

the **Vice-Busting**TM diet

Take it Off! with Julia



a 21 DAY
and beyond...

Plan for Realizing a
Healthy Lifestyle, and
Living Your Dreams!

Name: _____

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THE VICE BUSTING DIET™

Welcome to *your* **The Vice Busting Diet™** weight loss planner. Give me your full attention and effort and together, we will change your life and your body forever. Skeptical? That is ok, after all you have entrusted your “diet desires” to others in the past, believed their promises and were left disappointed, disillusioned and far from your weight loss goals. Something made you decide to trust me, that is a great start and we will build from there. I am glad that you are here and very positive about what can and will happen to you in the next 21 days...and beyond!

This workbook is meant to be fun, thought provoking, revealing and inspirational...and the best thing is, it will be written in large part by YOU! I am your guide on this journey – this path of ***self-improvement through self-motivation***. You are the traveler, the one who will ultimately decide which actions you will take along the way.

When I say give me 21 days...I really mean give yourself 21 days of 100% conviction, determination, effort and actions toward improving your health. This journey is awesome and not for one minute drudgery, so do not approach this as a “have to do” chore.

Approach this as an “I-am-so-lucky-to-be-able-to-travel-this-path” type of program. Trust me when I say that possessing this attitude will make all the difference in the world. With it, health and fitness will be yours for life!

So, without further ado,
let's get started awakening the new YOU!



GUIDELINES

1. This is NOT a “journal” - it is an adventure. Do not dare write down what you eat each day. Picture that an archeologist finds this book 100 years from now, if all that it contained was the amounts of food you consumed each day...they would think that you were a lab experiment, not a human being. You want them to learn about you...what makes you marvelous and uniquely you.

2. You have to have fun with this. I do not want you feeling deprived, bored, angry or lonely. This is meant to enable you to realize your dreams and goals, therefore there is no room for negativity—so leave that where it belongs...in the past!

3. Do not tell anyone, especially yourself, that you are on a “diet.” Erase that word from your vocabulary and thinking. You are on a mission; you are on a journey; but NOT a diet.

4. Give this your all. Really open up, really be honest with yourself, really learn about you...what makes you wonderful, special and worthwhile. You may not be feeling like any of these traits apply to you today, but trust me, you will...so realize it now and you will be well on your way.

5. Each day must build upon the one before. You need to keep thinking about what you learned about yourself, continue the action prescribed and when the initial 21 days are over, you keep living life with a self-improvement ideology to it...one step at a time.

6. Smile! It is a great asset, so use it often.

7. The most important rule...even if you must send it to live with a friend or neighbor to resist the urge – **DO NOT WEIGH-IN ON THE SCALE UNTIL YOU ARE EXPLICITLY TOLD TO DO SO!** I mean it! Weight loss and weighing in is like waiting for a pot of water to boil – if you keep looking...it seems to take forever! You will only lose mere ounces a day. So weighing each day will only lead to disappointment and frustration. Don't do it. Don't set yourself up for failure before you even have a chance to succeed.

8. See # 7, I mean it! Rate your success by the actions you've taken, not by the weight you've lost!



Diets don't last; a healthy lifestyle is yours for good!

AM AFFIRMATION: I believe in my ability to improve my health, my attitude and my life. I am worthy of the best that life has to offer and today I have the opportunity to get closer to realizing my dreams and goals.

TODAY'S ACTIONS:

Before going on to do the following exercise, I want you to be sure you start to implement one of the easiest and most important steps to losing weight and getting healthy. This will be the act as a reminder, a symbol, a reinforcement of the life that you are creating for yourself. You know by now all of the healthy benefits that come from drinking plenty of water, so I want you to make this your first step in that direction. Remember, you're only changing a step at a time, so be sure you commit to doing each one exactly as recommended!

STEP 1: Carry & drink from a water bottle throughout the day...everyday!

TEN ADJECTIVES

List 10 adjectives that you feel now describes yourself:

- | | |
|----------|-----------|
| 1. _____ | 6. _____ |
| 2. _____ | 7. _____ |
| 3. _____ | 8. _____ |
| 4. _____ | 9. _____ |
| 5. _____ | 10. _____ |

How do these words make me feel when I read them?



From now on, it is important that you choose your words wisely, for what you say about yourself is a reflection of what you think of yourself. It is vital to begin changing your thoughts first to believe in yourself and your abilities. It's important to build your self-esteem - and that is just what you are going to do with your **The Vice Busting Diet™**! So now, come up with 10 words that positively describe YOU and who you are...not how your body looks!

Now write ten adjectives that you would use to positively describe YOU!

- | | |
|----------|-----------|
| 1. _____ | 6. _____ |
| 2. _____ | 7. _____ |
| 3. _____ | 8. _____ |
| 4. _____ | 9. _____ |
| 5. _____ | 10. _____ |

How do **these** words make you feel when you read them?

These words should be different from the previous list. They should make you think about the fact that your body does not have to be a reflection of the person YOU are. These words should also be similar to the description of the person in the picture you have on yesterday's plan. These points will reinforce the direction you are headed. Because remember --**"if you don't know where you are going, how will you know when you get there?"** All this is designed to be the blueprint of the person you strive to become! Hence, you are developing your destiny!

Do I believe that this plan will work for me? Y_____ N_____

other: _____.

What do I feel will make this plan work? _____



END OF THE DAY ACTIONS:

In order to start training your mind to see what's great about each day, answer these questions:

Write down what was positive about today? _____

What one or two things can I do tomorrow to make it a more positive day?

PM AFFIRMATION: I am thankful for today and the chance that I had to improve my life. I forgive myself for any shortcomings I may have had, and I look forward to the opportunity that tomorrow brings to take action toward my goals!



day: _____ date: _____

Carry a bottle of water with you at all times—drink from it often!

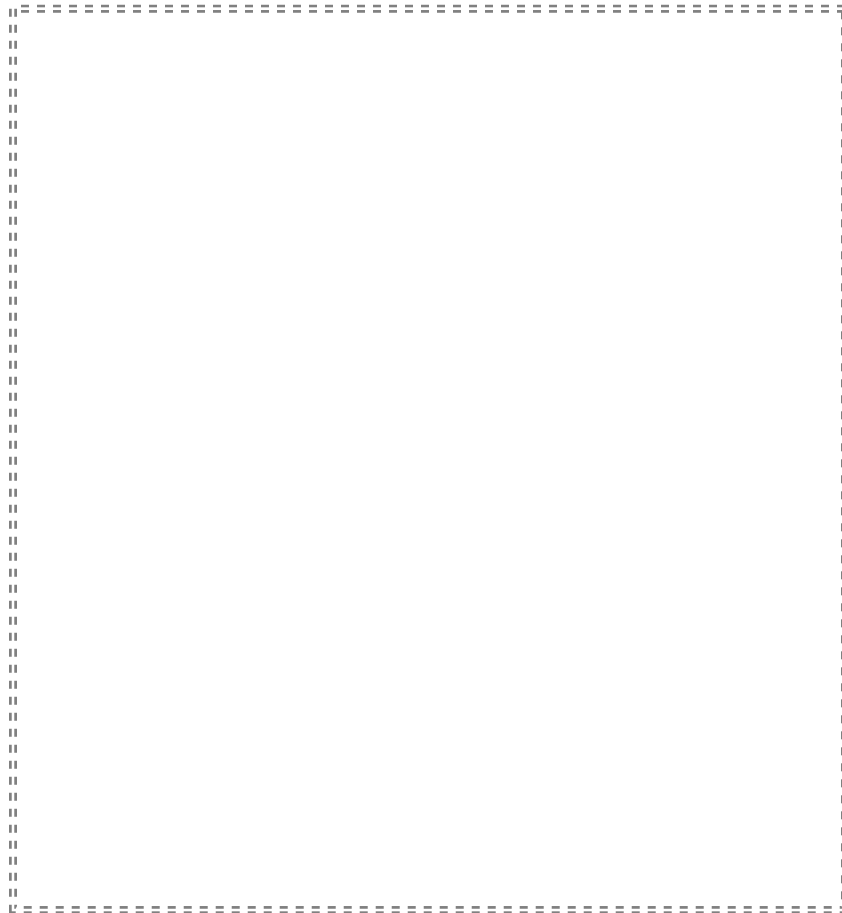
AM AFFIRMATION: I believe in my ability to improve my health, my attitude and my life. I am worthy of the best that life has to offer and today I have the opportunity to get closer to realizing my dreams and goals.

