



Heart Healthy Hacks: Make the Healthy Choice the Easy Choice

Companion Discussion Guide

This guide provides optional discussion questions that you can use after the video. You can decide which questions make sense for your group and time frame.

- What are some of the ways that our environment can make it difficult for us to live a heart healthy lifestyle?
- What are some of the biggest willpower challenges that you face when trying to make healthy choices? Does anyone have suggestions about how you could set things up to make these choices a bit easier?
- Does anyone have other tips to share about how to make the healthy choice the easy choice?
- The tips shared in the video were about making the healthy choice the easy choice at home, but this can also be done in the community setting. What are some ways we could help make the healthy choice the easy choice in our community? (*Examples: serving healthy food at group meetings, providing safe recreation areas near where people live.*)

General tips for facilitating discussion:

- **Encourage all voices.** Create a welcoming, encouraging environment. Gently invite, but don't force, quiet members to join the conversation.
- **Acknowledge contributions.** Thank participants for sharing their thoughts and experiences and highlight valuable insights.
- **Ask follow-up questions as needed.** If participants offer short answers, consider following up by asking "Why do you think that is?" or "Tell me more" to dig deeper.
- **Gently steer the conversation back to the topic if it gets off track.**