

Celebrate Steps Toward Vibrant Aging!

Your Tour Guide is
Bob Wilson, BS, DTR



Celebrate a Diet of Healthy Self-Care

Practice a Diet of Self-love

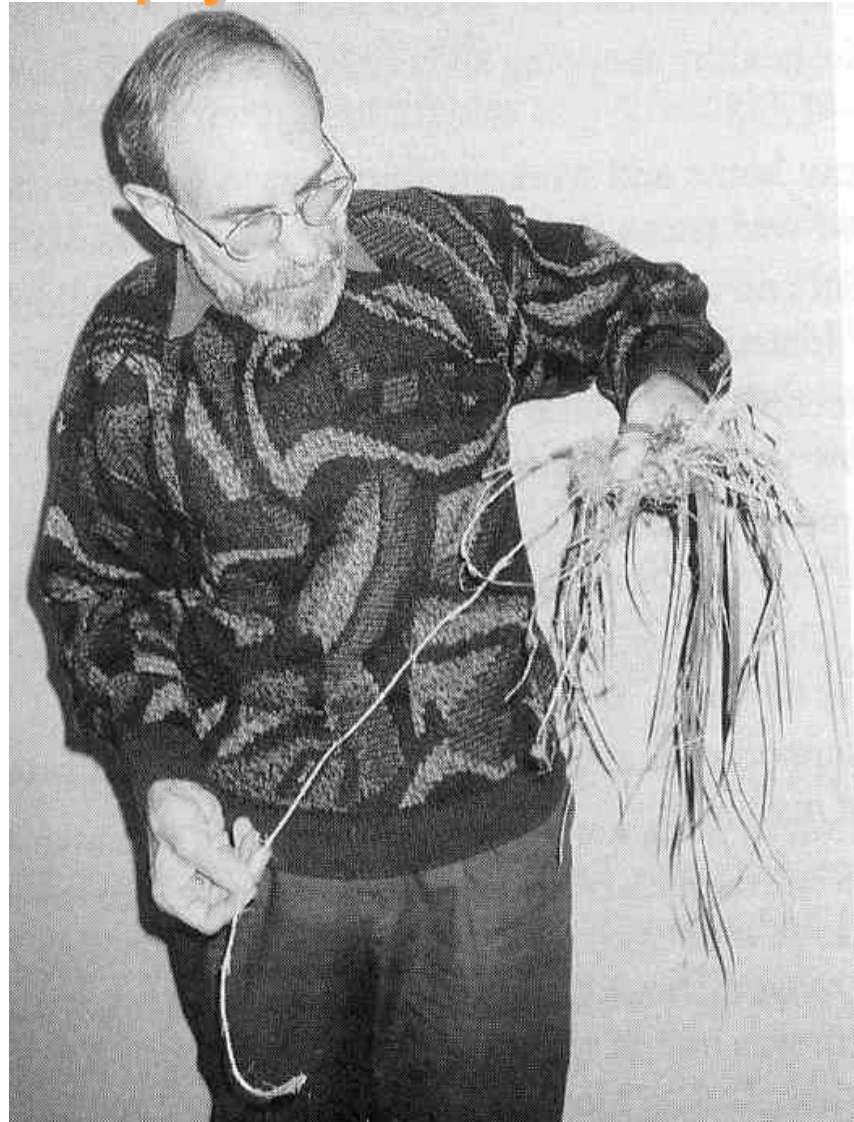


Stir Up & Savor Nurturing Thoughts & Actions





Searching Deeply for Intertwined Patterns



Get to the **ROOT** Causes.

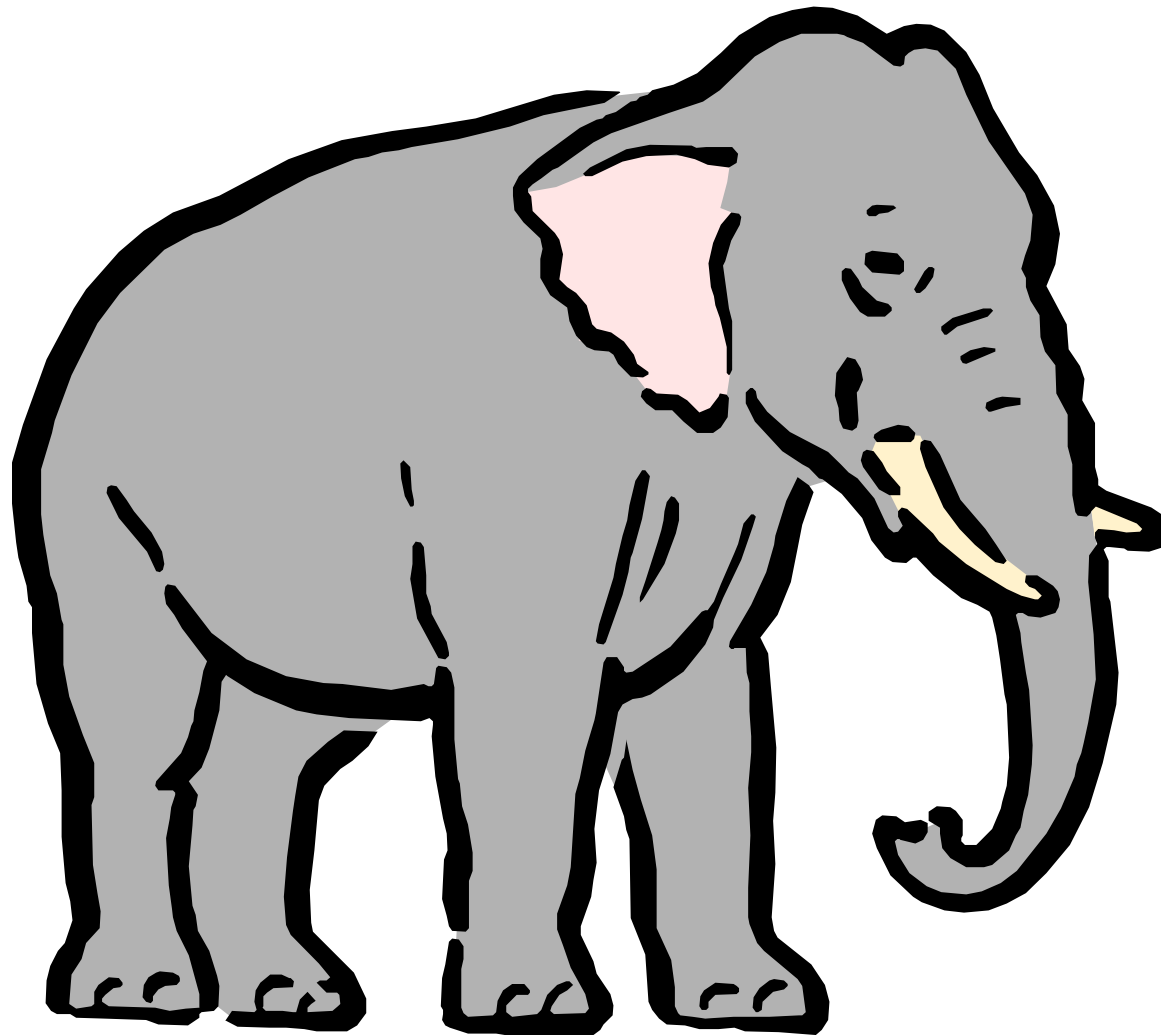
Discover Vibrant Aging!



Celebrate Your Personal Steps



How Do You Swallow an Elephant?



One Bite at a Time!

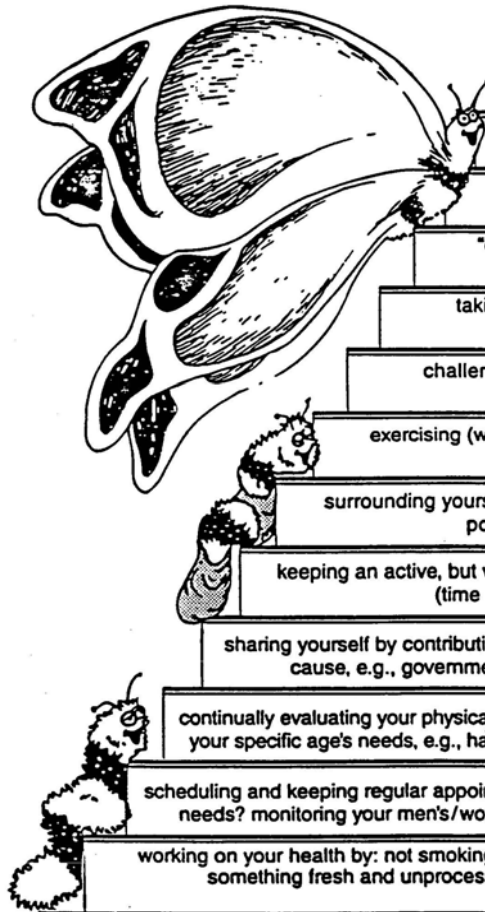


It's never too early... or late... to take 21 STEPS to...