TODAY'S ACTIONS:

Current weight: _____

THIS IS ME TODAY:

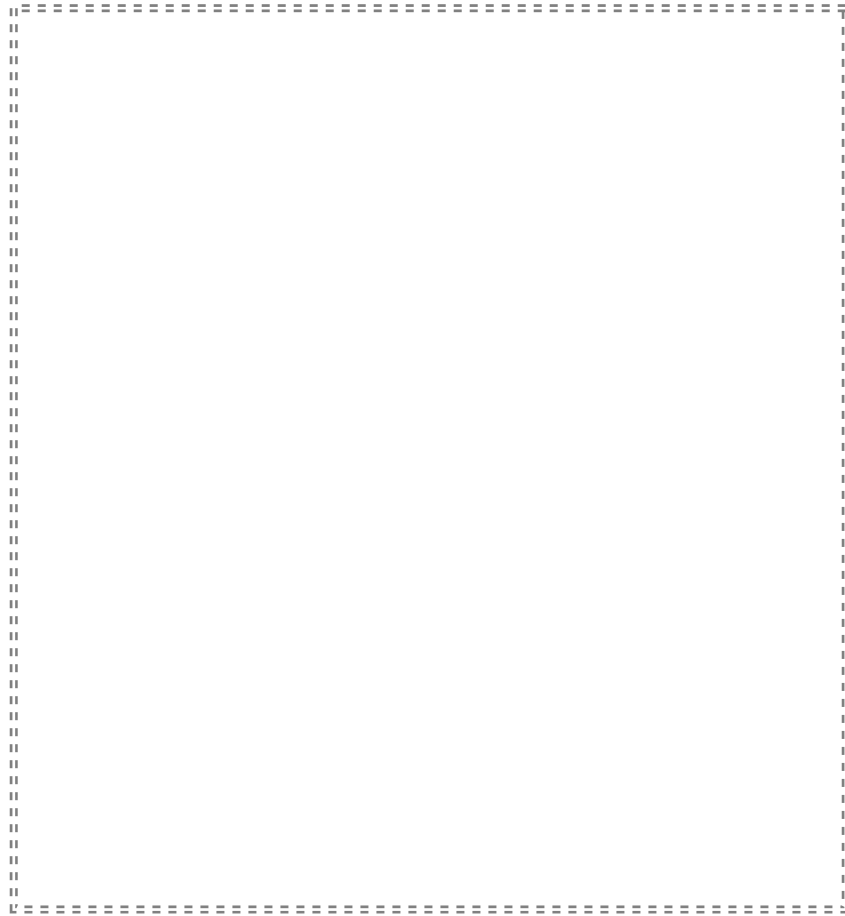
Paste a current picture of yourself here



THIS IS A PICTURE OF THE LIFE I WANT!

(tape picture in the space below)

Find a picture from any magazine that depicts the life you want (**described below**):



Today's exercise is fun and may require some time, but should allow you to start opening your mind to all the possibilities that exist for who and what you want to become. I want you to look at the picture you have chosen and write down on the lines below a description of the person in the picture – every aspect of who they are and what they do in every area of their life. Define what this person does, how they live, what they eat, how often they exercise, whether or not they have a happy marriage or relationship, if they are financially secure, etc. Define all aspects of their life in a positive way. This will be the life you would like to emulate. This is not just a description of the body you want, but the lifestyle you desire and will grow into!



Your destiny will be achieved when you plan your journey!

AM AFFIRMATION: I believe in my ability to improve my health, my attitude and my life. I am worthy of the best that life has to offer and today I have the opportunity to get closer to realizing my dreams and goals.

TODAY'S ACTIONS:

The following will be one of the most important actions you will focus on during these 21 days! It will make you believe that weight loss is possible !

Now, let's start to take a step in to losing weight!! →

Identify and write down your one biggest food or beverage 'vice' that is contributing the most to your weight, that is keeping you from reaching your fitness goals? :

_____.

How much and how often do you consume it in a day?

_____ Avg. / week _____.

I call this your #1 VICE. As you heard, ice cream was mine. Yours may be pizza, potato chips, fast food, soda or other high sugar drinks. By identifying the # 1 vice that you consumes YOU, you are making a giant step toward realizing your dreams. I promise you that if you work on isolating, and ultimately eliminating, this vice from your life, you will lose a dramatic amount of weight!

Agree? Y___ N___

While the idea of totally abstaining from a particular food/drink may seem like deprivation right now and as though it may lead to bingeing, let me tell you, that couldn't be further from the truth! When I started on my journey that ultimately led to losing 130 pounds, I didn't change everything about my lifestyle overnight. I tried that in the past. We have a name for that – "dieting!" And it didn't work for me. How about for you? Have the previous diet attempts you have made, ones that demanded drastic changes overnight, delivered successful results for you? I am going to assume not since you are here today.



Rather than try to change everything about you overnight – let’s take it one step at a time, one action at a time! **As you go through this process, do not allow doubts to come into your mind or think that you should be doing more, or doing it faster.** Picture in your mind climbing a mountain. If you were to try to climb the mountain at a rapid pace by leaps and bounds, the odds of your succeeding and not stumbling are slim. However, if you climb the mountain steadily and sure-footed, one ‘baby step’ at a time – you will reach the summit. That I can promise you. It just may take a bit longer than the impatient “dieter” may want.

Remember, deprivation is what you may be experiencing in your life by not being as healthy and fit as you are capable of being. THAT is depriving you of the life you want...and deserve!!

WRITE DOWN WHAT HEALTHY FOOD YOU WILL USE AS A REPLACEMENT:

I will start today by replacing my vice with:

_____.

(Use the “Healthy Substitutes” section listed in the back for ideas.)

How do I feel about giving up this item for good?

How do I feel about replacing this “vice” with something healthy?

Do I feel I am missing something? Y__ N__



Here are the two actions you should be putting effort toward developing into habits:

1. Carrying and drinking from a water bottle often throughout each day.
2. Eliminating your #1 vice and replacing it with a health substitute.

END OF THE DAY ACTIONS:

REAFFIRM: I am going to work to eliminate _____
from my life.

What was positive about today? _____

_____.

What one or two things can I do tomorrow to make it a more positive day?

_____.

PM AFFIRMATION: I am thankful for today and the chance that I had to improve my life. I forgive myself for any shortcomings I may have had, and I look forward to the opportunity that tomorrow brings to take action toward my goals!



*Only look at what you can do today,
not what you didn't do yesterday!*

AM AFFIRMATION: I believe in my ability to improve my health, my attitude and my life. I am worthy of the best that life has to offer and today I have the opportunity to get closer to realizing my dreams and goals.

Has the earth shaken?

Have all your dreams come true?

Are you at the weight you desire yet?

NO? A disappointing “no” to all of the above is probably your answer to the questions. Well let’s deal with any possible disappointment now, so that it is no longer a roadblock on your path of self-improvement. Your life will not change overnight. I understand that many of the diets in which you entrusted before promised you immediate and amazing changes. Do you understand that they over sold you? They told you just enough titillating promises to get you to buy their product, but when it came to delivering, it was all in the fine print – “for best results, eat a well balanced diet and exercise.” We are going to cut through empty promises and focus on the fine print - which is the true answer to lasting weight loss. Eating a well-balanced diet and regular exercise are components of a healthy lifestyle. The goal of this program is to bring you to a natural, maintainable, comfortable, healthy lifestyle. The very last thing I want you to feel is that you are on a diet! A healthy lifestyle is something to develop and live by that has no end. Neither by cheating, falling off of the wagon, bingeing, or by losing the desired amount of weight will you bring an end to your quest for living a healthy lifestyle!

Remember to focus on what you CAN do today, not what you didn't do yesterday. With that in mind, let's go on and continue to BUST the #1 vice in your life!



TODAY'S ACTIONS:

1. Carry your water bottle with you today (and everyday!), drink from it often!
2. Other substitutes that I will use in replacement of my biggest vice:

Be sure to do these two actions consistently, each and every day!

END OF THE DAY ACTIONS:

Were you able to avoid eating/drinking your "vice" food today? Y ___ N ___

If you had any of it, how did doing so make you feel?

What stressed you out today?

How did you handle your stresses?

Was the way in which you handled it different than in the past? If so, how? If not, how could you handle it/them differently?



Would eating have made the problem better? Why or Why not?

Do you realize that it would have only made the stresses and problems worse?

Y__ N__

Are you proud of the way you handled it today? Why or Why not?

What was positive about today?

What one or two things can I do tomorrow to make it a more positive day?

PM AFFIRMATION: I am thankful for today and the chance that I had to improve my life. I forgive myself for any shortcomings I may have had, and I look forward to the opportunity that tomorrow brings to take action toward my goals!



Today you have the opportunity to make better than the life you had yesterday!

AM AFFIRMATION: I believe in my ability to improve my health, my attitude and my life. I am worthy of the best that life has to offer and today I have the opportunity to get closer to realizing my dreams and goals.

TODAY'S ACTIONS:

Why do you want to lose weight and improve your fitness level? (Motivating reasons!)

GET MORE SPECIFIC: Why do you want to have more energy or be more fit? What will you do with more energy? Describe the person that you will become that you aren't now? In what ways will it change your life? For every 'why' that you list for wanting to lose weight and get more fit, answer 'why' for that point. You will discover your own motivating reasons here for wanting to lose weight and get fit!



Is your current weight and fitness level hindering you from doing things that you want to do in life? Y ___ N ___

What specifically is it hindering you from doing?

How will being thinner help you to realize these things?

END OF THE DAY ACTIONS:

What dreams do you have for your life? What accomplishments, activities, or achievements must you complete during your lifetime? (Don't hold back, list everything you want to be, do, & have!)



What was positive about today?

What one or two things can I do tomorrow to make it a more positive day?

PM AFFIRMATION: I am thankful for today and the chance that I had to improve my life. I forgive myself for any shortcomings I may have had, and I look forward to the opportunity that tomorrow brings to take action toward my goals!



Never underestimate the power within YOU!

AM AFFIRMATION: I believe in my ability to improve my health, my attitude and my life. I am worthy of the best that life has to offer and today I have the opportunity to get closer to realizing my dreams and goals.

TODAY'S ACTIONS: (focus on these two actions everyday!)

1. Carry your water bottle with you today (and everyday!), drink from it often!
2. Substitute healthy items in place of your biggest 'vice!'

Today, I want you to go out and buy a daily planner if you don't already have one. It is so important to write down each day's tasks the night before so you know what you want to get done, and what you're making a commitment to accomplishing. In this way, you can look back after a month or two and see that you have made progress. You actually won't need to look back because you'll know by where you are that you have actually made changes, and strides toward all your goals. So get a planner and start today by planning tomorrow. You'll find it is much easier to be productive and committed to your goals!

END OF THE DAY ACTIONS:

Are you feeling stronger about your ability to change?

Y___ N___

Can you envision eliminating your "vice" permanently?

Y___ N___

Is it more important to fill your thoughts with things more important than food?

Y___ N___

Is it understandable that 'diets' tend to put more focus on food and what to eat?

