

# **Celebrate Steps Toward Vibrant Recovery!**

**Your Tour Guide is  
Bob W**

© 2020



# Celebrate Healthy Recovery

Practice a Diet of Self-love



Stir Up & Savor Nurturing Thoughts & Actions







# Searching Deeply for Intertwined Patterns



Get to the **ROOT** Causes.



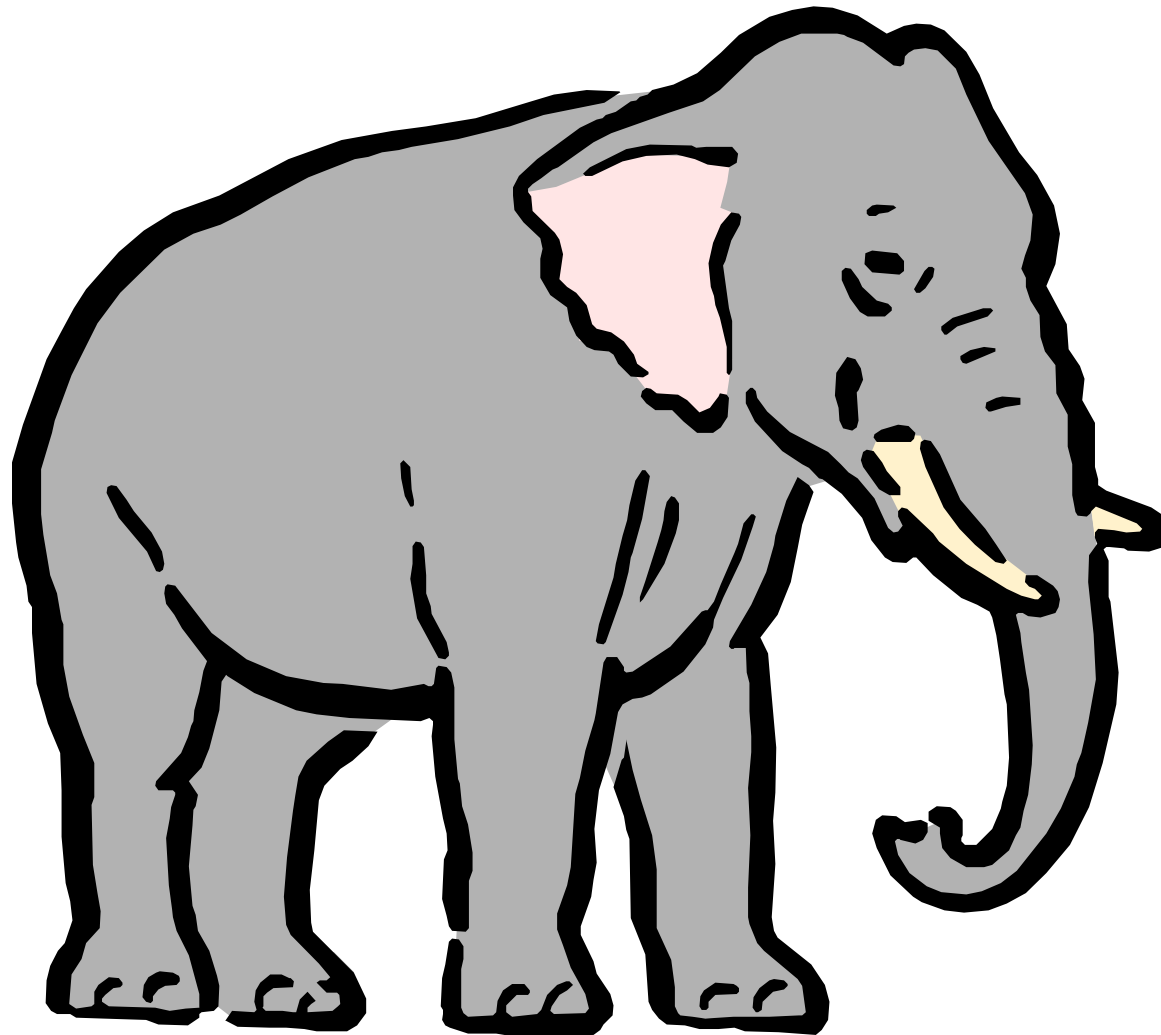
**Discover Vibrant Recovery!**



**Celebrate Your Personal Steps**



# How Do You Swallow an Elephant?



One Bite at a Time!



# Celebrate Healthy Eating!







Red or yellow bells  
\$2.99 LB

ORGANIC  
CAULIFLOWER  
\$1.50

Zucchini  
\$1.49 LB

Fresh GARLIC  
\$2.79 LB

Roma tomatoes  
\$1.99 LB

Grill Me!  
Jumbo SPRING onions  
\$1.00

Crimini MUSHROOMS  
\$3.99 LB

lots









FERRY  
\$6.99  
BOX

RASPBERRY  
\$4.99  
BOX

11-21-21





ORGANIC!  
Zucchini  
\$1.49  
LB

ORGANIC  
\$2.99

Sweet Deal  
\*ORGANIC\*  
Fujis  
\$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  
Champagne  
Mangoes  
\$1.25  
LB