AGING SUCCESSFULLY!

Complete the following self-assessment by marking the number in each step, on a scale from 1 to 5 (1, "not-at-all" to 5, "all-the-time").

Review each *step* along the way to evaluate how well you are taking care of yourself!



ARE YOU...

- making time for solitude?
- touching nature each week?
- listening to your inner-voice?
- getting quality rest and sleep?
- actively managing your stress?
- finding support, and giving it back?
- releasing uncomfortable emotions?
- giving and receiving affection? hugs?
- getting daily or weekly spiritual nourishment?
- forgiving yourself when you make a mistake?
- doing things that give you a sense of fulfillment, joy and purpose?
- "cutting your losses" and moving on with your life after a tragedy or setback?
- taking care of your skin by decreasing sun exposure, using a sunscreen and a good lotion?
- challenging yourself to develop or learn new skills, languages, hobbies, sports, interests, and/or activities?
- exercising (with physician's approval) by stretching and regular aerobic exercise, e.g., walking, swimming, or working out?
- surrounding yourself with optimistic friends, associates, and relatives who possess a healthy sense of humor? nurturing friendships?
- keeping an active, but varied and balanced schedule which includes leisure time (time for yourself, time to play, time to treat or reward yourself)?
- sharing yourself by contributing to society, involving yourself in at least one meaningful cause, e.g., government, church/synagogue, community, special projects, etc.?
- continually evaluating your physical appearance, and changing, when it's appropriate, to meet your specific age's needs, e.g., hair length and styles, clothing length and styles, shoes, etc.?
- scheduling and keeping regular appointments for physical, visual, dental, emotional and all other needs? monitoring your men's/women's health needs? following doctor's recommendations?
- working on your health by: not smoking; maintaining good nutrition, a healthy weight, and eating something fresh and unprocessed every day; getting adequate calcium, fiber, and water; controlling alcohol, cholesterol and caffeine intake?

Write a list of **GOALS** at least every 3 months to keep a clear, focused direction!

Add up your score	21-41	Change your ways — you can do it!
	42-62	Just so-so — keep working at it!
	63-83	Good work — challenge yourself even more!
	84-105	You're aging successfully — bravo! Keep it up!

Total score:



Celebrate Healthy Eating!





Red or yellow bells
\$2.99 LB

ORGANIC
CAULIFLOWER
\$1.50

Zucchini
\$1.49 LB

Roma Tomatoes
\$1.99 LB

Grill Me!
Jumbo SPRING onions
\$1.00

Crimini MUSHROOMS
\$3.99 LB

Fresh GARLIC
\$2.79 LB

lots







ORGANIC!
Zucchini
\$1.49
LB

ORGANIC
Sweet Deal
\$2.99

Sweet Deal
ORGANIC
Fuji's
\$2.49
LB 8

Jumbo
ORGANIC
Mango
\$2.00

Rio Star
ORGANIC
Grapefruit
\$1.99

Sweet & crisp
ORGANIC
GALAS
\$2.99
LB

ORGANIC

Sweet & crisp
Mangoes
\$1.25
LB

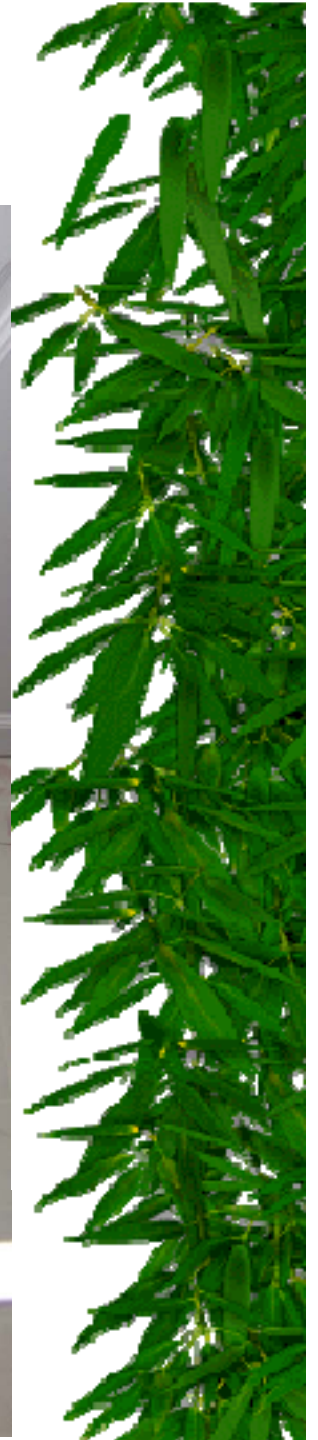
li' ruby
GRAPEFRUIT
2 FOR 1.75
FOR



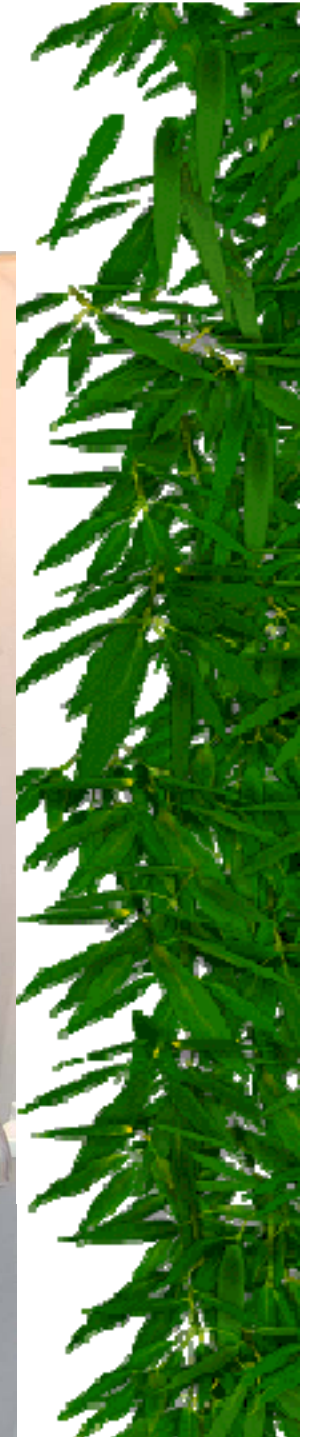
Bob's Healthy Pantry. What's In It?



Bob's Bean Drawer



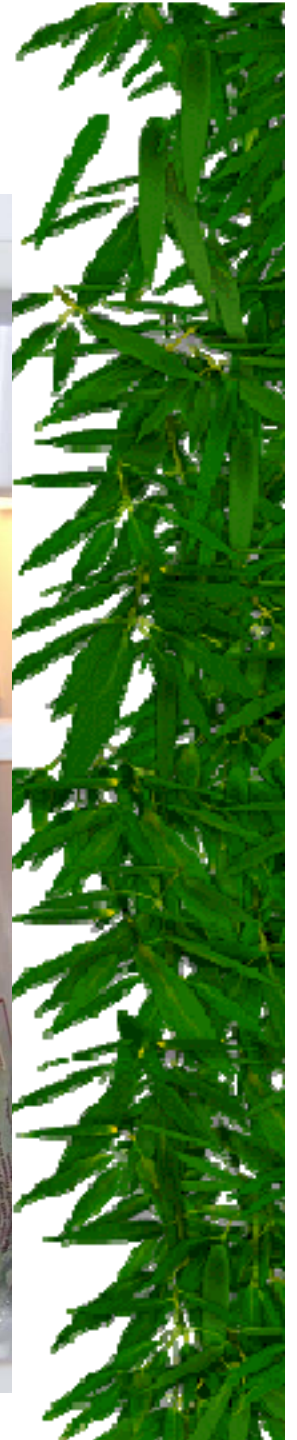
Bob's Refrigerator



Bob's Refrigerator Door



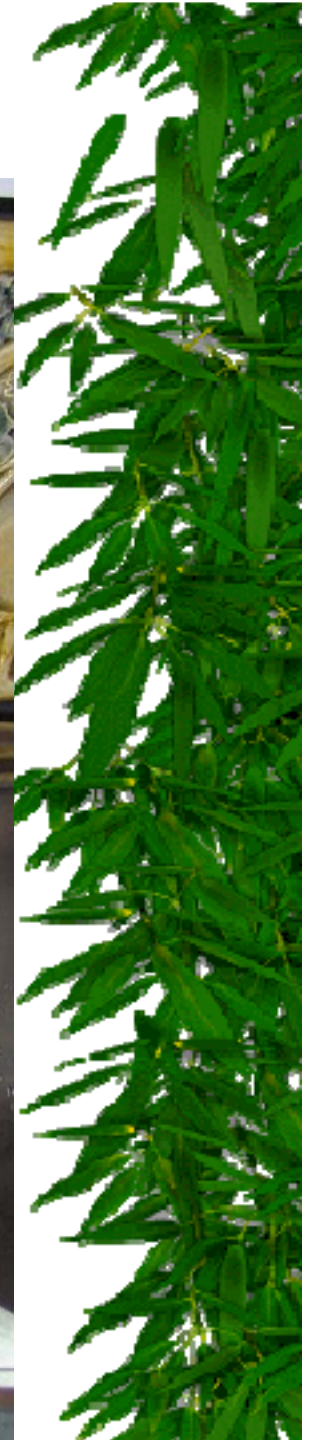
Bob's Refrigerator Freezer



Bob's Everything But the Kitchen Sink Salad



Bob's Strength-training Lunch Bag!



