

*Time and will is all you need...*

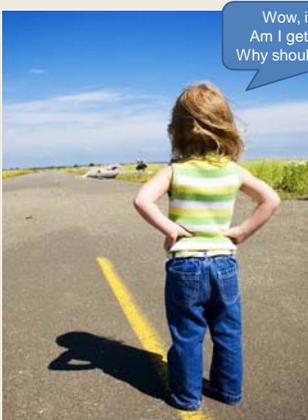


**Healthy For Life!**  
Kim Pullman, RD, LN ~ Deb Rapaport, RN, BSN

Anything to Share?



Wow, it's a big road!  
Am I getting anywhere?  
Why should I continue this?



*Sometimes it's about the journey, not the finish.*

*Remember your driving force?  
What do you really want? Why are you doing this?*



*Remember why it's called **Healthy For Life**...*

This is NOT a short-term diet. This is lifestyle change so that you can live a **progressively** healthier, fuller life. Only time makes the difference clear. Think of all the times you have lost weight in the past with a "quick diet." Has it worked? What do you **REALLY** want?



*...because this is the start of a healthier life for you!*

Do you think people are “naturally” healthy? Sure, some people are blessed by the gene gods. But HEALTHY people make choices just like you. They STAY healthy because they make the healthy choices more often. This is a SKILL, not a TALENT – one that takes maintenance.



*Who Wins the Race?*



*It is talent that creates opportunity.  
Yet it is desire that creates talent."*

*- Bruce Lee*

### *Positive Thinking*



- Your words become your thoughts. Your thoughts become your beliefs. Your beliefs become your reality.
- Change comes when the pros truly outweigh the cons in your mind and you WANT it and are willing to WORK for it.
- When you start feeling overwhelmed...

## 4 Keys to Success

Getting to and Maintaining a Healthy Weight

1. **Low-calorie diet**
2. **Regular and varied exercise**
3. **Very little (1hr. or less/day) television.**
4. **Eating Breakfast EVERY day**



*Unlock your potential*

## What's Next?

- 16 weekly, followed by 6 monthly webinars – **Mondays from 12-1pm for weekly, then Wednesdays from 12-1 for monthly.**
- Individual sessions with program leaders via telephone – 1x/month for 1<sup>st</sup> 6 months, then at least 3 more in the last six months.
- Self-monitored exercise

## What Are YOUR Goals?



1.  
Weight Loss



2.  
Exercise



3.  
Healthy Habits

## Use your food & fitness log

- Bring your log page with you – *in the binder, in your purse/wallet, via e-mail, PDA, whatever works.*
- Record EVERYTHING you eat and drink, including water.
- Record all DELIBERATE activity/exercise you do each day – *walks, classes, cleaning the house, active play with kids - anything you do purposefully to be more active.*
- Record your weight **AT LEAST 1x/week.**
- **REMEMBER** – this log is for your use ONLY. Be honest – be complete.



*This Week:*

1. SET your goals.
2. DO what you've decided that you will to meet your goals.
3. RECORD your food, fitness and weight in your log.
4. PRINT another week for the food and fitness log.
5. BRING your binder and log to our next webinar.

Our next meeting is next Monday from 12-1.  
Please let us know if you have any questions this week.