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





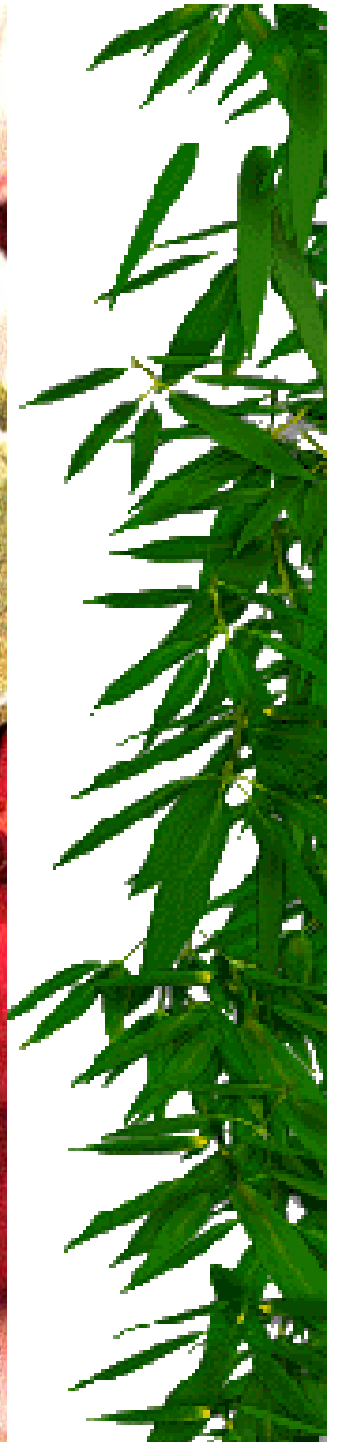
## Steamed Brussell Sprouts and Peppers







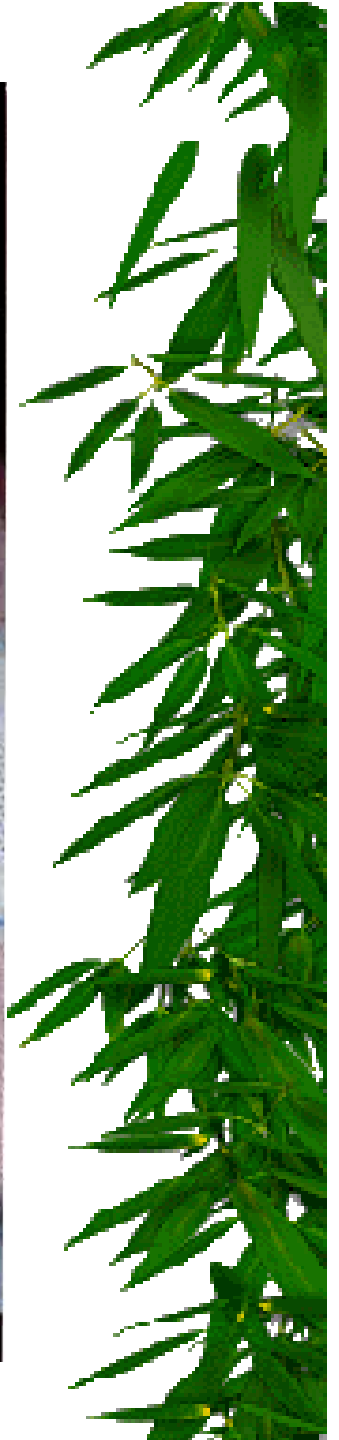


















## Celebrate with Pineapple & Strawberries Garnish Plate





# Celebrate Enjoyable Activities!





# MY FAVORITE THINGS ....































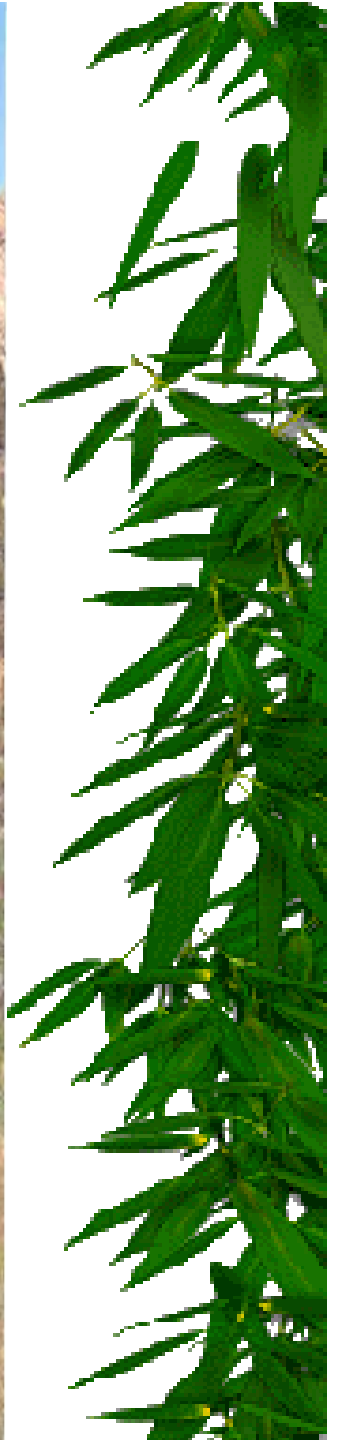






























**Mind set:**

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 ....



**Music**



**WORLD**



**SNOW**



**Life**

**HUG IT!**

**Reach out and touch someone.**



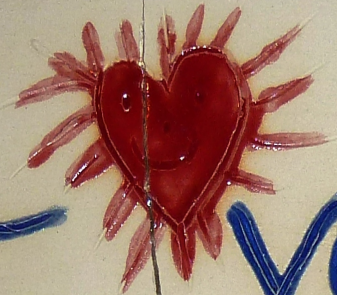












TO

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





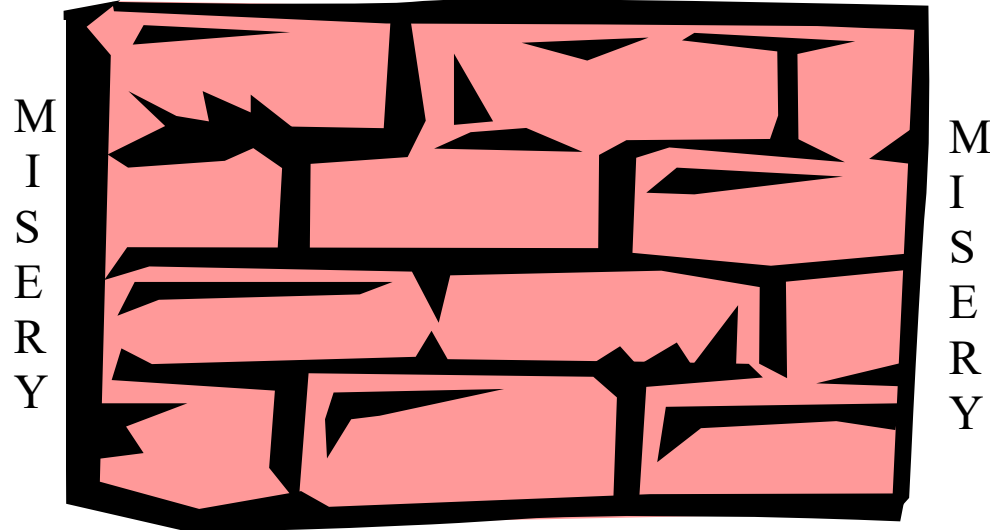
# Celebrate Emotional & Mental Well-Being!