Y___ N___

Do you believe that with a couple of smart, healthy changes, you will win?

Y___ N___



Are you making other healthier choices as a result of your “vice” avoidance?

Y__ N__

Can you see how important it is to build on one or two actions each week?

Y__ N__

How does that make you feel?

Have you been drinking from your water bottle often during the day and evening?

Y__ N__

Do you feel your attitude is growing more positive and stronger each day?

Y__ N__

What was positive about today?

What one or two things can I do tomorrow to make it a more positive day?

PM AFFIRMATION: I am thankful for today and the chance that I had to improve my life. I forgive myself for any shortcomings I may have had, and I look forward to the opportunity that tomorrow brings to take action toward my goals!

Remember...

*“Make your transition to health and fitness
a one-day-at-a-time venture!”*



*Create a plan for realizing success, adhere to it...
and you will succeed!*

AM AFFIRMATION: I believe in my ability to improve my health, my attitude and my life. I am worthy of the best that life has to offer and today I have the opportunity to get closer to realizing my dreams and goals.

One week into the new you –what do you think? Remember this phrase: ***Time goes by quickly...whether you are having fun or not!*** By that I mean, one week has gone by, the same time would have gone by regardless of whether you were spending it wisely or not. Doesn't it feel great to have spent this week wisely? Not having to look back over the week and reflect with regrets of 'if only I could have been better, watched what I ate...lost weight, etc'...is a great thing. You know that you have made forward progress. You know that you are making steps towards your dreams and goals. You have no regrets and you should be starting to realize that it is just a matter of time until you realize you CAN and WILL get there! Let's measure this week's success without using the scale.

TODAY'S ACTIONS: (in addition to your daily actions)

WEEK 1 REVIEW:

Am I more confident in my abilities than when I started? Y__ N__

Did I identify my "vice" and consistently isolate it from my life? Y__ N__

Do I feel that I am gaining control over my #1 food vice? Y__ N__

Do I feel that gave 100% effort this week in eliminating my vice? Y__ N__



Positive actions I took towards my goals this week (i.e. carry water bottle, avoided or eliminated my vice, affirmed my commitment to health, other actions taken):

1. _____
2. _____
3. _____
4. _____
5. _____

Now that you have reviewed the good actions you have taken this week, let's move on to the next action. There is more that we must do than change one negative habit into a positive one. In a gradual manner, building one success upon another, it is time to incorporate another positive into your life. Today is the day to make exercise a part of your life. You may have already been doing some form of exercise, if so, great! Today is the day to begin working to increase your fitness level. First you must define what your fitness level is to know what to do!

What is your current fitness level?
(Refer to the back for "Levels of Health & Fitness")

LEVEL: 1___ 2___ 3___ 4___ 5___

Now refer to the section on "EXERCISES."
Choose an exercise to do from the Level of Health & Fitness
you are currently on. The exercise that I choose to do today is:

Make plans to do this exercise three times this week
(or more if you are on a higher Level).

I have scheduled, and will do, this exercise at least 3 times a week: Y___ N___



END OF THE DAY ACTIONS:

Are you ready to continue with your commitment? Y__ N__

Are you ready to take on another 'baby step'? Y__ N__

If you didn't answer YES to the last question, it's OK! The most important element to your success with this program is that the changes you are making are real and permanent and will, therefore, last forever. If you are not ready to progress further, just continue to work on strengthening your resolve to eliminate your #1 vice. The main focus is on making a habit of the first two actions – carrying a water bottle and drinking from it often (even next to your bed at night!); and substituting a healthy item in place of your #1 'vice.' This will build your confidence and propel you to more actions!

What was positive about today?

What one or two things can I do tomorrow to make it a more positive day?

PM AFFIRMATION: I am thankful for today and the chance that I had to improve my life. I forgive myself for any shortcomings I may have had, and I look forward to the opportunity that tomorrow brings to take action toward my goals!



BE what a healthy and fit person is—with your thoughts and goals; then DO what a healthy person does; and you will soon HAVE the healthy lifestyle and fit body they have!

AM AFFIRMATION: I believe in my ability to improve my health, my attitude and my life. I am worthy of the best that life has to offer and today I have the opportunity to get closer to realizing my dreams and goals.

TODAY'S ACTIONS: (in addition to your daily actions)

BE! It is important that you think of the life that you want – who you will BE! This relates to how you think about who you want to be. Think of the person you want to be, and do so often. List three things to think about that relate to the life you are creating for yourself:

1. _____
2. _____
3. _____

DO! What can you do this week to get closer to realizing the things above? If you think about the life you're creating, list three things you can do NOW that displays any of the three above:

1. _____
2. _____
3. _____

HAVE! It may take time to take, but if you never take the actions necessary it will never happen. Be patient, do what is needed and in time, you will realize your dreams. This holds true in life and in weight loss. Make sure that at least one of your BEs and DOs is related to furthering your weight loss progress: i.e. – BEING: visualizing and planning exercise; DOING: walking 3 days/week. (Your HAVEs are in your DAY 2 descriptions and



your goals in DAY 5!) This will get you to realize that change starts with the way you think before what you do.

END OF THE DAY ACTIONS:

What was positive about today?

What one or two things can I do tomorrow to make it a more positive day?

PM AFFIRMATION: I am thankful for today and the chance that I had to improve my life. I forgive myself for any shortcomings I may have had, and I look forward to the opportunity that tomorrow brings to take action toward my goals!

Remember...

*“All great achievements will have their setbacks.
What makes them great achievements is your ability
to go on despite any setbacks!”*



Don't let life pass you by without making the effort to live to your full potential. Start each day with the thought of making positive choices toward that end!

AM AFFIRMATION: I believe in my ability to improve my health, my attitude and my life. I am worthy of the best that life has to offer and today I have the opportunity to get closer to realizing my dreams and goals.

Nine days without your vice! Can you believe it?! Each day that you are going without your vice is another day that you are choosing your destiny. You know why exercise may have been a problem in the past? Because most programs don't take into account where you are on your health and fitness Level. Sure, if you have been active in the past, taking up exercise may be just a matter of changing your priorities. But for the majority of us who really don't think nor have the habits of those with good exercise habits, it's not realistic to think we're going to jump into exercise, love it, be consistent, and do it for 45 minutes everyday. Even when you purchase a new piece of equipment your intentions may be good, but without other changes, you can't expect to put all your hope into the five minutes a day that promises to fulfill all of your dreams! It makes me mad, and it should you too! We have been sold a dream but are not given the right path to reach it! Remember, we have either had a lack of knowledge that has kept us from getting where we want to go, or we have had the knowledge but didn't know how to act upon it.

**TODAY, MAKE IT YOUR RESOLVE
TO STICK WITH THESE THREE ACTIONS:**

1. Carry and drink from a water bottle often
2. Replace your #1 vice with a healthy substitute
3. Get some form of exercise three times per week



END OF THE DAY ACTIONS:

What was positive about today?

What one or two things can I do tomorrow to make it a more positive day?

PM AFFIRMATION: I am thankful for today and the chance that I had to improve my life. I forgive myself for any shortcomings I may have had, and I look forward to the opportunity that tomorrow brings to take action toward my goals!

A wise man once said....

*“Make no small dreams, for there is no magic in them!
Be inspired and motivated by your dreams
of a life with health and fitness!”*



*You must stay the course!
Your good habits will develop the course and soon
the course will lead to fulfillment of your dreams!*

AM AFFIRMATION: I believe in my ability to improve my health, my attitude and my life. I am worthy of the best that life has to offer and today I have the opportunity to get closer to realizing my dreams and goals.

How many days have you been alive? _____

How many years do you expect to live? _____

How many days would that be left? _____

The previous questions are to help you be aware that there is a finite amount of time we have here. Let's use the time we have toward fulfilling our dreams and goals! You have now been without your #1 'vice' for 10 days, when taken into consideration against the entire scope of your life, it really is no time at all is it? This should really put the 'baby steps' approach that you are now undertaking into more perspective. It is important to keep your eye on the ball!

TODAY'S ACTIONS: (summary)
1. Adequate amount of water intake each day.
2. Elimination and replacement of the #1 contributor to my weight.
3. Exercise being performed on my current Level of Fitness.

...three steps for building a strong foundation for a healthy lifestyle!

Continue to use your planner to list everything you want to get done during the day!



END OF THE DAY ACTIONS:

What was positive about today?

What one or two things can I do tomorrow to make it a more positive day?

PM AFFIRMATION: I am thankful for today and the chance that I had to improve my life. I forgive myself for any shortcomings I may have had, and I look forward to the opportunity that tomorrow brings to take action toward my goals!

You will achieve success if you...

“Learn to handle one item or issue at a time that is keeping you from losing weight and reaching your goals. Then go on to conquer the next one!”



Deep within you dwell powers that when put into action will astonish you!

AM AFFIRMATION: I believe in my ability to improve my health, my attitude and my life. I am worthy of the best that life has to offer and today I have the opportunity to get closer to realizing my dreams and goals.

It's 'spring cleaning' day! Today we are going to focus on tackling some things other than your weight that need some attention! I am a firm believer in completing ignored or unfinished tasks. By that I mean—Finish what you start!

I want you to think for a moment about all of the things that you have "to do" in your life. It is my belief that we spend so much time fretting and stressing over all of the things that we "have to do" that it leaves little time left for actually doing them. It is little wonder that we feel that there is no time to get anything done.

I want you to make a list of things that you need to get done in your life. Let's get rid of the 'clutter' that is keeping you from taking steps to improving your life. These things may seem small (and they are!), but they will clutter your mind as well! Make a list of the things that need organizing, that need cleaning, or picking up. It is going to be your goal to have this list done within one week! You can do it. I know you can.