Lunch Food for the Spirit!



Steamed Green Beans, Onions, and Peppers



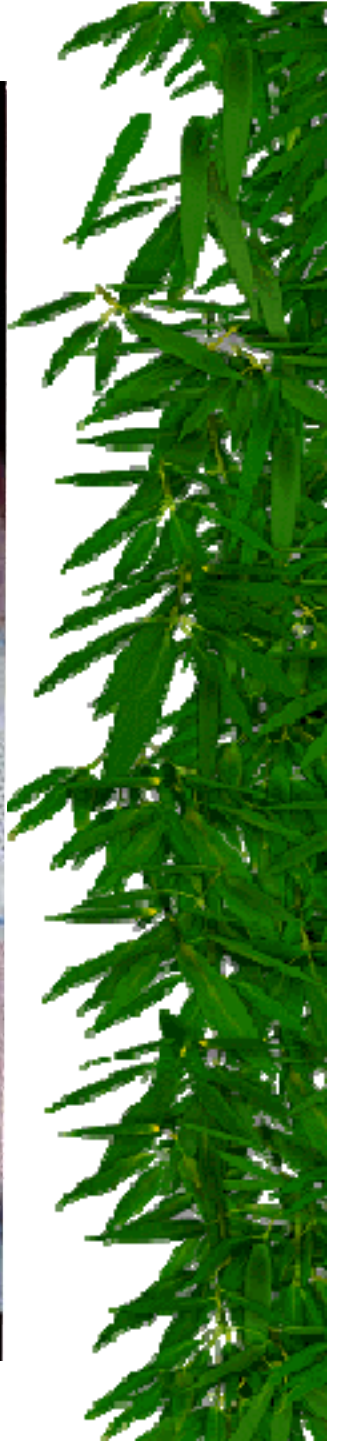
Steamed Brussell Sprouts and Peppers













Celebrate with Pineapple & Strawberries Garnish Plate



Celebrate Enjoyable Activities!



MY FAVORITE THINGS



















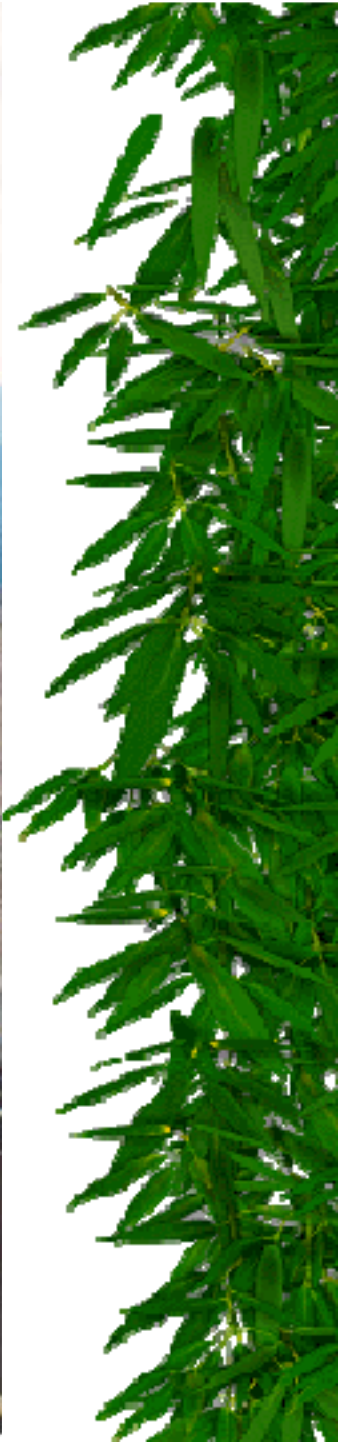












Mind set:

Physical fitness is to the human body what fine tuning is to an engine: It enables us to perform up to our potential. Fitness is a condition that helps us look, feel and do our best.

Walking vigorously for thrill of living

Once obese, Bob Wilson now eats nutritious mini-meals between workouts

Name: Bob Wilson

Age: 48

Lives: Northeast Portland

Height: 5-foot-10

Weight: 155 pounds

When he's not working out: He's a motivational speaker, a health educator and part-time nutritionist for Kaiser Permanente.

When he's working out: He uses house chores — such as mowing the lawn, gardening and cleaning his house — to burn calories. He also walks five to six times a week around his neighborhood or in the many parks and gardens of Portland.

"I love going on walks with friends and plan them regularly," he says. "Instead of going out for dinner, we get together for activities and perhaps bring along healthy snacks."

He gets his aerobic workout from weekly hikes to scenic places around Washington and Oregon, such as Mount Hood, Mount Jefferson and the Columbia River Gorge.

"We're so blessed to live in such a beautiful spot. It gets me in my aerobic zones for hours, and I don't even have to think about it. I'm just having fun."

As much as he likes getting exercise from everyday life, he goes to the gym three times a week. He does one-hour yoga sessions twice a week and 30-minute strength training on Cybex machines three times a week.

He sticks with it because: "I feel much better. I think much better." Blending in regular physical exercise has helped him maintain his 200-pound-plus weight loss for more than 26 years.

Fitness history: He developed a compulsive eating disorder as a child. Overeating was his way of coping with emotional distress rooted in family problems. He turned to food for comfort as



Gardening is one of many activities Bob Wilson uses to stay in shape.

BOB ELLIS/THE OREGONIAN

home and school life became more painful. By the eighth grade, he weighed about 400 pounds.

"My food habits were always to the extreme: bags of potato chips, quarts of pop, six candy bars at a time, whole pizzas, quarts of ice cream." He called it his "see-food" diet, eating everything in sight.

His first experience of losing weight came in his high school senior year as an exchange student to Costa Rica. He had dysentery for 2½ months and lost 50 pounds. "I wouldn't recommend that method,"

he says.

He later joined a more conventional weight-loss program, Weight Watchers, through which he learned what to eat and how to cook low-calorie meals. He shed 118 pounds in seven months.

He then became a registered dietitian. He wanted to know how his body worked and then help others make the same changes. "I tell people not to believe everything I say but to try it out for themselves. I tell them it'll take

them a while to come up with their own bizarre eating plan."

Mealtime: "I normally eat small mini-meals." A typical breakfast includes cottage cheese, fruit and a piece of whole-grain toast. Lunch may be a simple sandwich and a medley of raw vegetables such as broccoli, carrots and mushrooms. Dinner may be a large salad with low-fat dressing, canned kidney beans and crackers. Although he likes to snack throughout the day, he eats healthful foods such as a cup of yogurt with fresh fruit, candied ginger or a fruit juice bar. "I eat constantly, and I never get bored. I've found all kinds of ways to sneak fruits and vegetables into my diet."

Goal: "The main goal is fun. What kind of things can people do to put some fun back in their lives? And after that, the goal is to help extend your health span, not just your life span."

Final words: "A healthful lifestyle is great. Yes, it takes time to exercise and make healthy meals, but it's worth it."

— Theresa Cha

If you'd like to share your workout with readers — or know of someone whose workout you'd like to read about — send name, age, daytime phone number and workout details to: My Workout, The Oregonian, Health, Medicine & Science Team, 1320 S.W. Broadway, Portland, OR 97201; or send a fax to 503-294-4150.

MY WORKOUT

Really D.T.R.



Celebrate Self-Nurturing!



MY FAVORITE THINGS









TO

I VOW

PLANT A GARDEN



ON EARTH



OF LOVING KINDNESS

FOR ALL BEINGS



2013 BOB W.











M

A

Y

12



Permission to PLAY! Yeah!

Write yourself a permission slip

IT'S OK TO PLAY!!!

It's WONDERFUL! FUN!!



