

Your Health

Understanding the body is the key to life-long health

How much is your health worth?

If you could sell your health, what kind of price tag would you attach to it? Hopefully your answer is " no amount of money." Next to your soul, we can't think of anything you own of greater value.

Once you lose your health you would spend every dime you've ever made trying to get it back. Most people think that health means being disease free. I see things a little differently. You may be disease free now, but if your **lifestyle** is unhealthy, then you are unhealthy.

If you feel your health has been eroding, I would like to educate you on how to restore your most precious commodity. I can help to **identify** areas that you can change to begin moving back toward a healthy lifestyle. I know that diseases can make you feel utterly hopeless. I want you to take charge of your health and focus on the areas you do have control over. By understanding which foods to eat, which ones to avoid, and how to properly combine those foods for optimal health, you can feel in control once again. I want you to understand that you weren't born with this disease and that it didn't appear overnight. But rather, most disease is a **result** of lifestyle decisions and the constant exposure or assault of an offending agent.

My Approach

I need to **identify and remove** the offending agent or causes of your health problem. Let's suppose you are allergic to tomatoes and every time you ate something that contained tomatoes you had a reaction.

I **wouldn't** recommend getting a corticosteroid shot, but rather, I would recommend that you quit eating tomatoes. Once again, the cure lies in knowing that the tomatoes are the offending cause and removing them. Not trying to treat the symptom.

I want you to understand that my role is to educate and motivate you to assume a more personal responsibility for your health. That means adopting a healthy, active lifestyle and eating program. It's up to you to do the **right things** that will allow your body to move out of exhaustion and back to harmonious balance.

My Commitment to You

Your road to self-change begins with trust

I need your participation and your input in order to help you.

Open communication is the key to our understanding exactly what you want to get out of your program. I pride myself on combining information with motivation. In order to do that, I need your trust and input. I respect your need for privacy:

- Like any professional service, what you share and discuss stays between the two of us.
- Your files cannot leave my possession without written authorization from you and I refuse to discuss your information with anybody unauthorized by you.
- In addition, I will not sell our mailing list to anybody.
- My commitment goes beyond privacy and communication; I really want you to benefit from what I have to offer.

- I want you to realize your full potential and get the most out of life.

Some questions you may want to ask yourself if you struggle with your weight or a health problem are **"in what way does my problem stop me from living my life to the fullest?"**

- Do you enjoy shopping for clothes anymore?
- Do you spend hours in your closet trying to find something to wear, feeling frustrated because nothing fits?
- Have you begun isolating yourself from others and not going out as much? Do you feel less confident?

I want you to know that feeling bad about yourself isn't a normal way to live and that I am committed to helping you feel what so many other people have discovered, it feels great to take care of yourself when you like feeling and looking good!

At the appointment

Before you set up your first appointment, I want you to know that I expect a **commitment** from you.

If you are serious about changing, understand that the process of change is a journey, not an overnight trip. Everyone changes at different rates. Some like to change one thing at a time, others prefer to change a lot of things at all at once. Regardless, give yourself time to change and commit to doing it! Make the decision before you come in that you will devote yourself to sticking with it. In the beginning, many people consider skipping an appointment if they haven't done well on their plan. What they don't understand is that I do my best work when you are struggling. In fact, the most important time to see me is when things **aren't** going well because then I can focus on what you need to learn so that stressful situations and food can be managed. Don't deceive yourself by engaging in thoughts like "I'll go in when I'm back on track."

If you've ever said "**I'll start my diet on Monday**," you are in a mode of self-deception. People say that to make themselves feel better but are actually just engaging in self-deception. You will feel better but you are actually pretending to see what you will be doing, instead of what you are doing at that moment.

What you should be saying is "**I'm going to see how fat I can get by Monday!**" When you know you have to stop eating badly by Monday, the thought occurs to you that you better eat as much food as you can get your hands on before you have to stop. I can help you break the cycle but I want a commitment that you'll show for every appointment you make. Give a **24-hour notice** if you cannot make it, and commit to seeing me for four sessions.

Counseling

I will help you:

- Developing a controlled nutrition program that is specifically tailored to fit your objectives.
- Get the results you want.
- Designing a program that works best for you.
- Chart the progress.
- Stay on the right track.

My program will enable you to shed weight in a quick, yet healthy manner. Your new eating regimen will also increase your energy levels and reduce risk factors associated with major health problems. My

program is NOT a diet - but rather a healthy approach to planning your meals that will show you how you can eat healthy for life.

My goal - isn't just to help you lose weight - but to keep the weight off and maintain your healthy lifestyle for years to come.

Each counseling session includes:

- Discussing your current eating habits.
- Point out which habits may create problem areas.
- Seek out the faults in your habits and correct them.

I offer easy to understand, sensible **alternatives** to your lifestyle, not unreasonable lifestyle overhauls. You determine your own level of success within the program.

I help you learn ways to make better **choices** about the kind of foods you eat, and explain to you what the benefits of these changes are. I understand that the more you understand the way that your body works, the more likely you'll be to see the immediate benefits of these lifestyle changes, and make them part of your routine.

You begin your program with a **full set of body analysis, which** are updated and reviewed at each subsequent session.

The initial session typically takes from sixty to ninety minutes. At each session, we record your weight and body fat percentage.

Your information is analyzed and your weight loss program is modified if needed.

I Help You Set Goals

Hit targets you can see

Whether it's for weight control, athletics or regaining your health, I have a seven-step process to help you reach your goals. Here's an overview of those steps:

The first thing we do is **overview**:

- Your goals
- Lifestyle
- Current eating program
- Exercise program

Then, I will **evaluate** what you are doing and **inform** you of the problems I feel are stopping you from getting what you say you want. The assessment phase will also include a body composition so that we can measure your response to our recommendations at each session.