TODAY'S ACTIONS: (in addition to your daily actions)

Things that need my attention now:

1. _____
2. _____
3. _____

Also include such things as putting all of the year's photographs into a keepsake box or photo album. Or bringing the kid's baby books up to date, putting new pictures into frames around the house. A great thing to do is to write letters to old friends, let them know you still treasure them and rekindle the friendship...we can never have too many



friends in our lives---and while on this journey it is great to have all the support you can, so enlist people!

Other personal things that need my attention now:

1. _____
2. _____
3. _____

By getting these few these accomplished, you will help make your time more efficient and, therefore, leaving more time for you to take action toward your goals. So tackle these chores. You will be amazed at how you feel once you are done. I am sure there are more things, and you can put them on your master plan and check them off one by one. But for this week, let's only tackle these.

Now, set about getting these things done. Set a day that you can handle at least one or two during the next 10 days. Make no excuses, just do it!

END OF THE DAY ACTIONS:

What was positive about today?

What one or two things can I do tomorrow to make it a more positive day?

PM AFFIRMATION: I am thankful for today and the chance that I had to improve my life. I forgive myself for any shortcomings I may have had, and I look forward to the opportunity that tomorrow brings to take action toward my goals!



*Taking one strong step at a time will keep you from falling.
You may stumble, but you will be able to keep
your balance and move forward!*

AM AFFIRMATION: I believe in my ability to improve my health, my attitude and my life. I am worthy of the best that life has to offer and today I have the opportunity to get closer to realizing my dreams and goals.

TODAY'S ACTIONS:

1. Adequate amount of water intake each day.
2. Elimination of my #1 contributor to my weight.
3. Exercise being performed on my level.
4. Completing tasks that have needed attention.

Now is time to put into action what I think is one of, if not the most powerful points of Self-Improvement through Self-Motivation. When I was obese and working at my then current job, my boss would often times institute a contest. His reasoning was to increase productivity by offering incentives to the workers for various achievements. There was never one contest that I did not win every prize offered. I was (and still am!) very 'prize' motivated. It would drive my co-workers crazy that the same "fat, lazy woman with work habits similar to that of a trained monkey" could at any time, call upon some super work ethic and out-produce anyone else when tempted with a dinner for two, cruise or cash! Their criticism never bothered me. I took my booty and retreated to another cycle non-productivity until the next contest! It drove my boss crazy, and it got me thinking!

Rewards are a wonderful incentive. We all love treats, trinkets and prizes, right? You do to, I am betting. So, what I did was to create a similar type of results/reward system to support my efforts in my weight loss.



I want you to list 10 things that you would consider a realistic and affordable reward that you could give yourself each week for sticking to your resolve of removing your vices from your life and making forward progress on your journey. These do not have to be extravagant nor cost money, but they must be something that you will enjoy – something that you will associate with pleasure in order that giving up your #1 vice is associated with something good, rather than something painful! I used things such as manicures, a new book, a trip the local art museum when eliminating my #1 vice, which was ice cream. You can refer to the section in the back on **“Rewards”** for ideas if you need to! :

LIST OF REWARDS THAT WILL I WILL USE AS POSITIVE
REINFORCEMENT FOR PROGRESS MADE:

- | | |
|----------|-----------|
| 1. _____ | 6. _____ |
| 2. _____ | 7. _____ |
| 3. _____ | 8. _____ |
| 4. _____ | 9. _____ |
| 5. _____ | 10. _____ |

END OF THE DAY ACTIONS:

As a reward for NOT eating/drinking my “vice” and for being consistent with my scheduled actions and my Vice-Busting Diet™ through Day 21, I am going to reward myself with:

Now, the catch here is that you must want this reward enough to work for it. If you stray at all, even a bite, you do not get your reward. That in no way means that the week was not in many ways still successful. It just means that your rewards must be sacred and only earned for 100% compliance!



What was positive about today?

What one or two things can I do tomorrow to make it a more positive day?

PM AFFIRMATION: I am thankful for today and the chance that I had to improve my life. I forgive myself for any shortcomings I may have had, and I look forward to the opportunity that tomorrow brings to take action toward my goals!



*The body is made up of mostly water—
so drink plenty of water and eat plenty of foods
that are water based like fruits and veggies!*

AM AFFIRMATION: I believe in my ability to improve my health, my attitude and my life. I am worthy of the best that life has to offer and today I have the opportunity to get closer to realizing my dreams and goals.

Oh...number 13! Is it a “lucky” number for you? I think so. Today is a great day! You have been doing healthy things for your mind, body and soul for 13 days! With many other diets, you may have thrown in the towel by now, or worse, been putting all your hope in a product to do, and give you, everything you want! That just isn’t going to be the case this time...and you know why? Because you aren’t “on” anything that you have to go “off” of! Keep in mind the five points that will build a healthy lifestyle for you.

1. Education – learn the basics, what’s simple, what you know you can do!
2. Conviction – don’t let anything get in the way of where you want to go!
3. Determination – this will come from building confidence in yourself!
4. Action – remember, just one action a day is all that’s needed to move on!

Effort – each day put forth a 100% effort to do each action completely!

For the last 13 days, you have been focusing on changing ONE thing at a time. First, we addressed the need for plenty of water in your life. You should be carrying a water bottle with you everywhere you go now. Then, you identified your “biggest vice” and have been isolating it from your life. That is perhaps the most important habit that you can establish for your health. We then began to incorporate exercise into your lifestyle.



TODAY'S ACTION:

Describe your emotional level, your mood. What is like today v. when you started?

As you are realizing that you have the strength to avoid your "vice" food, are you beginning to realize you can also take control over your moods? Y___ N___

1. Are you beginning to believe that you are able to take control over your actions?

Y___ N___

2. How many years have you been overweight? _____

3. How many diets have you tried in the past? _____

4. What was the most successful plan that you tried? _____

5. How much weight did you lose on that plan? _____

6. How long did the weight stay off? _____

7. What do you think are the reasons why you gained the weight back?

8. Are those reasons still part of your life?

Y___ N___

9. Do you feel those reasons are being addressed and will not hinder your success now?

Y___ N___

10. Do you think if you keep doing what you have always done, that you will get results different than what you have always gotten?

Y___ N___



END OF THE DAY ACTIONS:

Do you feel that you are changing too fast? Y___ N___

Are you frustrated that you aren't 'doing more' yet or are you relaxed?

Keep in mind, you want to feel that you can do more, that way you will, but one step at a time, not all at once!

Do you feel that change is coming to you easily? Y___ N___

What was positive about today?

What one or two things can I do tomorrow to make it a more positive day?

PM AFFIRMATION: I am thankful for today and the chance that I had to improve my life. I forgive myself for any shortcomings I may have had, and I look forward to the opportunity that tomorrow brings to take action toward my goals!



*Your potential is greater than what you may believe!
Eliminate your limiting beliefs, and be confident
that you can reach the stars!*

AM AFFIRMATION: I believe in my ability to improve my health, my attitude and my life. I am worthy of the best that life has to offer and today I have the opportunity to get closer to realizing my dreams and goals.

Let's spend the next 7 days increasing our focus on the few actions that are currently in place. I can tell you hundreds of stories of people just like you who identified their biggest vices and eliminated it from their lives and went on to lose over 25 pounds in their first two months – doing nothing other than simply eliminating the worst things they were doing. Something amazing happens when you take control over one or two things: you prove to yourself that you are in fact in control. Remember two points about this plan that will allow you to succeed:

- 1) Keep things simple; and
- 2) Put faith in yourself.

YOU are the one who will make things happen – not some pill or potion, or any exercise machine – only YOU and what you do!

TODAY'S ACTIONS (summary):

1. Adequate amount of water intake each day.
2. Elimination and replacement of the #1 contributor to my weight.
3. Exercise being performed on my current Level of Fitness.
4. Completing tasks that have needed my attention.
5. Set and schedule Rewards for sticking to my plan!



END OF THE DAY ACTIONS:

I want you to make this your new mantra:

*"If I keep doing what I have always done,
I will get the same results that you I always gotten.
If I want to get different results,
I must do things differently than I have ever done!"*

WEEK 2 REVIEW:

Positive actions I took towards my goals this week (i.e. carry water bottle, avoided or eliminated my vice, affirmed my commitment to health, other actions taken):

1. _____
2. _____
3. _____
4. _____
5. _____

What was positive about today?

What one or two things can I do tomorrow to make it a more positive day?

PM AFFIRMATION: I am thankful for today and the chance that I had to improve my life. I forgive myself for any shortcomings I may have had, and I look forward to the opportunity that tomorrow brings to take action toward my goals!



I can personally attest to the power of PGX®*. After I reached 40, maintaining my weight become more challenging. My appetite was still very powerful and demanded my constant attention. After trying some PGX that a friend gave me, I was quickly amazed that I couldn't finish my normally huge plate of salad. I was full—much faster than I normally was. I went back to my friend to find out "What is this stuff?"

WHAT I FOUND OUT WAS THAT PGX IS

- Easy
- Safe
- Clinically proven effective
- Natural
- Plant based
- Science based

Although I really didn't care *why* I could now easily eat smaller portions—because my appetite was much more under control—I wanted to learn more about this so I could share it with my readers. My deepest concern was its safety. What I found out that really impressed me was that it was not a *stimulant* approach to suppress appetite, but was an extremely easy way to *correct* appetite. So I needed to find out how that worked and why.

WHY

After years of clinical research involving thousands of participants, researchers such as Dr. Michael Lyon M.D. learned that many overweight individuals suffer from blood sugar levels that rapidly rise and fall throughout the day. When blood sugar drops rapidly, your brain sends out powerful messages to EAT, resulting in food cravings that are almost impossible to ignore. Why? The brain regulates two primary functions every minute; oxygen and blood sugar. When levels of either drop too quickly, your brain senses danger and reacts. With blood sugar – the brain tells your body that you need to eat.