Book resources:

1. MAX MAKES A MILLION By Maira KALMAN
2. 365 DAYS OF CREATIVE PLAY By SHEILA ellison
3. REALITY CHECK By JOHN Grimes. and JUDITH GRAY

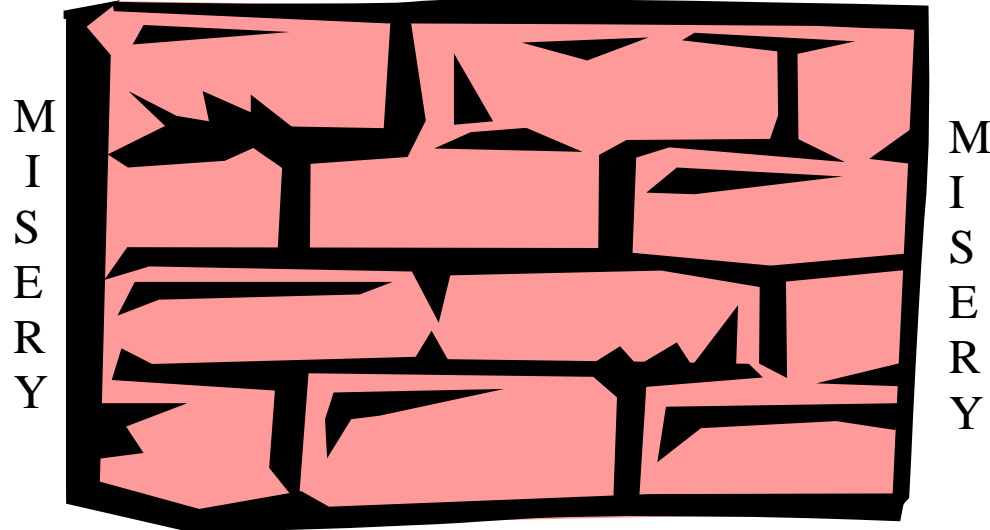


Celebrate Emotional & Mental Well-Being!



Building a Wall Around Myself

FRUSTRATION—ANGER—SELF-HATE



RESENTMENTS—SELF-DISGUST

Oh, the pain of being fat...



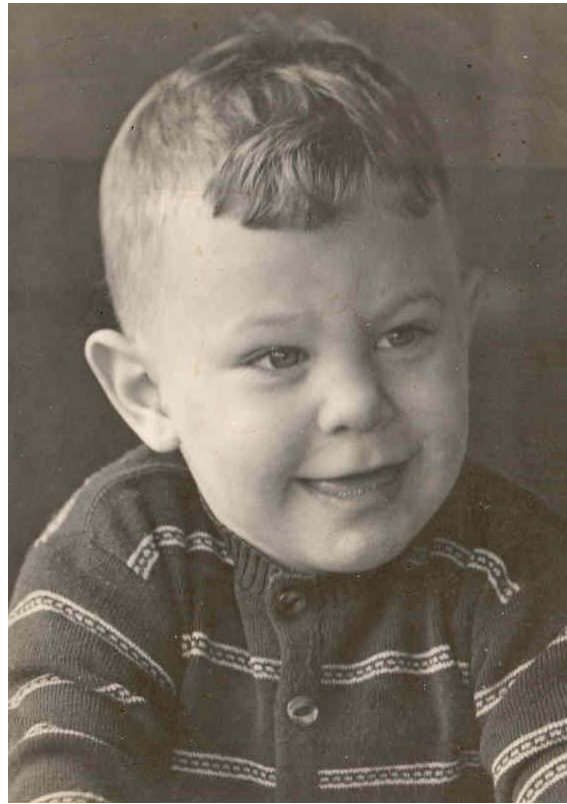
When a Baby Cries, You Pay Attention



Embrace Your Pain & Confusion
as a Loving Mother Would Toward Her Child

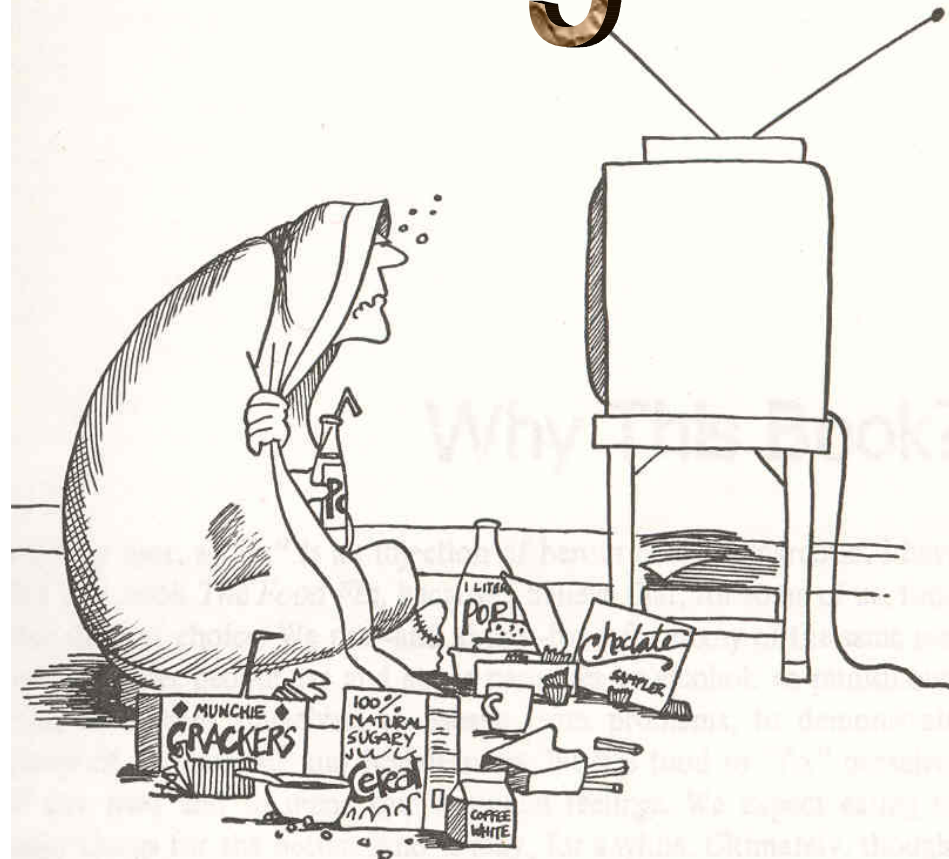


Oh Bobby, I love you...



as you ARE and as you ARE NOT.

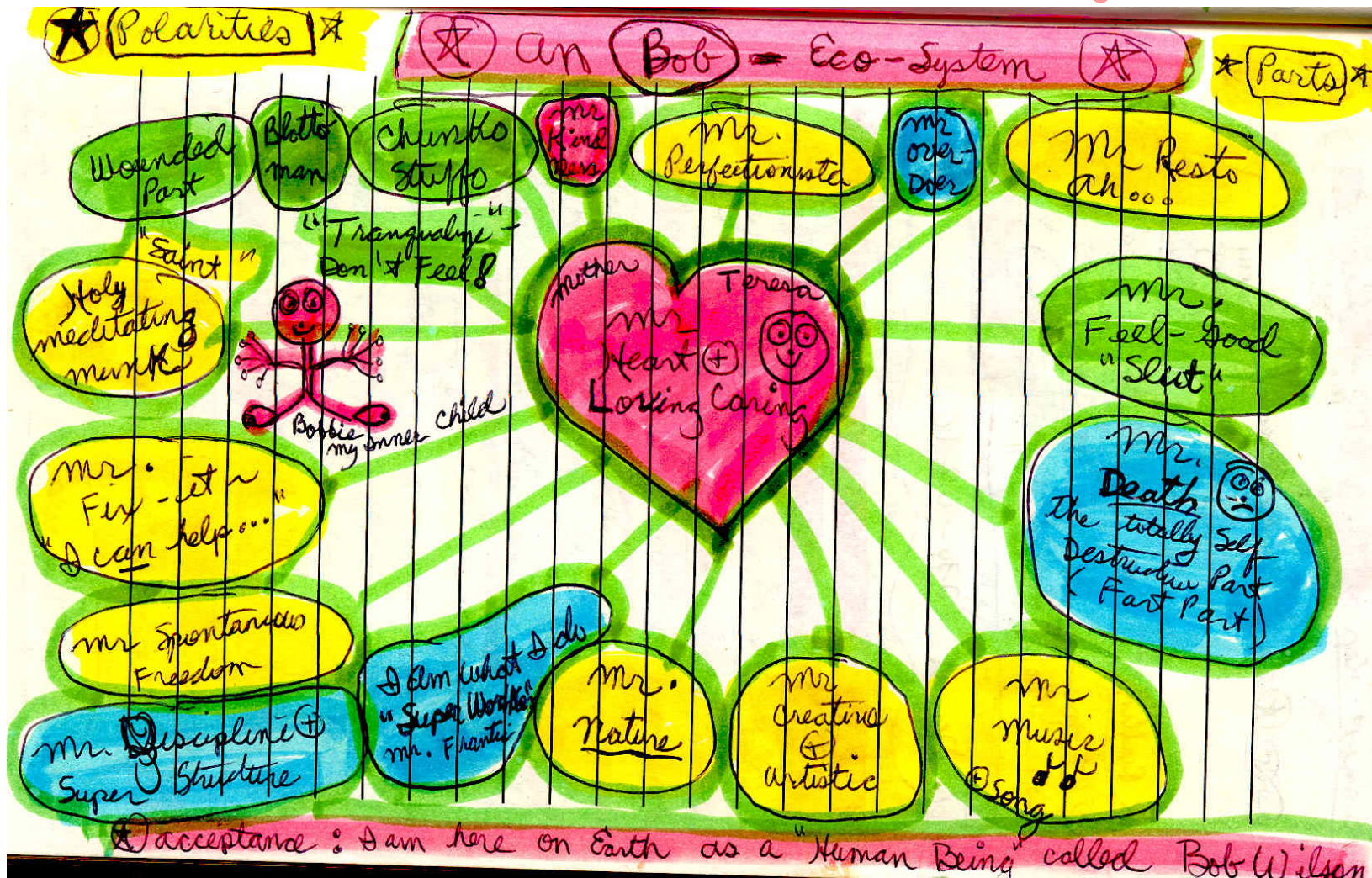
Am I Eating to Fix ...