# 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

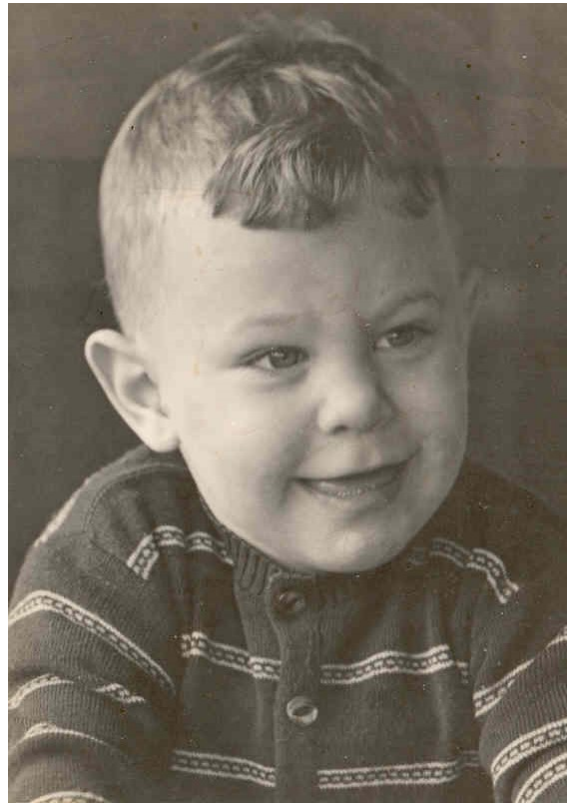


Embrace Your Pain & Confusion  
as a Loving Mother Would Toward Her Child





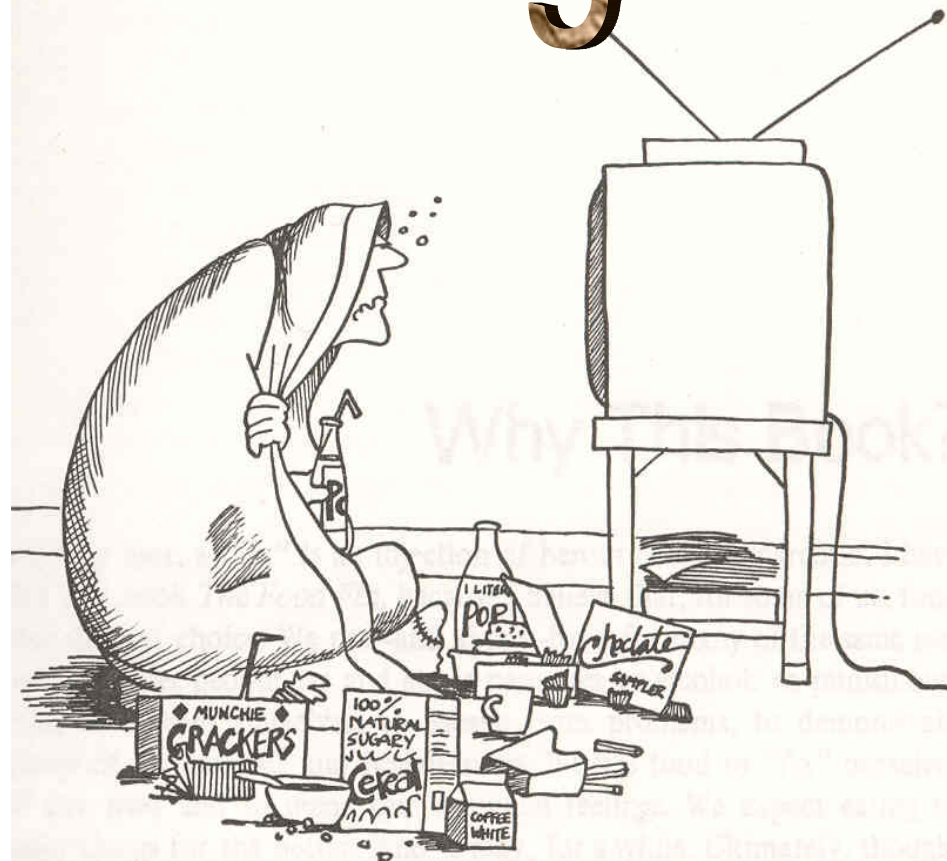
Oh Bobby, I love you...



as you ARE and as you ARE NOT.