It was explained to me that it's normal for blood sugar levels to rise and fall, but rapid changes can be harmful and can make our bodies crave sugar and starchy foods, even when we know we shouldn't be hungry. That's why we don't crave celery when our brain tells us to eat and so we often turn to "vice-foods" with lots of sugars, fats and starches in order to quickly raise our blood sugar levels. Dr. Lyon and other researchers have observed that most "vice-foods" trigger repeated rounds of hunger and blood sugar drops, and so the vicious cycle may continue every day. Dr. Lyon told me that it's like an unpleasant roller coaster for the brain and this makes it extremely hard for those experiencing it to control hunger. I had Dr. Lyon's clinic check my blood sugar for several consecutive days using a new hi-tech device I wore day and night (he called it a Continuous Glucose Monitoring System). Thankfully my blood sugars did not show this "rollercoaster" pattern, so I guess I'm doing something right! No doubt the PGX that I had been taking for weeks beforehand helped.

HOW

Medical researchers like Dr. Lyon discovered that PGX can have a positive impact on blood sugar by adding PGX to meals. Their studies showed that along with a healthy diet, it can help restore insulin sensitivity (a key factor in weight control) and also curb food cravings.

PGX is available in soft gelatin capsules (PGX Daily Ultra Matrix or SlimStyles PGX Plus), in unflavored granules that can be sprinkled on moist foods or in recipes (by the packet or the jar), and in delicious naturally flavored shakes (SlimStyles and WellBetX brands). For more information visit www.pgx.com

*PGX is an acronym for PolyGlycoPlex®. is a unique complex of highly-purified, water-soluble polysaccharides derived from natural plant fibers.

PGX is the result of many years of intensive clinical and laboratory research at Canadian universities in collaboration with the Canadian Center for Functional Medicine.



Using PGX before meals increases the volume of the food we eat as PGX expands in the digestive tract, and it slows digestion so sugar levels don't spike up as quickly or crash soon after eating. By balancing blood sugar levels, PGX helps the brain determine that it no longer needs *fast* energy and this means you will be less likely to crave food.

Aside from slowing digestion, PGX expands quickly and gently in your stomach when taken with water. This expansion creates more volume in your stomach, which allows you to eat smaller meal portions. You feel full, faster. PGX can help you accomplish your "Vice-Busting" goals by allowing you to eat smaller portions, keeping you full for longer periods between meals and by reducing unhealthy food cravings.

The developers of PGX used a special process to concentrate tremendous power in just a few pills or powders. PGX *corrects appetite* when it's taken with each meal because it slows the digestion of food which helps control and balance blood sugar levels. This slowed digestion further helps reduce food cravings by keeping you full for a longer period of time.



Statistics show that each person in the U.S. consumes at least one soft drink a day. Eliminate soft drinks from your diet and you can eliminate 15 pounds in no time!

AM AFFIRMATION: I believe in my ability to improve my health, my attitude and my life. I am worthy of the best that life has to offer and today I have the opportunity to get closer to realizing my dreams and goals.

How about starting your day with good news? – *If you keep doing what you have been doing for the past 14 days...replacing your vice with healthy choices, incorporating exercise into your life, drinking plenty of water...then you will get the results that you have always wanted!* – How does that sound?!

Well, we aren't done yet! Now, it is time to go for the next vice that you should isolate. Even at this point in my journey, I can still identify something that without it in my life, a few pounds will be shed. So, what is it for you? Are you still eating chips, sneaking a candy bar, or eating pastries? The answer will be different for everyone. Think about it and come to an answer...what is it that is holding you back at this point? What is next to work on? Identify one more "VICE" that is contributing to your weight. This obviously will not be as significant as the first one, but without it, you will make a difference in your progress. This will be the second highest contributor to your weight on a regular basis.

TODAY'S ACTIONS:

Identify and write down the second highest contributor to your current weight:

List of substitutes that you will use to replace the top two items being eliminated:



List one or two things you would like to improve about yourself, other than your weight?

1. _____
2. _____

How could you improve them?

List three actions you could take to further your improvement with this trait?

- 1 _____
- 2 _____
3. _____

END OF THE DAY ACTIONS:

Have I been consistent with my actions for the past two weeks? Y___ N___

Am I using PGX to help me feel full faster? Feel full longer? Am I feeling the benefits of PGX

What obstacles, if any, do I still see holding me back?



The most common reason for not following through is a lack of motivation. Be sure you have your dreams and goals completed, along with the reasons 'WHY' you want to lose weight (Day 5). You must be as specific as you as can, in order to provide yourself with the motivation and desire to live a healthy and fit lifestyle!

What was positive about today?

What one or two things can I do tomorrow to make it a more positive day?

PM AFFIRMATION: I am thankful for today and the chance that I had to improve my life. I forgive myself for any shortcomings I may have had, and I look forward to the opportunity that tomorrow brings to take action toward my goals!



*Taking one strong step at a time will keep you from falling.
You may stumble, but you will be able
to keep your balance and move forward!*

AM AFFIRMATION: I believe in my ability to improve my health, my attitude and my life. I am worthy of the best that life has to offer and today I have the opportunity to get closer to realizing my dreams and goals.

COUNT YOUR BLESSINGS!

One of the most important exercises we can do for our outlook on life, and building and maintaining a positive attitude is to list things we are thankful for. By taking the time to appreciate the simple things in life, every hurdle or battle that may be troubling us, diminishes in size. It will make your worries take up little to no space in your mind, enabling you to conquer any goal you set out to achieve. In our home, we do this at dinnertime, with each of us saying what we are thankful for. Thoughtful reflection is a great thing. I would like for you to list some of the things that you have to be thankful for. This is a great exercise to do each day!

TODAY'S ACTIONS: (in addition to daily actions)

I am thankful for:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____



END OF THE DAY ACTIONS:

What was positive about today?

What one or two things can I do tomorrow to make it a more positive day?

PM AFFIRMATION: I am thankful for today and the chance that I had to improve my life. I forgive myself for any shortcomings I may have had, and I look forward to the opportunity that tomorrow brings to take action toward my goals!

Don't doubt for a second that....

"The strongest tool, support, help, or motivation that you can or will ever have comes from within - by strengthening your attitude and belief in yourself!"



*The only horse in a race that doesn't cross the finish line
is the one that lost sight of where it was going!
Always think about where you are going!*

AM AFFIRMATION: I believe in my ability to improve my health, my attitude and my life. I am worthy of the best that life has to offer and today I have the opportunity to get closer to realizing my dreams and goals.

The only thing between you and your "finish line" is TIME! That's right, time. You did not put on your weight in a matter of weeks and you will certainly NOT lose it in a matter of weeks. Despite what claims products make, you need healthy actions over a period of time to realize your weight loss desires. The good news, though, is it doesn't take long to destroy what may have taken years to create – namely, destroying the fat! The goal of this first 21 days is to build a foundation of belief in your abilities that is so strong that you will have the determination that it will take to see you through the coming months...and beyond. I say beyond, as this is not "over" once you reach your desired weight. You are creating habits that need to become permanent parts of your new healthy lifestyle, so that you maintain your results every day forth. Won't it be nice to never have to go on a diet again?

MAKE YOUR APPROACH LIKE A SOLDIER. YOU NEED:

TRAINING which you are doing with simple steps over time!

TOOLS like your daily planner, tennis shoes, and other recommended items!

a STRATEGY which I hope I have provide you here with your LifeChanger!

a TEAM who will support your efforts which should include a workout partner!

PASSION in your life to put them all together to continue the battle against the bulge!



When I started out on my "battle" I wrote a list of goals to keep me looking forward.

1. To get out of debt.
2. Have a successful business.
3. To help others to realize their dreams.
4. To have another baby.
5. To live happily ever after.
6. To write a book.
7. To go to the Oscars.
8. To become Mrs. Missouri.

The list may seem simple or easily obtainable by most standards, but it is important to note that when I made this list, I was 275+ pounds, going through a divorce and broke. So, for that time in my life, it was a very ambitious list! The list was written sometime around 1995. I am happy to say that I have checked 5 out of 7 off and will get other two crossed off soon! This should be a shortened is a shortened version of your dreams and goals.

TODAY'S ACTIONS:

WHAT WOULD YOUR LIST LOOK LIKE?

- | | |
|----------|-----------|
| 1. _____ | 6. _____ |
| 2. _____ | 7. _____ |
| 3. _____ | 8. _____ |
| 4. _____ | 9. _____ |
| 5. _____ | 10. _____ |

There! You wrote them down and therefore now they are more real. It is now up to you to go and realize them, one at a time. Remember, there is no race to finish them. Having a 'master plan' allows you to see that there is so much more in life than just the food that you need to eat to live! This will allow you to keep your eye on the finish line rather than on the feedbag!

Continue to MASTER these simple actions to build confidence and strength!



- 1. Carry a water bottle and drink plenty of water each day!**
- 2. Replace your #1 and #2 vice with healthy substitutes!**
- 3. Get some exercise on a regular basis each week!**

END OF THE DAY ACTIONS:

What was positive about today?

What one or two things can I do tomorrow to make it a more positive day?

Am I using PGX to help me feel full faster? Feel full longer? Am I feeling the benefits of PGX _____

PM AFFIRMATION: I am thankful for today and the chance that I had to improve my life. I forgive myself for any shortcomings I may have had, and I look forward to the opportunity that tomorrow brings to take action toward my goals!



*Sometimes you have to just get up and do what needs to be done,
and the reasons will become clearer each day!*

AM AFFIRMATION: I believe in my ability to improve my health, my attitude and my life. I am worthy of the best that life has to offer and today I have the opportunity to get closer to realizing my dreams and goals.