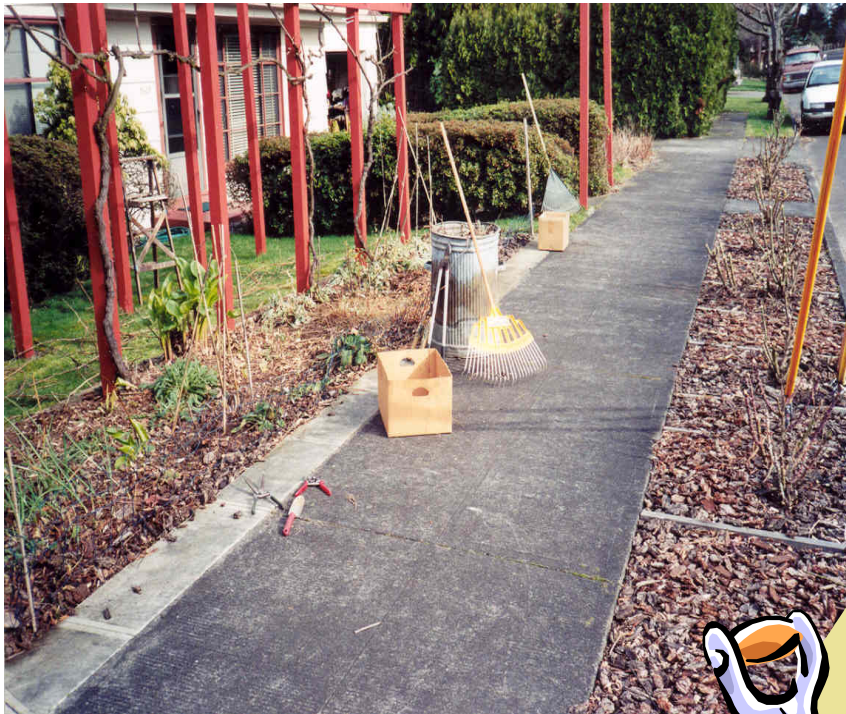
WITH CAREFUL PLANNING AND CONCENTRATED EATING I CAN EXCHANGE GLOOM AND BOREDOM FOR BLISSFUL NUMBNESS.

Painful Emotions or Situations?

Bob Wilson...an Ecosystem.



Be a Gardener to Your Own Mind Choose to Cultivate Health



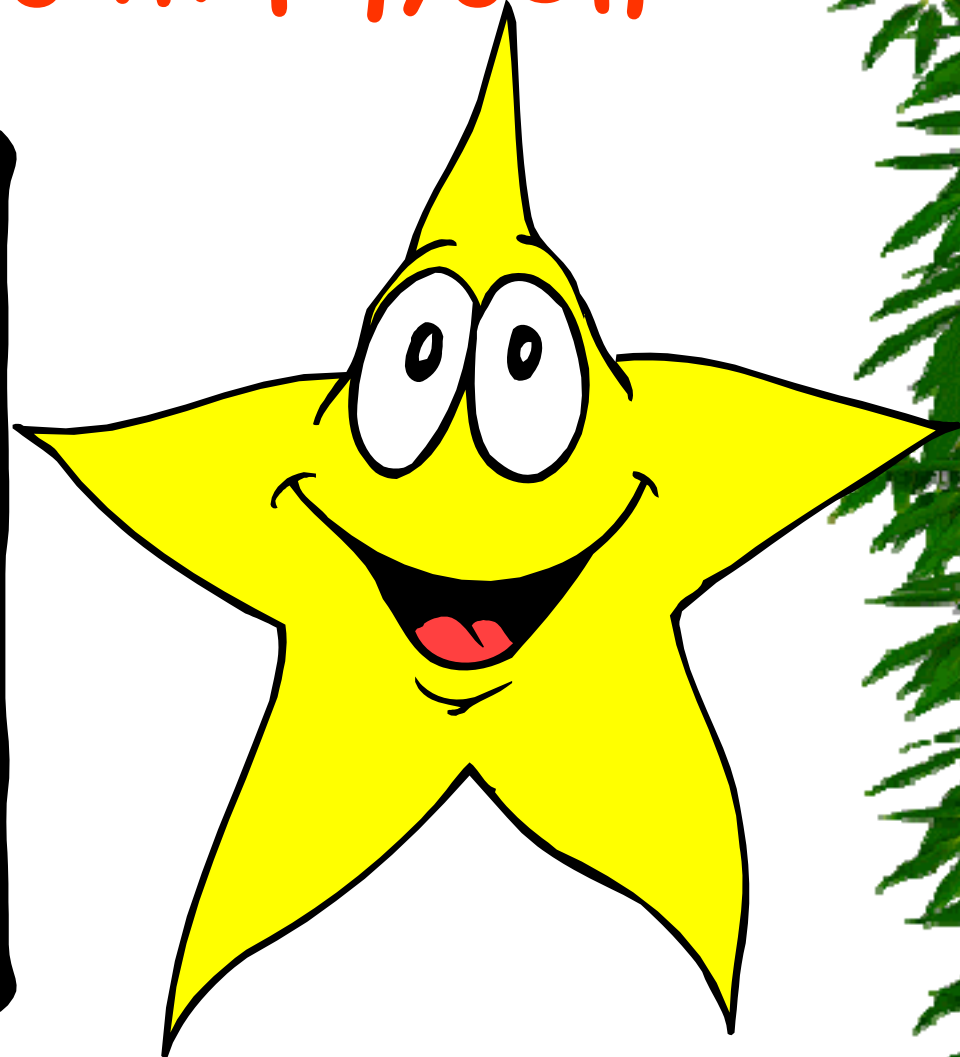
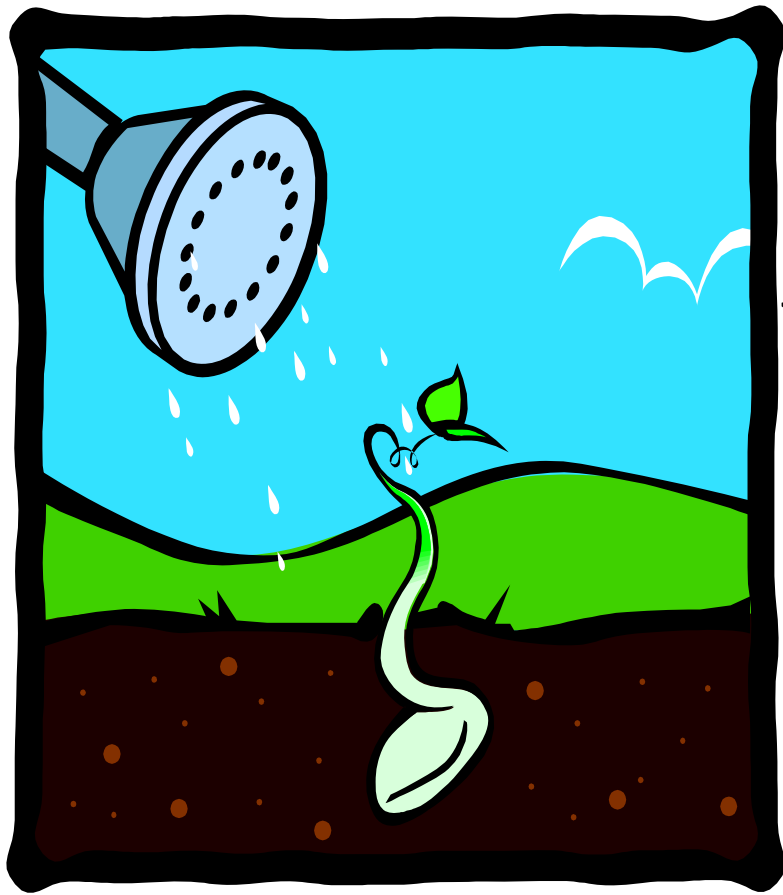
Prepare the Soil
Trim & Weed



Experience
Increasing
Vitality!