# Am I Eating to Fix ....

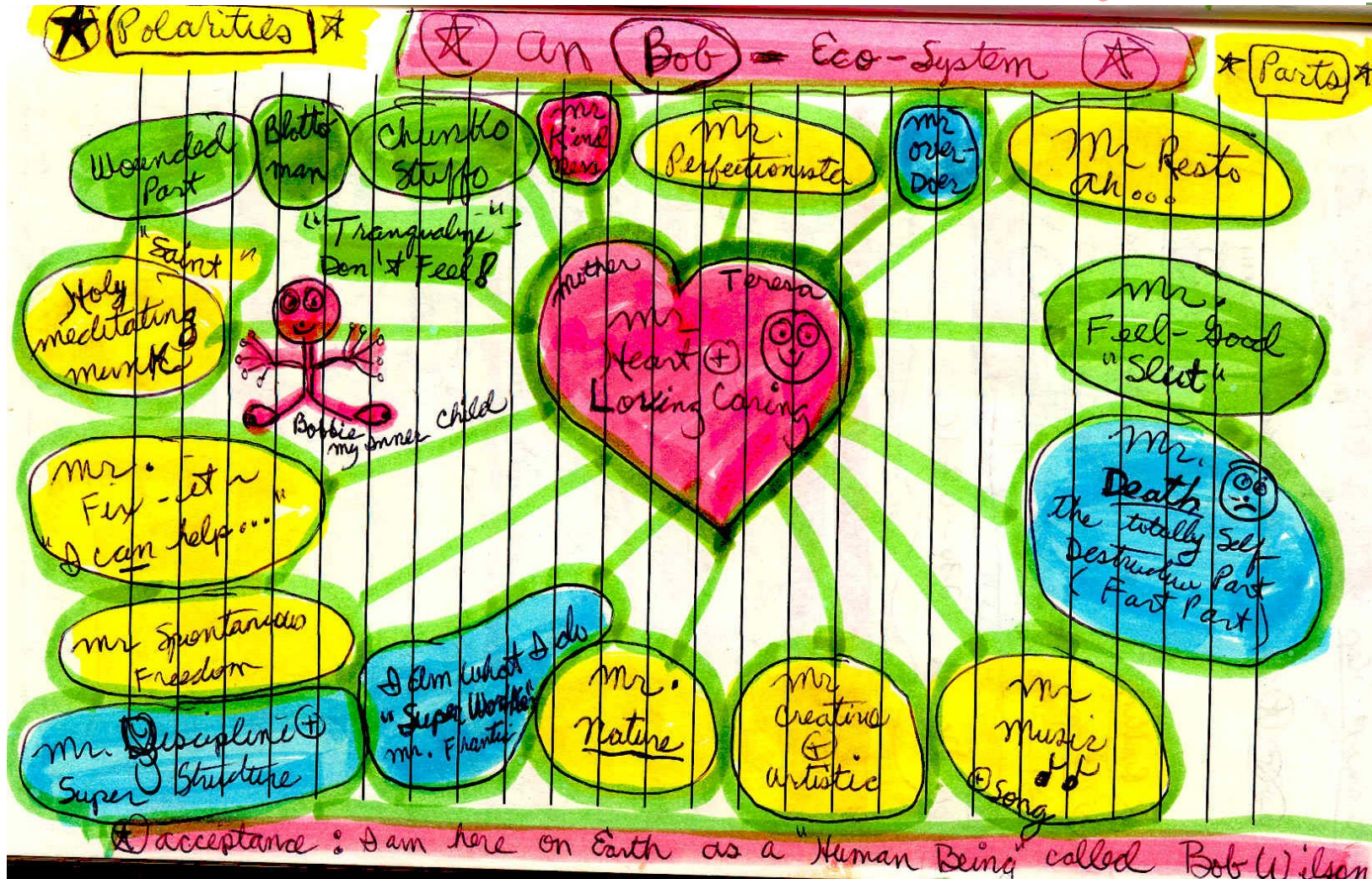


WITH CAREFUL PLANNING AND CONCENTRATED EATING I CAN EXCHANGE GLOOM AND BOREDOM FOR BLISSFUL NUMBNESS.