I will **create** a plan that includes the changes we discussed and tie it all together with the recipes and any additional information we feel necessary.

After you have **implemented** the plan for a designated time period, we will meet again to **readjust** any areas of the program that you feel need to be adjusted. During each meeting, we will cover additional information that will help ease you onto the journey of self-change.

How often I need to see each individual is different. My ultimate goal is to get you into the **final** stage. Once you reach this stage my job is done. We will have periodic check-ups to make sure you are on track, but reaching the final stage means that you have incorporated the concepts as a way of life.

Self Motivation

Changing for the right reasons

The motivation to change begins with you.

There are three levels of motivation:

The first stage is "**fear-based motivation**" which is an emotionally charged form of motivation. In this stage you may fear getting any heavier. Maybe you had a health scare like a bad blood test result or recent illness. Regardless of what got your attention, the first stage of motivation generally starts with a fear whereby you respond with action.

The fear-based stage is good because it motivates you to do something about your situation. The problem with fear-based motivation is that it is not long lasting. Once you take action and the problem begins to fade, you resolve the fear. As the fear dissipates, you will either go back to your old behaviors and relapse or move up to the second stage of motivation.

The second stage of motivation is what I refer to as "**feedback-based** motivation." Your motivation is fueled by all the various forms of feedback that you get from various outside factors. You see the scale moving in the right direction. Friends and family members are commenting on how good you look. Clothes are fitting looser. Maybe members of the opposite sex are starting to notice and you appreciate the new attention. The problem with feedback-based motivation is that it has to end. What happens when your clothes can't get any looser? Friends and family members that complimented you early on quit commenting about your weight by the third or fourth time that they see you.

What happens when the scale can't go any lower? As the feedback begins to diminish, your motivation can begin to fade and you will move to one of two places. You will either fall back into your old behaviors and gain your weight back, or you will move into the third stage of motivation.

The third stage of motivation is based on an **inner drive** that encompasses the "big picture." This stage isn't as easy to identify as the other two. In this stage of motivation you come to understand that eating right and exercising isn't a "have to," it's simply a part of who you are and what you do.

When a person reaches this stage, self-motivation is based not on weight loss, but on living a lifestyle of health that matters. It's coming to terms with the fact that you are in control of your destiny and that each choice and decision has a consequence.

In this stage:

- You have an inner desire to continue with your program no matter what life throws your way.
- Your coping skills have become a natural part of you so that eating wrong seem harder than eating right.

Problems I solve

Eating Management

- "I don't have enough time!"
- "No matter what I do, I just can't seem to reach my goal!"
- "I'm an emotional eater, I eat when I am happy and I eat when I am sad."
- "I workout all the time, but my body doesn't seem to change."
- "I've gained so much weight, that I don't recognize myself in the mirror."
- "I don't cook."

Do any of these problems sound familiar? These are just a few of the statements that I hear from new clients on a daily basis. I can often explain your behavior in ways that can enlighten you and show you how change can be a positive experience. You need to understand that ***change begins with awareness.***

The first phase is *awareness.* One day you become acutely aware that some aspect of your behavior is no longer working for you. In this stage you recognize the need to change but that's all it is, a recognition that a problem exists.

The second phase is *contemplation.* In this stage you know you need to change, but you aren't willing to at this time. **Contemplation** is an important stage because this is where you spend some time thinking about how the changes you make will affect your lifestyle.

Perhaps the change will disrupt socializing with friends.

- In other words, what's going to happen when your friends want to drink beer and eat pizza and you're trying to lose weight?
- Will your life be more fun or less fun after you integrate these new changes?

If you pass through this stage correctly, and consider the obstacles that will stand in your way before you encounter them, then chances are good that you'll be better prepared and know how to cope.

The third phase is *knowledge.* This is where I do my job. It is critical to get the right information to help you because if you get the wrong information, all of your attempts to change will result in failure. In most cases, people don't fail their program of change, but rather the program's information failed them.

The fourth phase to change is *action.* Most people feel that once they take action, they should be on their way with clear sailing until they reach their goal. Yet, you need to know that is rarely the way it goes.

For most people in the process of self-change it's common for them to fall back and forth from action to contemplation 4-6 times before they reach the final stage. Think about this for a moment. Don't most smokers, drinkers and drug addicts usually give up the problem behavior with the intent of quitting successfully? Yet, don't most of them fall back into their old behavior a few times before they finally succeed? All too often people that fall back to contemplation don't understand this sequence of events, so when they fall back they think they failed. That leads them to become a hope seeker and turn to other methods of change that perpetuates a never-ending cycle of dieting.

The fifth and final phase is *accountability.* In this stage the person has reached a point where the changes have become a natural part of who they are and what they do.

The change **no longer** requires any thought or effort because the changes are now embedded into their normal everyday behavior.

Coping Skills

Developing a strategy for life's problems

By showing you ways of putting your problem into a different perspective, change becomes possible. The goal of each session is to develop problem-solving strategies that really work.

I understand that the process of **self-change** can be difficult. However, I also know that before you can change anything about yourself, you must change the way you view your problem.

My approach

I will work with you to:

- Develop new coping skills and strategies that actually feel positive.
- I will consider your lifestyle and unique situation and offer sound advice on ways to change without adding more stress to your life.
- I want you to learn that improving your health and losing weight should be a positive experience... not a negative one.

Change isn't possible until you understand the **connections** between how you think about your behavior and the conflict that exists with what you do.

Is food comforting you or making you miserable?

This is where your thinking and behavior are at odds. The only way to alter your problem is to replace one association with another that makes more sense.