Water the Seeds of Happiness in Myself



12/31/93 - Friday - Step I, II, III

☉ I am abundantly blessed ☉

☉ All my needs are met ☉

- * ~ my need for shelter; ^{a beautiful neighborhood} lovely neighbors
- * ~ my need for warmth, protection, electricity,
- * ~ hot water, ^{Healthy} refrigeration, ^{☉ sewer system} clean water
- * ~ telephone - contact w/ outside world / answering machine for when I'm gone
- * ~ abundant supply of healthy food - all I could want - Whenever I'm hungry
- * need for clothing to cover my body - shoes, pants, shirts, underwear, sweaters, coats
- * Household furnishings for comfortable / attractive environment, ☉ Washer / Dryer for clothes
- * a healthy body ~ then = Teeth, eyes, head, etc. hands, feet, muscles; ^{Liver, heart, kidneys} digestive tract, brain
- * a safe, dependable means of transportation ^(a pen that works !!)
- * Fun, leisure-time activities
- * friends who care: Frank, Joseph, Marcia, Brett, ^{name} Family, - Tom, Howard
- * I'm flexible, respectful, work opportunity - right livelihood, appreciation
- * a supportive counsellor; 12-Step Programs of people who ^{really} care

Don't take what I have for granted.

Thought by thought,
word by word,
choice by choice,
action by action,
I lift myself to a new level of living!



Managing Difficult Circumstances



**THE HARD
WORK
BEGINS**

#BABYLOSSAWARENESS



Success is Going
From Failure to Failure
Without a Loss of Enthusiasm!

Practice a Diet of Self-Love



Fast from Negative Thoughts



Celebrate Spiritual Connection!







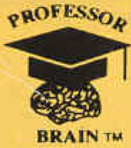
Friends — MY Family — Enemies — Strangers —
 Embrace By Light
 Dad & Card James/Chris
 Sandra Sept 20
 Ben 94
 Jon Claire AA
 Herb
 Amber Tich Tolly April 11
 Marcia Dec 14
 Neighborhood Charlotte Stone & Illian Jane
 Portland USA Sangha
 Kaiser FFF LCL John
 The World Young People
 Tom Bay People Cornell Robert H
 Old People
 Josh David Richard
 Gratitude !!
 Sing out in Joy at the awesome diversity of the ONE in the many!
 Farmers Chris
 a Hologram of Source
 * Namaste ~ the Divine in me recognizes and Solutes the Divine in you!!
 Grace !!!
 Embrace what is - as is. No judgement, no comparison, no opinion about it, and no preference for how it should be.
 Remember Emptiness ☺





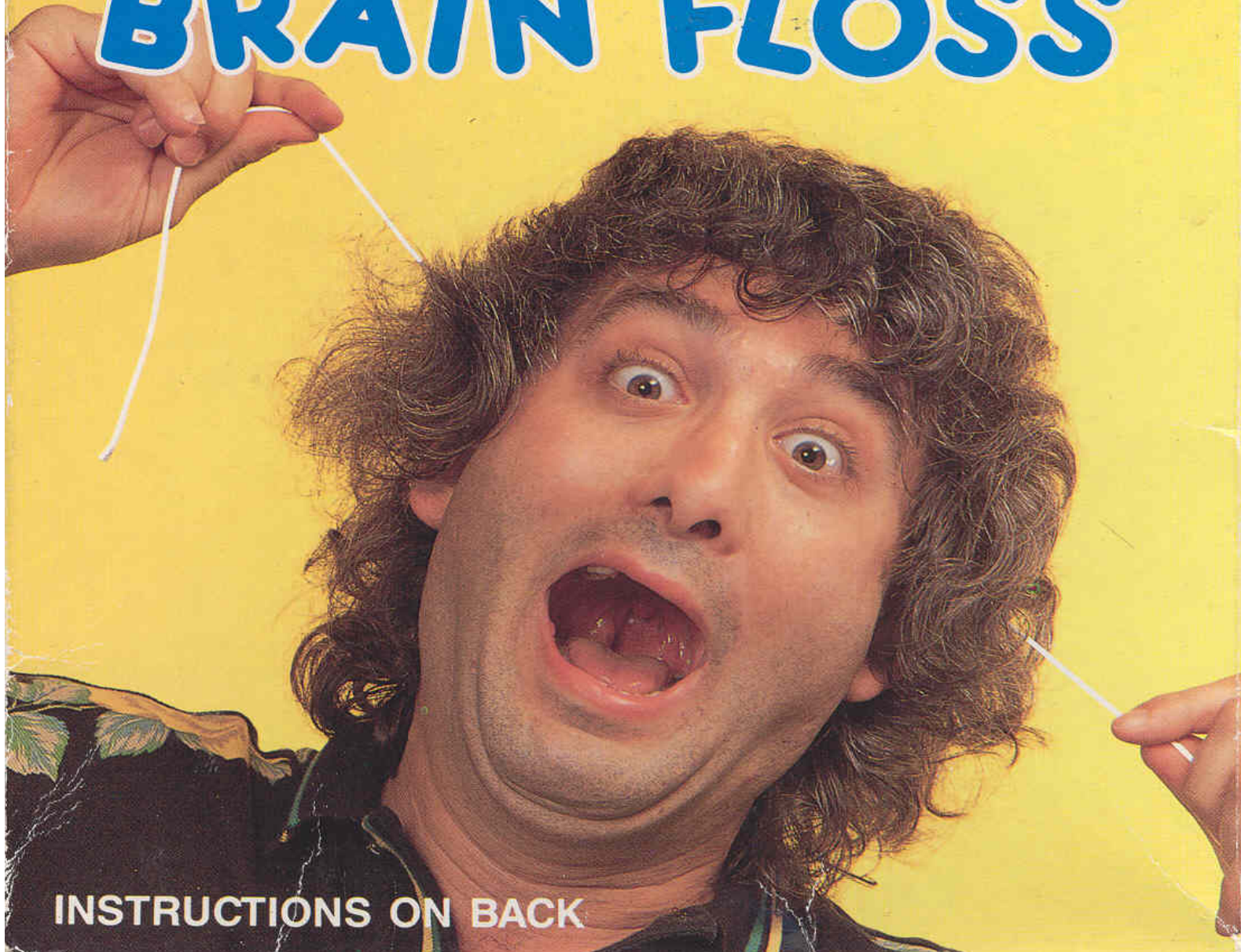
Celebrate Simplicity in Life &
Balance in Lifestyle!





FOR AGES 8 AND UP

PROFESSOR BRAIN'S BRAIN FLOSS



INSTRUCTIONS ON BACK



UNDER PRESSURE.....? SHATTERED NERVES.....?
STRESSED OUT.....? CAN'T COPE.....?

THEN YOU NEED!!

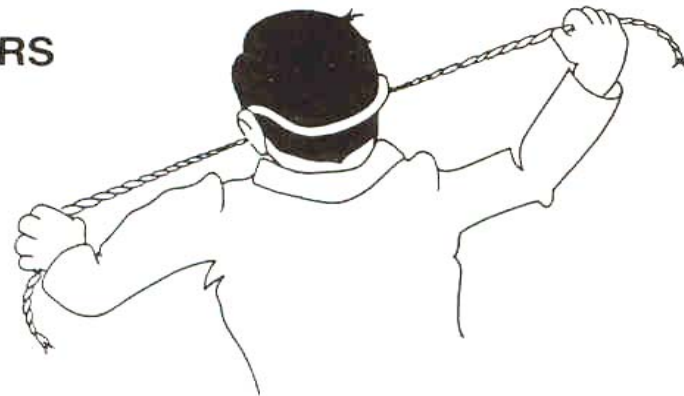


PROFESSOR BRAIN'S

BRAIN FLOSS

INSTRUCTIONS

- PLACE THE HEAD BAND BEHIND YOUR HEAD AND OVER YOUR EARS
- PULL THE FLOSS FROM LEFT TO RIGHT JUST AS IF YOU WERE FLOSSING YOUR TEETH