# Painful Emotions or Situations?

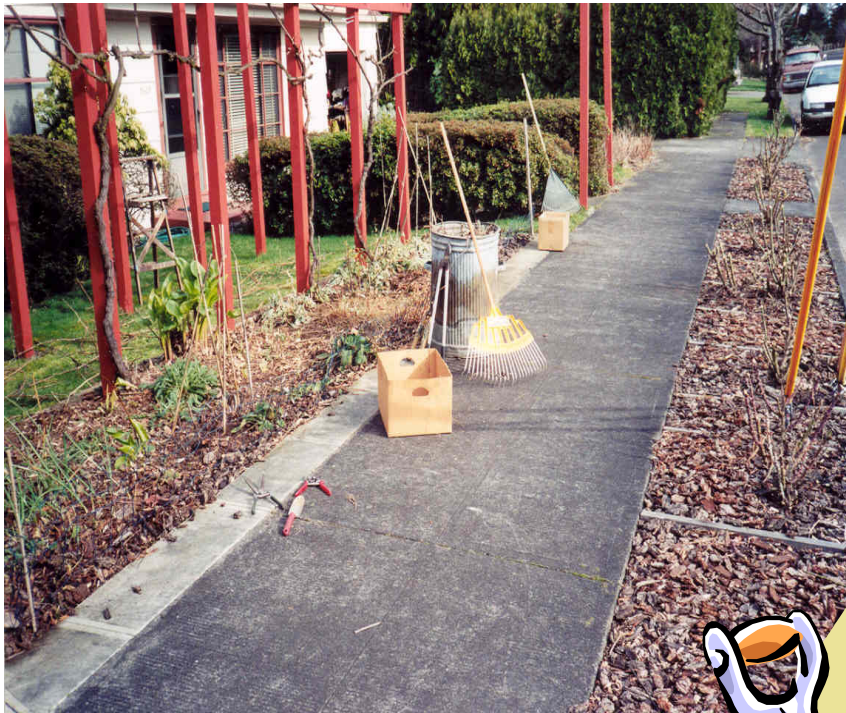


# Bob Wilson...an Ecosystem.





# Be a Gardener to Your Own Mind Choose to Cultivate Health



**Prepare the Soil**  
**Trim & Weed**

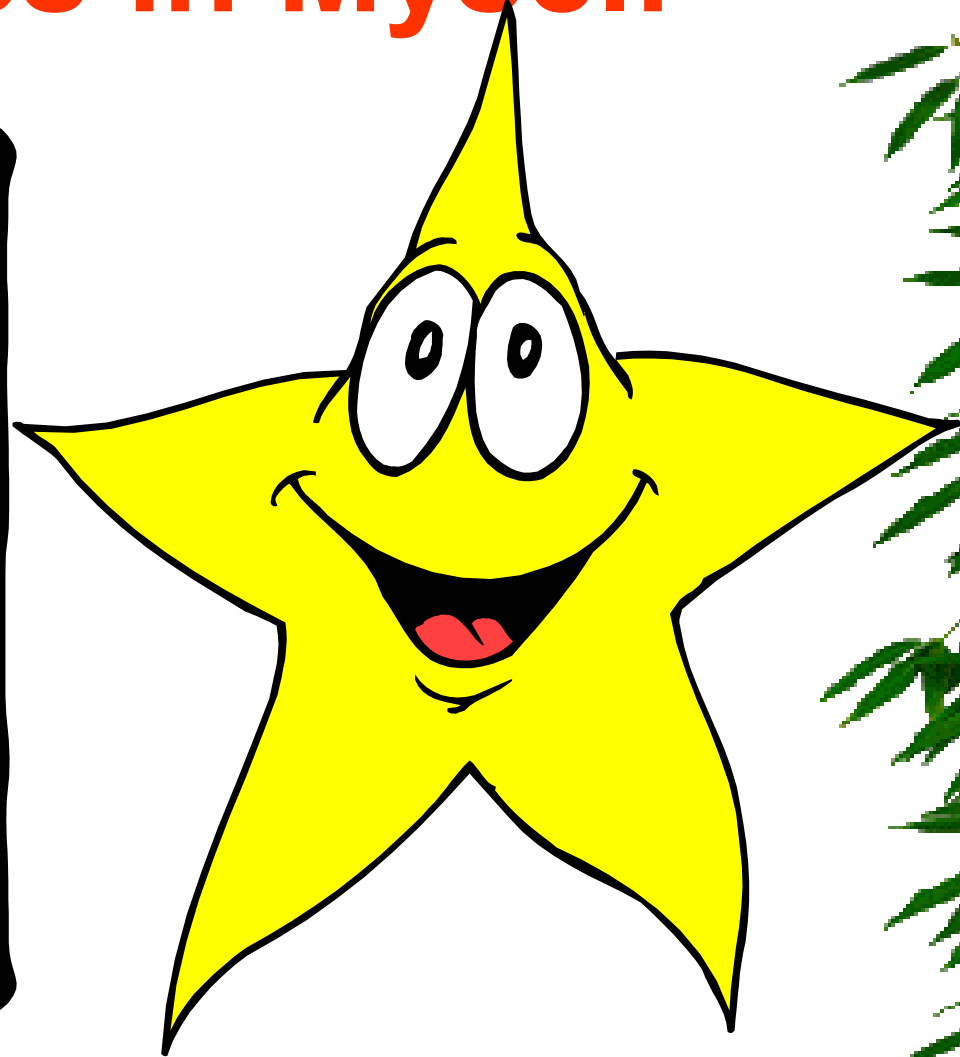
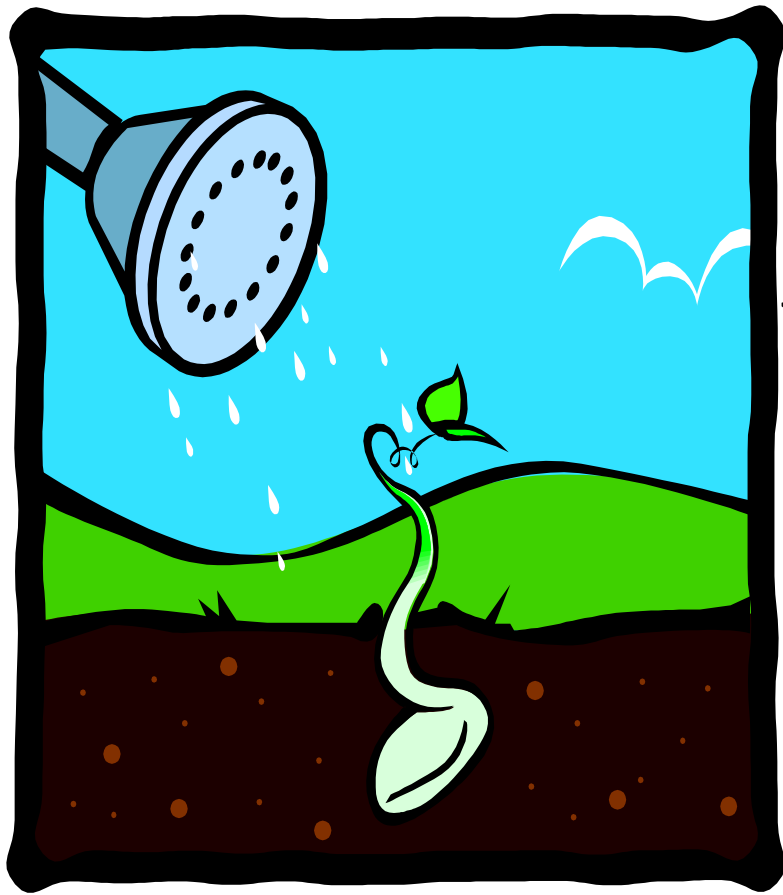


**Experience**  
**Increasing**  
**Vitality!**





# 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; <sup>a beautiful neighborhood</sup> lovely neighbors
- \* ~ my need for warmth, protection, electricity,
- \* ~ hot water, <sup>Healthy</sup> refrigeration, <sup>☉ sewer system</sup> 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; digestive tract, brain - Liver, heart, kidneys
- \* a safe, dependable means of transportation (a pen that works ☉)
- \* Fun, leisure-time activities
- \* guards who care: Frank, Joseph, Marcia, Brett, Family, - Tom, Howard
- \* I'm flexible, respectful, work opportunity - right livelihood, appreciation
- \* a supportive counsellor; 12-Step Programs of people who <sup>really</sup> 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!



