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Guidance At-a-Glance! What Steps Are You Ready to Take?










Balanced Weight Management offers *Lifestyle Coaching* that is a blueprint for self-change. It's a toolkit. Tools don't do anything, **YOU** do, as you use the tools to discover *how* you do what you do and begin to make changes. This is self-directed learning. With self-directed learning you can discover the issues or problems that are most relevant to you at the moment. They are based on your own experience.

You set your own agenda and your own pace. Have **FUN** with your exploration! I'm here to support you in your journey towards becoming fit & frisky from within!

As you explore below, ask yourself, "What are my root causes of being overweight? My patterns?"

This approach is about **YOU!** So, what areas of lifestyle change matter the most for you? What are **YOU** ready to explore?

EXPLORE THE NON-DIETING APPROACH AS YOU LEARN AND APPLY PRACTICAL NUTRITION:

-  Receive personalized weight management guidance. Be given support that assists **YOU** in developing your own healthy eating, activity, and life plan. It's an **ADVENTURE IN DISCOVERY** of many small, gradual changes that **CAN** work for **YOU!** Also available is a computer nutrition analysis that helps you know if your food choices will keep your body healthy. Software programs are also available.
-  Develop your own **FOUNDATION FOOD PLAN** that fits **YOU!** One that you can live with for a lifetime!
-  Investigate how to plan a better menu. Making small changes in what you eat really adds up (in nutrients and health) and down (in extra calories and fat on you)!
-  Explore how to make healthful choices in the kitchen. You learn how to set up your healthy kitchen and pantry to make meal planning easy and doable. It can fit into your daily routines. Experience a kitchen and shopping tour, and food sampling (In Portland, OR). Cut down on anxiety and last-minute confusion about making healthy meals. Discover how to prepare meals quickly. Find out how to be energetic and still lose weight.
-  Discover quick, delicious, practical, and affordable food ideas for "fueling up" your body – day to day. Ideas about breakfasts, lunches, dinners, and snacks.
-  Eating with more awareness and pleasure--learn to eat less but enjoy it more.
-  Learning how to dine out or attend parties or special occasions and still make choices that support your health goals.

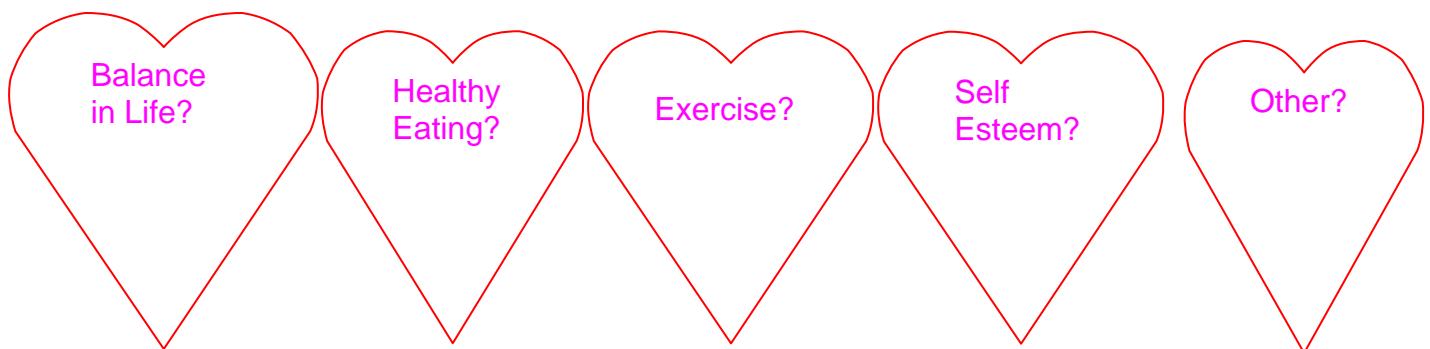
CULTIVATE A RESPECTFUL, LOVING FRIENDSHIP WITH YOURSELF!

- Find out how to build and maintain a robust self image (self esteem). Experience more JOY & delight in life as you begin to fall in love with YOURSELF.
- Improving your self-esteem and self-talk as you transform the tone of your relationship with yourself and learn to be your own loving friend.
- Practicing the art of self-nurturing and loving self-care through exploring choices that are "euphoric but non-caloric."
- Uncover the skillful lifestyle path with weight-loss maintenance RESOURCES for the Health of the WHOLE person.

BY PRACTICING SELF-MANAGEMENT YOU DISCOVER + APPLY YOUR OWN SOLUTIONS!

- After a coaching session, you will receive tailored feedback (e-mail) and links to great articles and resources for personal mastery.
- Becoming your own gentle observer & lifestyle coach – develop “your witness self” – while noticing habits and daily patterns – and planning small substitutions that can work for you.
- Practice the skill of making effective and fun changes in your life!
- Use the PROBLEM CHECKLIST! Discover what to do when you want to EAT. Become skilled at handling problem foods, problem situations, and problem times.
- Transform BINGEING! Discover how to regain control when you get off track.
- Use the hunger scale and Daily Personal Check-in. Turn up your *inner volume* to listen to your body and various hungers – they will talk to you!
- Discover practical, joyful movement for your body and how to fit it in (even if you have limiting health conditions).
- Learning the skill of self-management by overcoming barriers through practical problem solving. This will lead you to discover solutions that can work for you!
- How about any others? What would be FUN to learn about? What calls to you?

Now that you have thought a little more about this, pick out one or two areas that you think are the most important and give me a call for a coaching session. Begin today your journey towards health and friskiness!



Don't look around and see what the world needs.

LOOK at what you need to truly come alive and give that to yourself,

because what the world needs is...“truly alive people”,

and give that gift to the world!