

Drop a few pounds with
Weight Control Naturally
We will start momentarily



We will be covering:

- Education on healthy eating and dieting tips
- Support when you feel you're weakening
- Access to a support coach
- A bank of easy and calorie efficient recipes
- Anonymity to freely and honestly express yourself with assurance that others in the group will not sabotage your success
- Information on what works and what doesn't
- Information on various diets ---- the good, the bad, and the ugly
- Education on cravings and why the body holds onto extra pounds
- Ideas on how to weed through the supplements and fads to glean what actually works
- A forum where you can brainstorm to overcome pitfalls
- A support group who will encourage and strengthen you on your journey

Meeting Agenda

- Goal setting
- Reporting progress
- Analyzing progress
- Short educational lectures (15 min)
- Expressing/venting/brainstorming

Drawing Information From:

- Pursuit of Excellence
- Dr Phil Ultimate Weight Loss Solution
- AA Steps
- Diets such as: The Zone, South Beach, Atkins, Maker's Diet, Carbohydrate Addicts Diet, Daily 7, etc.
- Nutritional Classes
- Supplementation
- Exercise Suggestions
- Emotional Healing, Bach Flowers, Aromatherapy

January Time for New Year's Resolutions

- Set a yearly goal. Example: Lose 96 pounds by 5 January 2010
- Break down to monthly goals. Example: Lose an average of 8 pounds a month
- Break down to weekly goal. Example: 2 pounds a week
- Make the goals concrete and obtainable
- Break them down into what needs to be done daily
- Put on chart

A printable version

Weight Control Naturally

My Long Term Goal is _____ by Date: _____

For the Month of: _____ # of completed last month: _____ # of completed this month: _____ # of improvement: _____

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
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- Suggestions for goals:**
- Drinking water (1/2 body weight in ounces up to 100 ounces)
 - Walk up steps instead of elevator
 - Cut out sugar
 - Eat Breakfast
 - No eating after 6 PM
 - Exercise
 - Rebound
 - Eat raw veggies/fruits
 - Take supplements
 - Identify your saboteur
 - Keep a meal journal
 - Report to Tara or Michelle
 - Read a diet book such as "Eat 4 Your Blood Type"
 - Brainstorm on overcoming pitfalls
 - Plan day and diet

- Break down what it would take daily to get there. Example:**
1. Plan day (to avoid squeezing in a meal or missing a meal)
 2. Eat healthy meals
 3. Take herbs which will nourish glands and improve metabolism
 4. Exercise
 5. No extra naps to keep up energy and use time more efficiently
 6. Stay on budget to avoid binging or eating out depression or stress

	1	2
1 Plan Day		X
2 Eat Healthy		
3 Take Herbs		X
4 Exercise		
5 No Naps		X
6 Stay on Budget		X

- Tips to make it work**
- Don't expect perfection, just progress
 - Get back on the horse, don't let a break in diet give you an excuse to quit
 - Be accountable to your health coach
 - Plan your day around health regimen, don't try to just squeeze it in
 - Make it as easy as possible, example: bottle supplements, prepare meals ahead
 - Constantly analyze your pitfalls and strategize ways to fill in the pitfalls