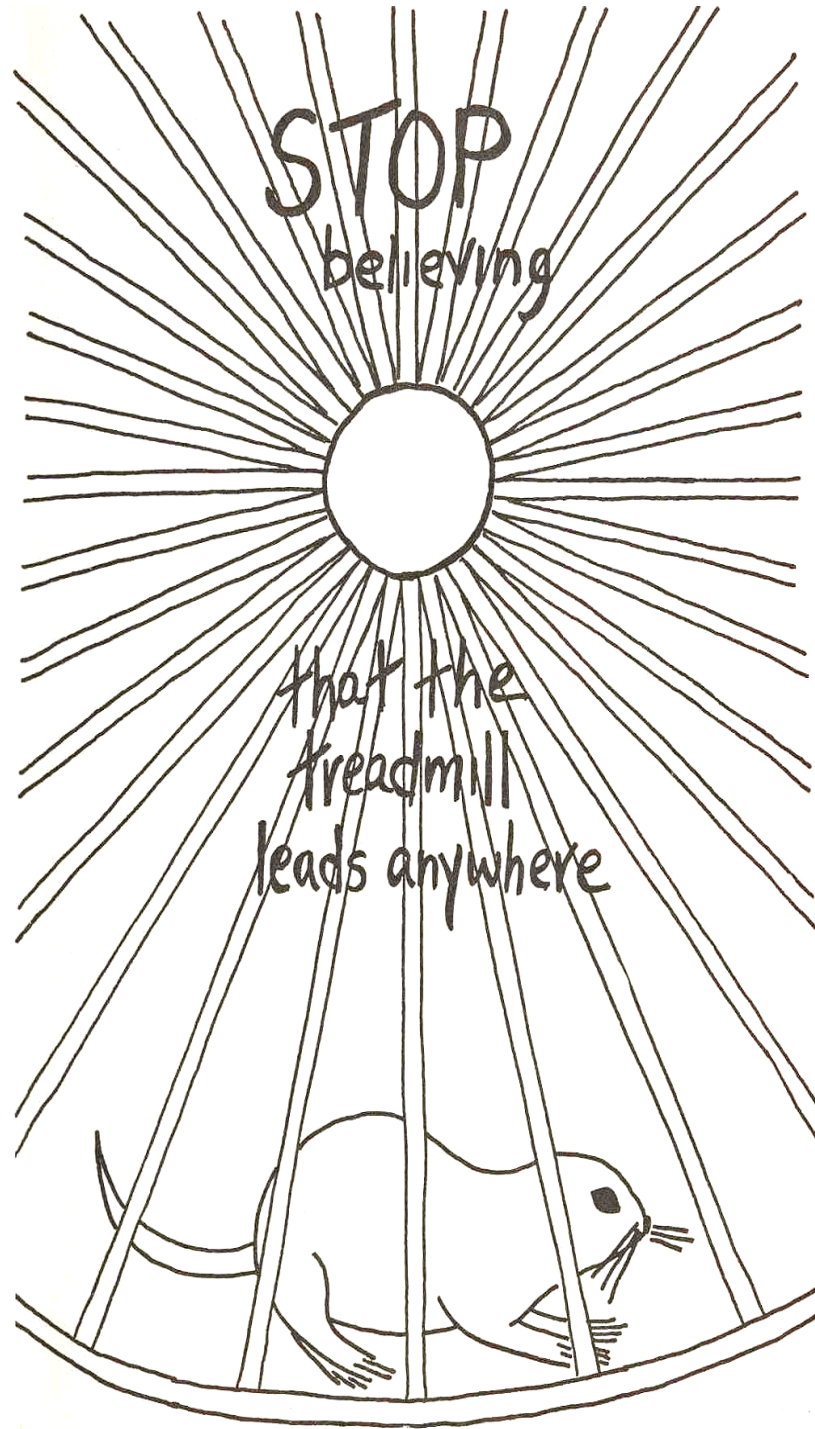
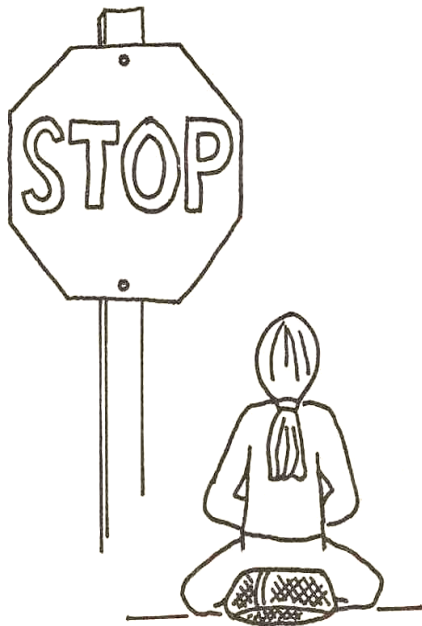
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We're going so fast all the time,
racing frantically toward a time
when we can

S
L
O
W
down.

When we're going so frantically,
with so much to do and so little time,
it never occurs to us
that what we really need to do is



Being the fastest, the richest, the thinnest,
the smartest on the treadmill won't prove
anything.

There's nothing to prove,
nothing to win,
nothing to get.

The fact that someone else is right
doesn't mean that you're wrong.
Perhaps you're both right.
Perhaps you're both wrong.
Perhaps you're both right and wrong.

What do you give up in order to fight
this losing battle (to be bigger, stronger,
smarter, righter, perfecter)?

The nuclear arms race is proof
that if anyone loses,
everyone loses.

No one wins unless everyone wins.

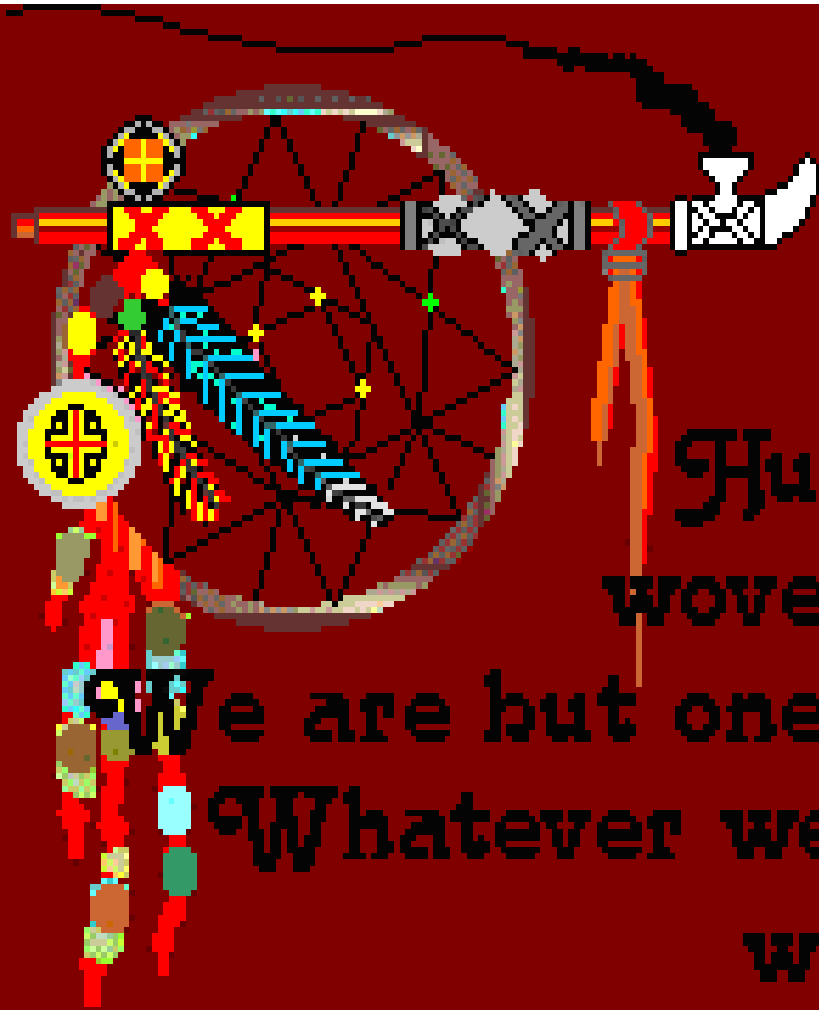
No one,
no thing,
can take your peace,
your joy,
your adequacy,
away from you.

You have to give it up
voluntarily.

And we give it up so easily,
for just about anything:

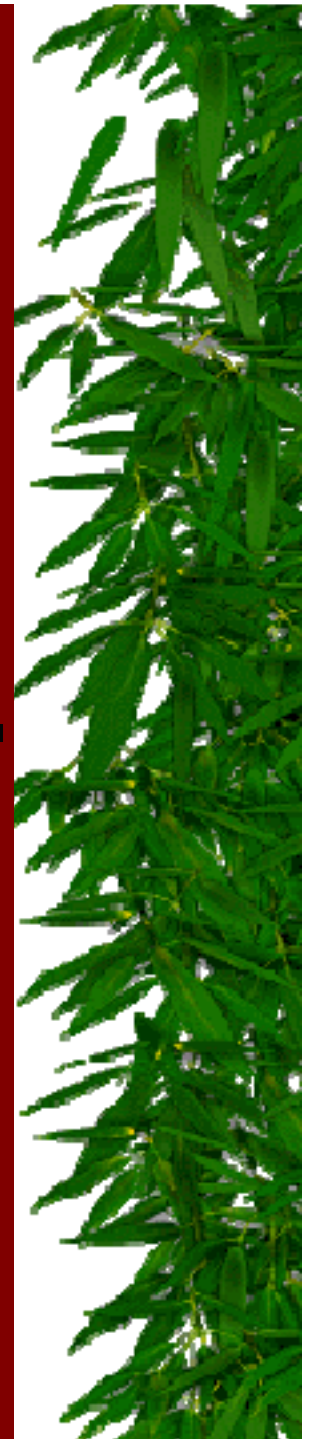
other people's opinions, late meals,
long lines, red lights





Humankind has not
woven the web of life.
We are but one thread within it.
Whatever we do to the web,
we do to ourselves.
All things are bound together.
All things connect.

