

## 1. Is it ok if I sign up for the Fall Clean Up even if I am already working with you (Marnie) one-on-one?

- YES! I think that can be very helpful and here is why?
- Group work in a wellness or lifestyle program offers several benefits:
  - **\*\*Accountability\*\*** Knowing that others are counting on you can boost motivation and adherence to your goals.
  - **\*\*Support System\*\*** Participants in a group program often develop a strong sense of camaraderie. Sharing successes, challenges, and experiences creates a supportive environment that can be encouraging and comforting.
  - **\*\*Diverse Perspectives\*\*** Group members come from various backgrounds and have different experiences and knowledge. This diversity can lead to richer discussions, problem-solving, and learning opportunities.
  - **\*\*Healthy Competition\*\*** A bit of friendly competition within a group can inspire individuals to push themselves further and achieve more ambitious goals.
  - **\*\*Social Connection\*\*** Group work provides a social aspect that can combat feelings of loneliness and enhance overall well-being.
  - **\*\*Learning Opportunities\*\*** Participants can learn from each other's successes and setbacks, gaining insights and strategies they might not have considered on their own.

- **\*\*Peer Inspiration\*\*** Witnessing the progress of others in the group can serve as motivation and inspiration, showing that positive change is achievable.
- **\*\*Cost-Efficiency\*\*** Group programs can be more cost-effective than one-on-one coaching or counseling, making dietary and lifestyle improvements more accessible to a broader audience.

**2. Can I do the Fall Clean up if I have not worked with you (Marnie) before?**

- YES, see the answer to #1!!!

**3. Do I have to follow the meal plan?**

- No, that is up to you. I will give guidelines and that is what you will need to follow during the Program. The meal plan gives you ideas and you can mix in what you like, but also feel free to use other recipes that follow the guidelines.

**4. I'm worried that I will not be able to do everything in the program as instructed. Should I bother with the program?**

- First off: Breathe! Worrying about you will be able to do or not be able to do before you've even done the program is a surefire way to psyche yourself out of even trying. The program is not meant to cause you stress, picking up new habits over the 6 weeks is the goal, and everyone will come to this differently. So, I would say if you are on the fence, give it a go and you will be all the better for it!

**5. Can I make meals in advance and reheat them? I like to do all my cooking ahead of time.**

- Absolutely! This can save lots of time and energy in the kitchen. I've also designed the meal plan to include leftovers for that reason.

**6. Who can see my posts in the Facebook Group?**

- No one except members of the private group.

**7. What should I do if I eat out?**

- Look for menu items that are as simple as possible. I will discuss this more during the program itself. But I do understand that you will eat out during these 6 weeks! So not a problem!

**8. I have a wedding to attend during the 6 week program, is that going to be an issue?**

- Life will always throw events like this at us. We need to find ways to incorporate weddings, birthdays, holidays, vacations, corporate dinners, dinner with friends, and more when it comes to eating healthy and supporting overall health and wellness. Don't let something like this stop you from participating in something that can help you for years to come! Laying foundations is what matters most!