Do what needs to be done, sounds easy enough doesn't it. I think that dieting, as it has been sold to us, would have us believe that what we must "do" is very complicated and restrictive. I think it is pretty simple and much easier than the "experts" would have us believe. You have now completed 17 days "vice free", you have taken control back from the worst thing that you were putting into your body-- the worst thing that was contributing to your excess weight. You are tackling your second worst vice, are incorporating some exercise into your regime and are making it a habit to drink water throughout your day. Simple but incredibly effective changes, that when done consistently will result in clear and permanent change.

To make it very clear, what needs to be "done" is to feed your body the foods that it needs for proper function. The most common mistake the dieters make, is they argue "but we have to eat" and confuse what we *have* to eat for what they *want* to eat. Yes, we have to eat to live, but we do not have to eat unhealthy food items.

As your conviction and belief in your abilities builds, you will find it much easier and more natural to make other more positive and healthy choices as to what you eat and do.



TODAY'S ACTIONS:

I would like for you to list other things that are becoming apparent to you as things that may also be hindering your weight loss:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Now that you've identified other 'hurdles,' let's look at possible solutions. Always look at the solution, because if you focus on the problem, you'll never see the solution!

The best way to come up with a solution is to ask yourself the right questions. Use this as an exercise wherever you are, as a check against what may not be healthy, and what is healthy!

QUESTIONS TO KEEP IN MIND DURING YOUR HEALTHY LIFESTYLE TRANSITION:

1. Is this healthy for me? What is a better choice, if not?
2. Will I be happy with myself if I make this choice?
3. What choice will make me happier in the long run?
4. How can I better prepare for healthy choices each day?
5. Which decision will move me closer to my goals?
6. Am I focused on WHY I want to achieve my goals?
7. Is my focus on taking this one positive action?
8. How can I best handle this situation?
9. What is the best solution?
10. Is this the healthiest solution?

If you have any doubts, remind yourself that you can always quit. Let me repeat that: **YOU CAN ALWAYS QUIT.** With that option in mind, why not go on to see where your actions will lead you? Quitting will not lead you to your goals and dreams, so why not save quitting for another day. What would you do if you quit? Nothing! So keep doing, and you'll keep getting...one step closer to the lifestyle you desire!!



END OF THE DAY ACTIONS:

REVIEW:

- | | | |
|---------------------------------------------|-----|-----|
| 1. Control over my #1 and #2 vice! | Y__ | N__ |
| 2. Drinking plenty of water each day! | Y__ | N__ |
| 3. Exercising on a regular basis! | Y__ | N__ |
| 4. Planning a reward for each week! | Y__ | N__ |
| 5. Looking toward, not away from, my goals! | Y__ | N__ |
| 6. Building a positive mental attitude! | Y__ | N__ |

What was positive about today?

What one or two things can I do tomorrow to make it a more positive day?

PM AFFIRMATION: I am thankful for today and the chance that I had to improve my life. I forgive myself for any shortcomings I may have had, and I look forward to the opportunity that tomorrow brings to take action toward my goals!



*Make a target for each week that you will complete
a successful number of healthy actions*

AM AFFIRMATION: I believe in my ability to improve my health, my attitude and my life. I am worthy of the best that life has to offer and today I have the opportunity to get closer to realizing my dreams and goals.

For almost 3 weeks your goal has simply been to get through the day without giving in to the urge to give-in to your “vice.” It hasn’t been easy, but it also has been a great learning experience – learning the stuff that you are made of – the right stuff! Studies have shown that it ‘takes 21 days of consistent action to form a habit.’ If those who say this (and I am one of them!) are right, in two more days, your vice busting resolve will have formed into healthy habits that can stay with you for a lifetime. A point to note here: one of the reasons diets and eating plans fail over the long term is because they demand that you develop many habits in the first weeks –and that is overwhelming!

As you continue your progress on the path of Self-Improvement through Self-Motivation not just for the coming weeks, but also for the rest of your life, it is important that you continue to make daily, weekly, monthly and long-term goals and targets for yourself to meet. Not only will doing this keep you continually working towards a goal, by also utilizing a rewards plan, it will be fun!

Along the way to reaching your desired weight, you should be making improvements in many areas of your life. In fact, what should happen is you make improvements in your life and you lose weight along the way. I lost 130 pounds. I have successfully kept 115 of it off for over 7 years now, with a slight fluctuation. Setting new goals keeps me on my toes and I know it will you as well. It’s fun when you have something you’d really like to do or a place you’d like to go to instill that excitement and passion to reach your goal!



TODAY'S ACTIONS:

Take a few moments and put some of your short-term goals to paper and a reward to go with it:

Goal for today: _____

Reward: _____

Goal for the next 7 days: _____

Reward: _____

Goal for the next 2 weeks: _____

Reward: _____

Goal for one month from now: _____

Reward: _____

Please do not make these goals unrealistic, make them reachable with some effort. Starting with small successes is key to being a bigger (in our case, smaller 😊) success. A boss of mine once told me that a goal means nothing if you are not willing to do everything that it takes to achieve it. A goal must be so important and desired by you that you will not let anything, much less lack of effort, get in the way of your realizing it!

END OF THE DAY ACTIONS:

REVIEW:

- | | | |
|--------------------------------------------|-----|-----|
| 1 Control over my #1 and #2 vice! | Y__ | N__ |
| 2 Drinking plenty of water each day! | Y__ | N__ |
| 3 Exercising on a regular basis! | Y__ | N__ |
| 4 Planning a reward for each week! | Y__ | N__ |
| 5 Looking toward, not away from, my goals! | Y__ | N__ |
| 6 Building a positive mental attitude! | Y__ | N__ |



What was positive about today?

What one or two things can I do tomorrow to make it a more positive day?

Am I using PGX to help me feel full faster? Feel full longer? Am I feeling the benefits of PGX _____

PM AFFIRMATION: I am thankful for today and the chance that I had to improve my life. I forgive myself for any shortcomings I may have had, and I look forward to the opportunity that tomorrow brings to take action toward my goals!



*To fight a battle without proper training gives
ignorance the only hope for success.*

*Start with the proper education;
build on the basic fundamental skills, and work
your way to the bigger battles – by fighting
the smaller ones successfully as you go!*

AM AFFIRMATION: I believe in my ability to improve my health, my attitude and my life. I am worthy of the best that life has to offer and today I have the opportunity to get closer to realizing my dreams and goals.

Education is perhaps one of the most important aspects of this journey. Education is so important because you may not know what is “normal” when it comes to eating. If you have been overweight for your entire life, you have been taught habits that you now think are normal, yet don’t understand “why” you are overweight. Even with weight gain later in life, not knowing the cause of it, or how to best go about losing it, sets the “dieter” up for failure. Once you are educated as to what is “normal”, you should never again yo-yo with your weight!

The biggest reason for “yo-yo” dieting is that whenever we went on a “diet,” it had a defined period of time or duration. For example, the 48-hour diet, or for however long you were a dues paying member at many of the diet centers at the local strip mall. As soon as you were no longer “on” the diet, you reverted back to your previously ‘normal’ eating habits. Those very habits are what put the weight on in the first place. Educating yourself and learning what is normal is the task at hand, then making it part of your lifestyle is your goal. Remember, when it comes to making choices, you can either choose to DO or choose NOT to DO. Your decisions will dictate whether things will improve or not improve – stay the same or get worse. Sometimes it’s just a matter of getting over the mental block that can keep you from making the right choice.



TODAY'S ACTIONS:

The meals that I typically prepare and serve are balanced, healthy and nutritious:

Y__ N__

The portions that I typically eat or serve others are the correct and healthy size:

Y__ N__

It is good to finish everything on my plate, even if I am not hungry:

Y__ N__

It is ok to skip a meal if I am not hungry:

Y__ N__

Breakfast is the most important meal of the day:

Y__ N__

Exercising for 20 minutes a day is enough to reach my goal weight:

Y__ N__

Some of my family members are overweight, and I have the 'fat gene':

Y__ N__

I am aware of every bite that goes into my mouth and know if it's good for me:

Y__ N__

My mate loves me regardless of my weight:

Y__ N__

People judge me based on my weight:

Y__ N__

I let one bad decision or day get me down and make me want to eat:

Y__ N__

The important point here is to become aware of what your thoughts are, how you view yourself, and whether or not you are being true to your goals and the person you want to become! If you are focused on all the things that are out of your control – i.e. what others think, what your co-workers are eating, how someone else looks – then your not focused on what you want and what you need to do. The audio topics *Education* and



Awareness will give you more insight as to how and why you can overcome these obstacles!

With education comes Awareness. We need to become aware of things that have previously been habitual actions. Things such as finishing the kids meals while doing the dishes, taste-testing as we are cooking, parking in the nearest spot to our destination, driving to a nearby friend's when walking is an option. There are so many things that we can do in our everyday lives – that take no effort – that will increase our energy, fitness level, and ultimately, our weight.

END OF THE DAY ACTIONS:

What was positive about today?

What one or two things can I do tomorrow to make it a more positive day?

PM AFFIRMATION: I am thankful for today and the chance that I had to improve my life. I forgive myself for any shortcomings I may have had, and I look forward to the opportunity that tomorrow brings to take action toward my goals!



*Measure your success one day at a time,
based on your efforts and actions,
not on how much weight you have lost!**

AM AFFIRMATION: I believe in my ability to improve my health, my attitude and my life. I am worthy of the best that life has to offer and today I have the opportunity to get closer to realizing my dreams and goals.

TODAY'S ACTIONS:

1. Use healthy substitutes in place of foods I am eliminating
2. Exercise if today is a scheduled day for it;
3. Drink plenty of water from my water bottle;
4. Do my reward if completed the week successfully!