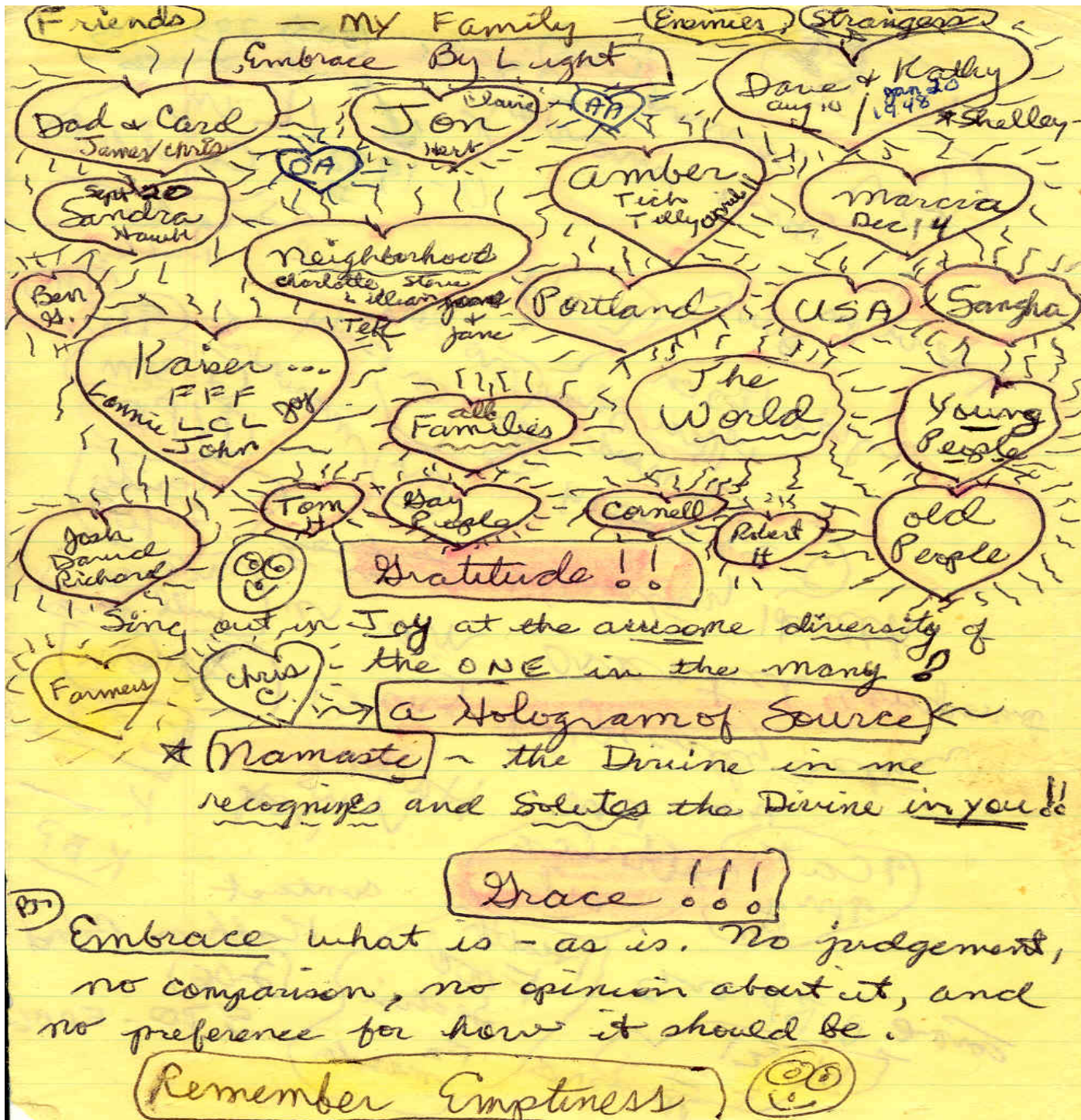














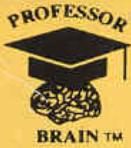




# Celebrate Simplicity in Life & Balance in Lifestyle!







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!!**

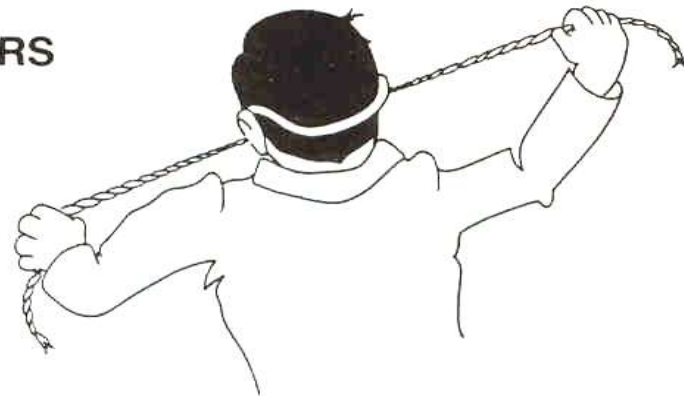