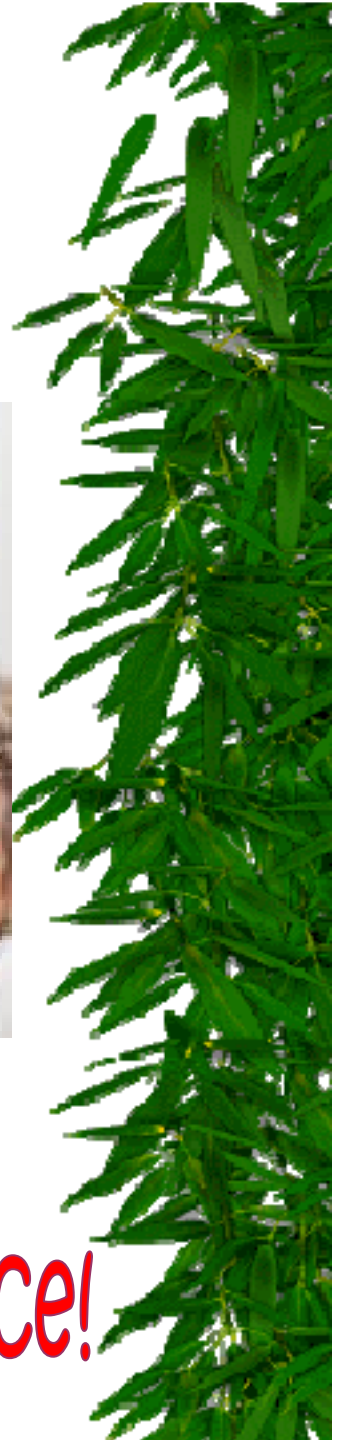
-Chief Seattle-



Discover Vibrant Aging!



Practice the Steps to Achieve Exuberance!

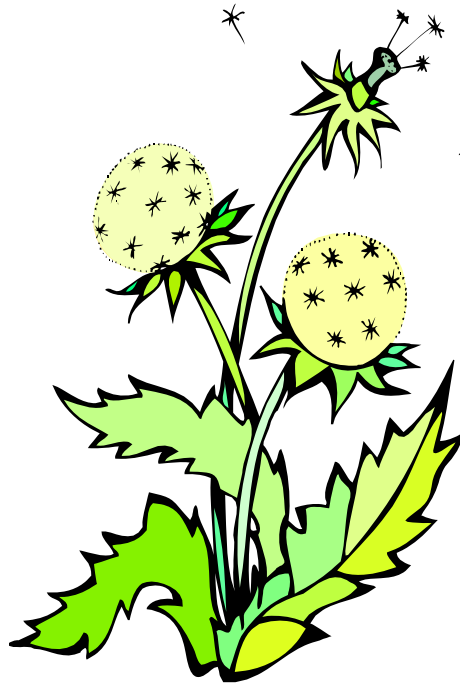


Celebrate Stretching Yourself!





What You Plant Is What You Get



What seeds have you been planting with your choices?
Are there any changes that you want to make?



Visualize Your Ideal Day

Essential Self-Care Nutrients Make An Investment In YOU!

Sprinkle Dollops of Delight and Self-Nurturing On Yourself

Physical Self-Care

- Delicious Healthy Foods
- Regular Activity
- Slow Down. Relax
- Drink Enough Water
- Prioritize Wellness
- As Needed Take Meds
- Take Vitamins/Minerals
- Get Adequate Sleep
- Meaningful Sex & Hugs

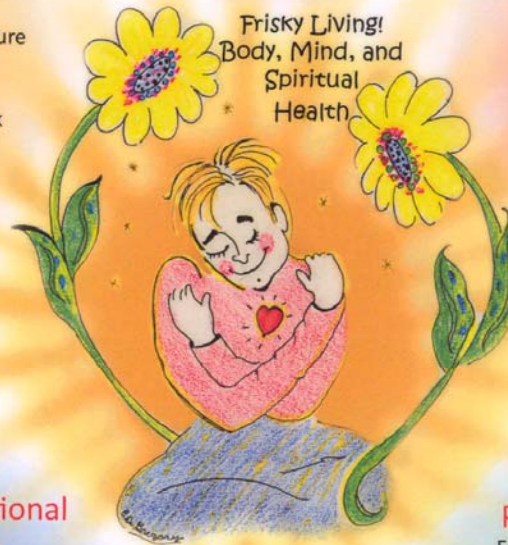
Lifestyle Self-Care

- Dynamic Life Balance
- Regular Routines & Structure
- Self-management
- Setting Goals
- Seek Out Fulfilling Work
- Take Time in Nature
- Have Fun & Pleasure

Spiritual Self-Care

- Mindfulness
- Spiritual Community
- Daily Meditation & Prayer
- Forgiveness of Self & Others
- Finding Your Life's Purpose
- Helping Others
- Giving Back to the World

Frisky Living!
Body, Mind, and
Spiritual
Health



Mental/Emotional Self-Care

- Practice Gratitude
- Keep a Feelings & Mood Journal
- Practice Positive Self-talk
- Cultivate Positive Beliefs & View
- Use Counseling as Needed
- Feel Your Feelings
- Family of Origin Healing
- Work through Grief

People Support

- Friendship with Yourself
- Connection with Family Members
- Spend Time with Loving Friends
- Have a Therapist /Lifestyle Coach
- Explore a Support Group
- Frolic Around Enjoyable Hobbies
- Use Chat Room, Blogs, Email, UTube
- Community Service
- Work



Invest In Yourself: Invent A New Life!

Celebrate stretching yourself towards new dimensions of wellness:

I stretch myself to the highest levels of health and well being.
I stretch myself to my greatest possibilities.

I open myself up to infinite blessings, goodness and harmony!
This very day I open up my innermost heart to truly LOVE myself.

I SAY "YES" TO LIFE TODAY!
GOSH, I'M GOOD!



What would you like to invent in your life?

Go ahead...let your dreams go wild!

I consider that I am inspired by life and guided into all good!



Say YES to Your Wild and Precious Life!



You have within you

All the answers to the Challenges you face.

Become your own personal lifestyle trainer.

Or in effect, be a gardener to your own mind and life.

Have a deep confidence in your ability to heal suffering

and a deep belief in your magnificent potential.

Tune within for your answers.

As you practice this skill, over time,

You discover your profound wisdom.

Step by step

You become healthier from the inside out!



Brew Up a Pot o' New Life Play Sheet!

Brew Up a Pot o' New Life Play Sheet!

ASK: Are YOU "on your list" of the people you care for?

Start where you're at and INVENT A NEW LIFE! VISIONS INTO REALITIES. YOU MAKE THE DIFFERENCE...

Take a minute and mentally review your day tomorrow:

- Healthy food management?
- Delicious movement of your wondrous body?
- Delicious self-nurturing plan?
- How will you include quiet time?
- Connection with others?
- Adequate sleep?

**Perhaps consider different areas. How might you include time for:
What area might be the easiest to begin making a change?**

1. Delicious healthy eating plan:
 - Food purchase? Preparation? Carry along?
2. Enjoyable body movement plan:
 - Daily activity (30+ minutes)? Muscle maintenance? Social/recreational fun?
3. Delicious self-nurturing plan. What would put a SMILE on your face? What makes you GLAD to be alive?
 - Professional or community support? Family? Friends? Hobbies? Doing-nothing time?
4. Quiet time--developing spiritual sanctuary
 - Prayer and meditation...time just "to be" and not "do"
 - Pause, think, and evaluate: "How is the creation of your life going?"
5. 8 hours of sleep (more or less) and naps!

Learn from your past choices....

What might be an obstacle or road block for you that could get in your way from having your ideal day?

Remember back to a time in your life when you had mastered this area.

What were you doing at that time? How could you do that again now? What might need to change?

How could you eliminate the road blocks or minimize their impact on you?





"cluster together like STARS"

~Henry Miller



Celebrate Your Life!!!



Achieve A Healthier Life & Weight with Balanced Weight Management

Plant the Garden of Your Life With Seeds of Well-Being



Reap Your Harvest of Health and Friskiness!

www.balancedweightmanagement.com by Bob Wilson BS, DTR

Discover

- How to practice the art of dynamic, holistic, mindful, and compassionate self-care
- How to have *fun* as you learn to achieve a healthier weight and life
- How to develop a loving, self-nurturing, inner voice, for you
- How to step-by-step achieve health of body, mind, and spirit

Explore

- How to become your own lifestyle self-manager as you cultivate twelve essential skills that create life-long well-being, a healthy weight, and a more vibrant friskiness
- How to cultivate ongoing support for yourself
- Hundreds of excellent resources & recipes for whole-person health
- Bob's story where he shares the deep emotional challenges he faced and the skills he learned which helped him keep off about 250 pounds for over 39 years



Remember, Progress. Not Perfection.
Easy does it. But, do it!