END OF THE DAY ACTIONS:

Guess what today is...weigh-in day! That's right, you get to hop on the scale and see the scale's opinion of your efforts so far. As you go to the bathroom and strip down, before getting on the scale, it is very important for you to remember that the scale is only one measure of your success! And as I have said before, one of the least important ones! Think of this analogy when it comes to your success: **Money in the bank is not necessarily an indicator of a successful endeavor!** Don't believe me? Then how would you rate Mother Theresa's success during her lifetime? Off the charts, I'm sure. If you rate it based on her actions, it tops the scale. Your weight loss will be a by-product of your actions, and that will come soon enough.

If in 3 weeks, your body lost 6 pounds, great. Only two pounds? Great! I have found that the more you have to lose, the more you'll lose initially. But over time, it will average out to 2 pounds a week, as there will be weeks that "plateaus happen." There will be many weeks as you journey along this path of self-improvement that the scale will not budge. It will seem to be forever stuck, despite the fact that you are doing everything 'right.' The point to stress is that 'doing everything right' is far more important than



whether or not the scale moves—it will in time – another reason not to weigh yourself more than once per month.

Remember the Julia Theorem: $HF + W + E = WL$

Healthy Food + Water + Exercise = Weight Loss ...Never fails, never will.

With all of that said, you may be pleasantly surprised at what the scale's reading is...but either way, don't give it much attention. How many times have you weighed-in, saw that you lost a few pounds and then allowed that to serve as an excuse to overeat! We just aren't going to let that happen this time. Win, lose or draw, your resolve needs to remain intact and strong.

LET'S REVIEW THE COURSE OF THE LAST 3 WEEKS AND JUDGE THE SUCCESS THIS WAY:

Number of days I gave up my #1 vice: _____ (maximum 19 days)
Number of days I drank plenty of water: _____ (maximum 19 days)
Number of days I gave up my #2 vice: _____ (maximum 8 days)
Number of rewards I was able to do: _____ (maximum 2)
Number of days I exercised: _____ (maximum 6 days)
Number of completed days' actions: _____ (maximum 21 days)

TOTAL: _____ (maximum 75)

LET'S RATE YOUR SCORE:

A total of:

65-75: excellent; committed to good choices, and good health

55-65: good effort, but need to strive for more consistency

45-55: needs improving; repeat the first three week's actions and review your goals

below 45: re-write your goals and your reasons 'WHY' you want to lose weight, and concentrate on two actions – drinking plenty of water everyday, and replacing your #1 'vice.'

Current weight today: _____ Amount of weight lost: _____



Ok, now that that's over, let's continue on the path of self-improvement through self-motivation. The good news is that you are going to reach your weight loss goals if you keep doing what is necessary to get you there; the bad news is that it won't happen overnight. There is more good news – I am not going anywhere! I will be right here with you as long as it takes. For the next 11 months – for one whole year you will:

1. Strengthen your belief in yourself!
2. Shift your focus on actions toward your dreams and goals!
3. Track your progress and continue to affirm the positive!
4. Make a smooth transition to a healthy and fit lifestyle!

What was positive about today?

What one or two things can I do tomorrow to make it a more positive day?

PM AFFIRMATION: I am thankful for today and the chance that I had to improve my life. I forgive myself for any shortcomings I may have had, and I look forward to the opportunity that tomorrow brings to take action toward my goals!



At this point of my program, you should have lost a few pounds by now, have successfully broken or “busted” your two worst “vices” or habits and have hopefully added what I feel is the best weight loss tool available, PGX, into your daily regime.

IF you like my program, if you have hope that finally, this time you are going to realize the weight loss goals you have long had, then I invite you to keep going with me for the next 12 weeks, and after that the next 12! I fully intend to support your efforts at NO cost to you for an entire 26 weeks.

WHY? Because I want millions of walking testimonials of Vice Busting success! I KNOW that lifestyle change is the ONLY way that we are going to bring about an end to the unhealthy actions that have led our country and world into the state we find ourselves; unhealthy, overweight and frustrated about it. Vice Busting alone is enough to help you lose up to 50 pounds in the next 26-weeks! That’s a huge improvement to anyone’s health. And I know that adding PGX to it will help you migrate to a healthier way of living more easily, almost effortlessly. It’s the only weight loss tool that actually does what it says it will do; help you feel full fast, feel full longer and in turn you will eat less and feel satisfied with that amount of food! You want to keep going? Turn the page and keep on Vice Busting! It works!



the **Vice-Busting**TM diet

Take it Off! with Julia



a 21 DAY
and beyond...

Plan for Realizing a
Healthy Lifestyle, and
Living Your Dreams!

WEEKLY PLAN

Name: _____

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BEGIN WEEKLY PLAN

You will now begin to embark on a weekly plan. Stick to the same actions that you have done each day up to this point. The actions that you should focus on each day that will directly influence your weight are:

- 1. Plenty of water!**
- 2. Vice busting!**
- 3. Regular exercise!**

The actions that you should continue to do that will directly influence your mind are:

- 1. Daily positive affirmations!**
- 2. Review the picture/description of the life you strive to emulate!**
- 3. Writing down positive thoughts each day!**

Continue to do these things and you will be building a strong foundation.

Each week from here on, you will focus on one action in addition to these daily actions, in order to keep you on the path of Self-Improvement!



INSPIRATION / EDUCATION / MOTIVATION

One of the biggest deterrents to reaching our goals is not using our time as efficiently as possible. The highest use of non-productive time goes to the television. If you're *sitting and watching*, you're not *up and doing* – exercise, planning, and playing. One of the other things that is noticeable when watching TV is the ease of reaching for something to eat. It is bad enough to be sitting not burning calories, but reaching for food compounds the problem by adding calories! If you are going to sit, do it to plan tomorrow's day; or for meditation; or how about reading or listening to a book on tape.

The most valuable commodity we have is time. It's ok to relax. It's ok to enjoy doing nothing. Those times should be reserved specifically for that – doing nothing – so your mind and body can rest from the "day-to-day grind." But make sure it is relaxing – not just occupying your time with some other activity. If you added the time the average American watches TV in 3 years, you could earn a Bachelor's degree? That's less time than what's average! Let's make a change in this area.

The *Focus for the Week* is to look at what you could do differently with the time you have this week. The easiest thing to look at is how much T.V. time you have. Instead of trying to calculate exactly how much time you spend watching TV, just allow only so much each day – like 30 minutes or 1 hour. Be exact. That way you will have to choose exactly what it is that you want to watch. If you feel like that doesn't work for another day of the week, try scheduling some other activity on one day, like reading a book or gardening, in lieu of any TV at all, and add the time to the day you need it!

Let's say there is something you would really like to do – something you have listed on your personal dreams and goals. Could you replace 30 minutes a day that you may have been watching TV, and use it toward one of these dreams and goals? What if you wanted to start your own business? Maybe take 30 minutes to search the Internet or go to a library to read something on the subject. The point is to try and start moving away from *unproductive time*, and move toward *more productive time!* Writing a letter to a friend or family member would be far better than watching TV. Try changing this one aspect of how you use your time, and start by reducing the amount of TV (if you don't watch TV, choose something else). Next week, reduce the amount more if you want. Just start by scheduling a limit on how much you will watch and go from there. As always,



take small steps to make bigger ones – maybe you’ll work toward giving up TV for all but one day a week!

Schedule how much TV you will limit yourself to; and replace the extra time with more productive action – i.e. educational, motivational, or inspirational books; or any action that moves you closer to one of your personal dreams or goals!

TARGETS for the WEEK

AM AFFIRMATION: I believe in my ability to improve my health, my attitude and my life. I am worthy of the best that life has to offer and today I have the opportunity to get closer to realizing my dreams and goals.

FOCUS FOR THE WEEK!

1. Drinking from your water bottle often.
2. Using healthy substitutes.
3. Using time more productively.
4. Exercising regularly.
5. Use PGX daily to feel full faster & feel full longer

Actions to help...

...fulfill my goals:



...my health & fitness:

Important Notes:

Thoughts for the Week:

Health & Fitness Level: _____

Reward for the week:

PM AFFIRMATION: I am thankful for today and the chance that I had to improve my life. I forgive myself for any shortcomings I may have had, and I look forward to the opportunity that tomorrow brings to take action toward my goals!



INSPIRATION / EDUCATION / MOTIVATION

Last week, we were putting focus on changing how we use our time, and more specifically if there was too much time spent on non-productive things. I hope you identified what you could do that was more productive, instead of the most popular non-productive action of watching TV. Well this week let's take that one step further. If you have not completed your focus for last week, there's no need to panic. Just make it the focus for this week, and remember the motivation to do it comes in knowing you can use that time to do something that *you* want to do, that *you* want to see become a reality! Going on for this week, let's put the focus more on taking action toward those things you have listed on Day 5.

Take one of the things you have written down that gets you excited (which they all should). What could you do this week to really make that dream or goal closer to being a reality? There is no answer that says 'nothing.' Keep asking yourself the question – "what could I do? Let's say you have it written that you want to visit some foreign country. You feel you can't go because of several reasons. Then what could you do this week to come up with solutions to those reasons? Keep asking that question. If it's a money problem, maybe you can come up with an idea to be sponsored for the trip; or an idea of how to make extra money. The idea is to do something that makes you feel as though you are gaining some knowledge, experience, and/or inspiration, which allow you to feel closer to something for which you have a strong desire.

This week take some small steps toward those dreams and goals. If it feels like a repeat of last week, that's ok. Make it another week of productive actions that empower you to be greater than you were last week. Not only will you be burning more calories and taking your mind off of what to eat, but you will be filling your desire to become the person you have described in your ten adjectives on Day 2.

Remember, that is the long-term focus and objective of what we do each day and each week – to fulfill a higher objective or goal that we've set for ourselves. And in the process, it should not only help us get what we want, but in some way help others get what they want. In that way, we will all have what we need – self realization of the purpose that we all share together: to live peaceful, productive, healthy and fulfilling lives!