**PROFESSOR BRAIN'S**

# 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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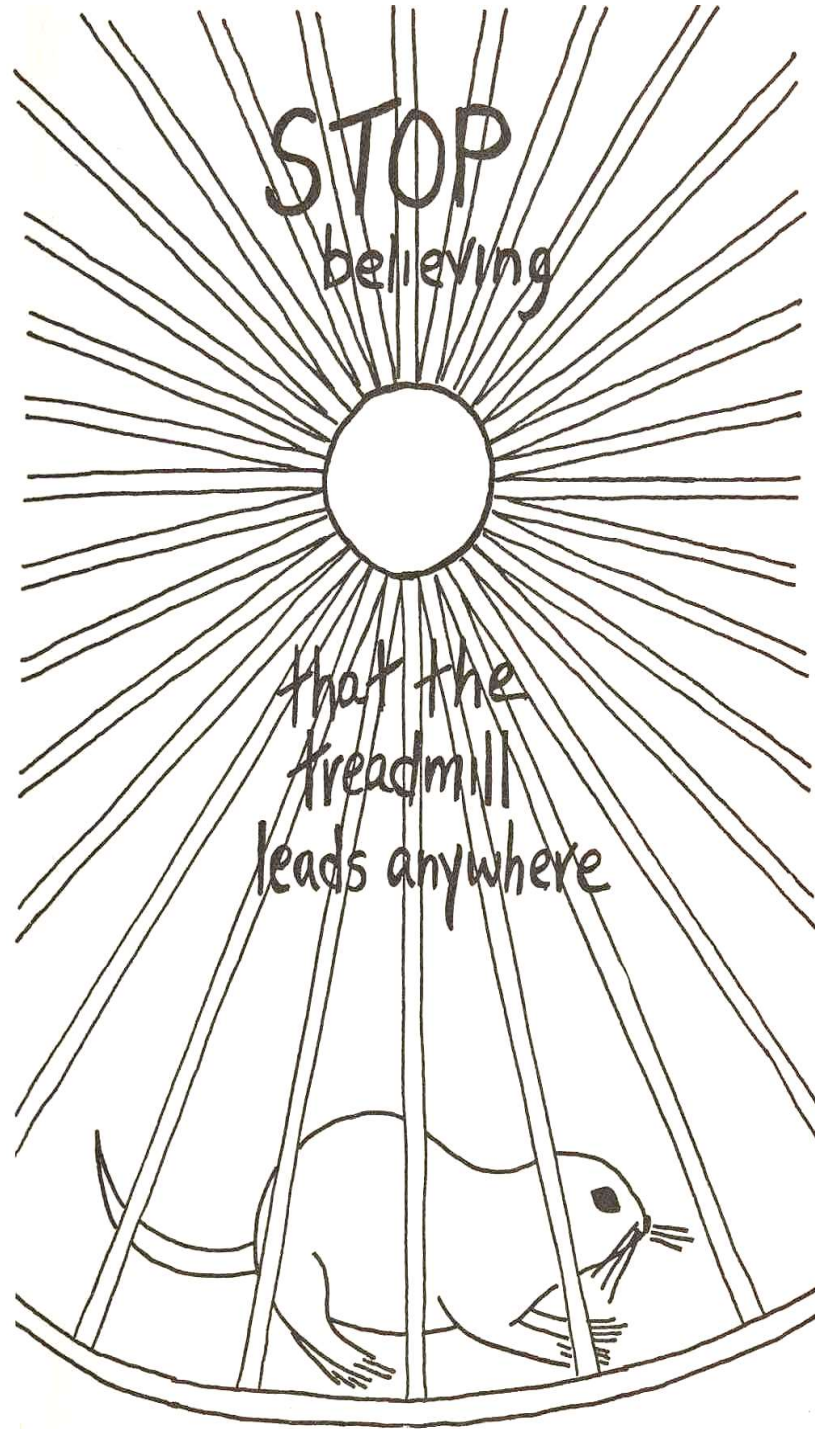
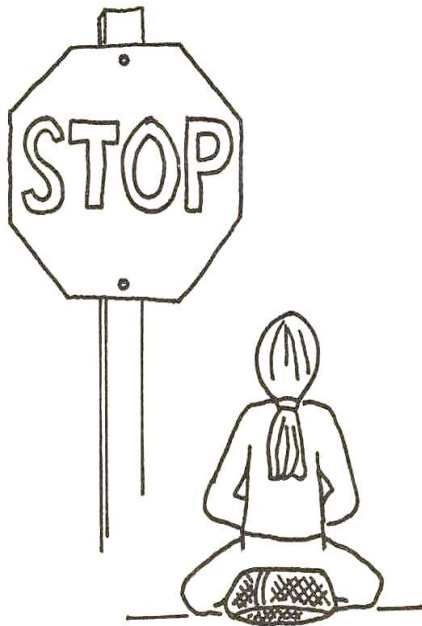




We're going so fast all the time,  
racing frantically toward a time  
when we can

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.

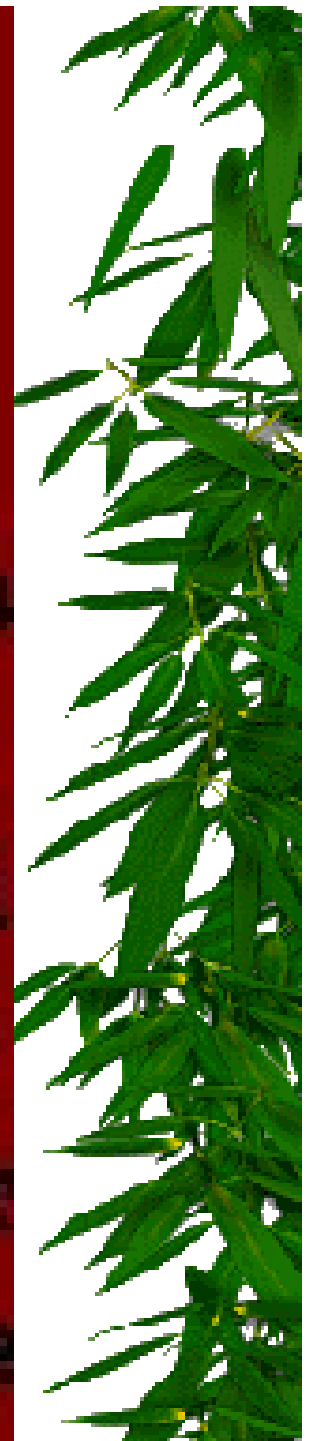
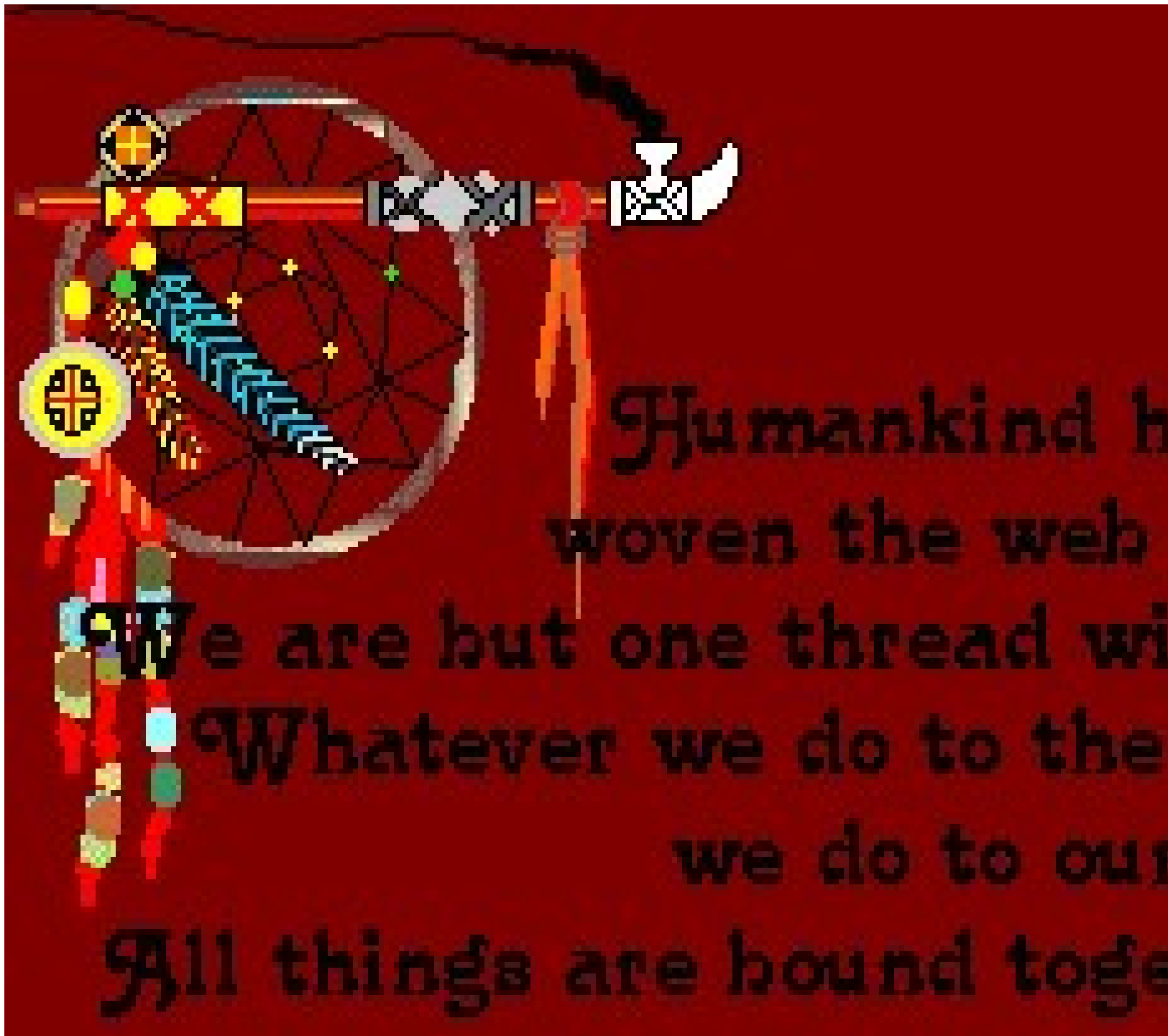
You have to give it up  
voluntarily.

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

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





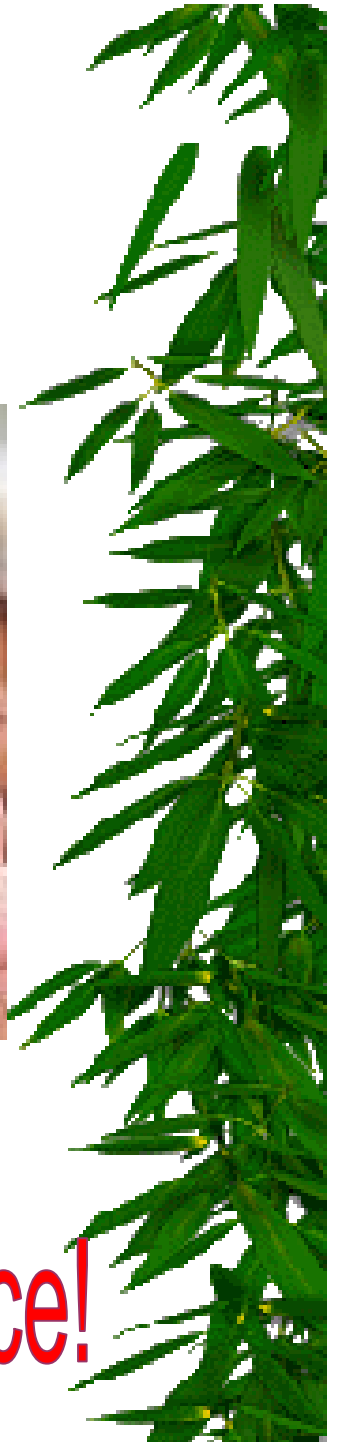




# Discover Vibrant Recovery!



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

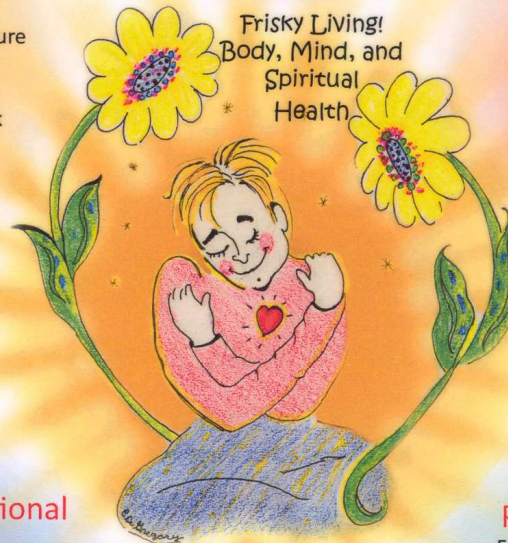
### Mental/Emotional Self-Care

- 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

Frisky Living!  
Body, Mind, and  
Spiritual  
Health





## 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!







"cluster together like STARS"

~Henry Miller





Celebrate Your Life!!!





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