Make time this week to either make big strides toward a personal goal or dream by taking several small steps. Either begin on one this week, or put in extra time, to learn something new about a goal you're already working toward.

(Note: be sure you are scheduling your reward for the week, for following your plan!)

TARGETS for the WEEK

AM AFFIRMATION: I believe in my ability to improve my health, my attitude and my life. I am worthy of the best that life has to offer and today I have the opportunity to get closer to realizing my dreams and goals.

FOCUS FOR THE WEEK!

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Important Notes:

Thoughts for the Week:

Health & Fitness Level: _____

Reward for the week:

PM AFFIRMATION: I am thankful for today and the chance that I had to improve my life. I forgive myself for any shortcomings I may have had, and I look forward to the opportunity that tomorrow brings to take action toward my goals!



INSPIRATION / EDUCATION / MOTIVATION

The past two weeks have been dedicated to working on improving how you use your time. If you feel you were not consistent each day with the suggested focus for the week, then do last week again. It is not a problem to just use the previous two pages for focusing on doing the “Focus” for the past two weeks. You won’t be getting behind, or falling back. There is no date for graduation... this is a gradual, step-by-step, specific-to-you program. Move at the pace that keeps you on track. Not someone else’s pace that will throw you off track! I have tried to arrange this into weekly actions because I have found that is what works best – ON AVERAGE! So if you need more time for the “Focus” for the past two weeks – no problem!!

If you have been consistent for the past two weeks, let’s talk about this week’s focus. You are probably a little more than a month into this The Vice Busting Diet,[™] and that’s not much time at all. If you’re past 30 years of age, you know how time flies! And because time flies, it should make sense that any substantial amount of weight loss, or significant life changes, are only done over a longer period of time – like a year or 18 months. Let’s keep moving closer to a healthy and fit lifestyle, one step at a time.

This week’s focus has to do with keeping your eye on your target. That’s why each week we call it the *Focus for the Week*. In order to be successful, it really is necessary to focus on doing a few things right. Listen, if you want a perfect physique with sculpted abs and less than 10% body fat, it takes a lot more actions. But it still takes time. A black belt in Karate knows a few basic moves, but has mastered them. That is what you want to do. Master a few actions. Let’s take this week to focus on the few actions that are in place. Below is a list of what few actions you should be focused on. Hey, if you’re on a higher Health & Fitness Level, then maybe you have some of these actions down. But if you don’t have them all in your daily life, then you will move closer to the next higher Level.

Also, I want to point out again that you may not be checking off everything on your daily plan, and that’s ok. We have not gotten to the point of having a healthy breakfast, lunch, and dinner. Don’t worry. Think of those as bonuses. If you do them, great! If you are not in the habit of having any three, don’t jump into trying to eat healthy all day, everyday. The actions you’re doing are change enough. So let’s review the few actions that you should be focusing on. I am going to summarize these in as few words as possible – to see that these are simple actions!



Be sure you are doing each of these actions, and if it applies, doing so at the Level of Health & Fitness you are on currently. If you exercise, it doesn't mean you need to do an hour a day. Be sure to reference the Exercise section and H&F Levels for clarification. Less means more –do a little, to reinforce to your mind – “yeah, I can do this!”

TARGETS for the WEEK

AM AFFIRMATION: I believe in my ability to improve my health, my attitude and my life. I am worthy of the best that life has to offer and today I have the opportunity to get closer to realizing my dreams and goals.

FOCUS FOR THE WEEK!

1. Drinking from your water bottle often.
2. Using healthy substitutes.
3. Using time more productively.
4. Exercising regularly.
5. Use PGX daily to feel full faster & feel full longer

Actions to help...

...fulfill my goals:



...my health & fitness:

Important Notes:

Thoughts for the Week:

Health & Fitness Level: _____

Reward for the week:

PM AFFIRMATION: I am thankful for today and the chance that I had to improve my life. I forgive myself for any shortcomings I may have had, and I look forward to the opportunity that tomorrow brings to take action toward my goals!



INSPIRATION / EDUCATION / MOTIVATION

Welcome to Week 7 of the slowly, but surely, transforming new YOU! I am going to presume that you are starting to get the idea of changing one step at a time. I want to reiterate the point of taking just one step at a time. How often have you purchased a weight loss product that promised so much in so little time? I think one of the reasons that obesity is still on the rise is due to our own anxieties – you know, being anxious to get rid of the unwanted pounds. The further away we get from the body we so desire, the stronger the urge becomes to get that body. And with strong urges, or desires, comes the willingness to take or try anything to get the results now! And if you have made those crazy attempts, you obviously know where they left you.

Maybe you are content with making change at the pace that is stable, lasting, and which builds a strong foundation for health and fitness. And maybe you don't have as far to go to get to the body you want as others do. BUT, the rules for change stand true either way. If you're twenty pounds from your goal, you still must take one simple step beyond what you're doing now in order to ensure you don't fall back, get overwhelmed and want to quit, or even get injured. The same holds true if you're 200 lbs from your goal – only take the next step and watch where you're stepping. If you're looking at what those few people are doing that have the body you want, you're going to stumble because you're not watching where you're going! Sure the person who is running 3 miles a day and needs to get to 4 miles a day is going to seem more significant than if you're trying to reach a level of walking a mile a day. But either way, the next step can't be three flights up, not with the expectation of maintaining your progress anyway.

So if I told you that this week, let's just keep doing what we've been doing – the few simple actions that not only will move you toward your goals, but also act as a reminder that you are living a healthy lifestyle – would you feel anxious and want to start doing more? How about just embracing the simple actions you're making, and mastering them. In other words are you being consistent with getting enough water; have you eliminated completely (what was) your 1st and 2nd biggest contributor to your weight; have you been getting exercise consistently. ***These three things alone, I can almost guarantee you, will get you more than half way to your goal weight!***

All it will take is time and consistency. Although you probably (although possible) are not there yet, it will happen. Master those three actions and you'll have a **great** start! But we don't want to only focus on 'weight goals.' Let's focus on your life goals! That way you have the motivation and desire to be more than just someone at his or her ideal weight! With that said, here is the ***Focus for the Week!*** --



Make it your goal to have this week be complete, with each action mastered – consider yourself a Master of Healthy Actions! This week you will live each day to it's fullest – with attention to completing each action, each day!

TARGETS for the WEEK

AM AFFIRMATION: I believe in my ability to improve my health, my attitude and my life. I am worthy of the best that life has to offer and today I have the opportunity to get closer to realizing my dreams and goals.

FOCUS FOR THE WEEK!

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Actions to help...

...fulfill my goals:



...my health & fitness:

Important Notes:

Thoughts for the Week:

Health & Fitness Level: _____

Reward for the week:

PM AFFIRMATION: I am thankful for today and the chance that I had to improve my life. I forgive myself for any shortcomings I may have had, and I look forward to the opportunity that tomorrow brings to take action toward my goals!



INSPIRATION / EDUCATION / MOTIVATION

Welcome, Master of Healthy Actions, to Week 8! There is a phenomenon that happens when you commit to, and reach, your goal – no matter how big or small – having seen it through to its completion. That phenomenon is a sense of empowerment and strength that instills in you the belief, the determination, the confidence, that you can overcome an obstacle, that you can take charge of your weight, that you are in control of your life! Wait! Don't stop to celebrate – yet! One of the problems with success, believe it or not, is how to handle it. You may think I'm crazy, but you or someone you know has probably had success somewhere along the line with weight loss. You or they have probably lost some, or much, weight only to put it all back on – sometimes even more. Why do we do this to ourselves? I'll give you three reasons so you can prepare yourself for the success you may have now, and/or is to come.

The first reason we don't know how to handle success is that we don't have our reasons for wanting to lose weight specifically defined. Maybe they are defined enough to give us the motivation to get going and make some progress. But, if you don't know what you want to do with a life of health and fitness – the person that you want to become – you might get there or close, but you won't stay there. I remember thinking of all the things I wanted to do, and more importantly, the kind of life I wanted to live without the weight. I'll be honest with you, did I know that was going to be what kept me going? No, I didn't. Hindsight being 20/20, I know that is what kept me going, and *still* keeps me going today! But, let's don't get ahead.

The second reason that we don't know how to handle success is because we still view food as a reward for our accomplishments. In the past, we have been taught or conditioned to use food in different ways. How many times in your life have you "gone out to celebrate?" That may mean a nice dinner, maybe some cocktails. How about when things are tough – did you talk about it over dinner, even as a child? Here's the point – we grow up talking about the good and the bad when we are eating—so we feel the need to eat when things are good or bad. Also, many foods change the way we feel, so we eat!

Let me give you the third reason for not handling small successes and slipping back. When we start to make some strides toward our goal, strides that feel significant to us, we are empowered and feel in control, just as I mentioned above. What do we think we can do when we're feeling in control? That's right – have a piece of _____ you fill in the blank. After all, if we have gained control of what we eat, certainly we can handle having slice of pizza or a pastry! No, No, No!



It is for this reason that we don't want to take the time to "celebrate." Instead, let's "reward" ourselves – something that reinforces our commitment to health and fitness. I want you to refer to the Rewards section in the back for ideas of some positive and healthy rewards. That brings us to the **Focus for the Week:**

Identify a reward that you will use as an action to look forward to that will not only help you embrace health and fitness, but make you "feel good." Write down something you could and will do at the end of the week for adhering to your daily actions – everyday!

(Write it down on the facing page!)

TARGETS for the WEEK

AM AFFIRMATION: I believe in my ability to improve my health, my attitude and my life. I am worthy of the best that life has to offer and today I have the opportunity to get closer to realizing my dreams and goals.

FOCUS FOR THE WEEK!

1. Drinking from your water bottle often.
2. Using healthy substitutes.
3. Using time more productively.
4. Exercising regularly.
5. Use PGX daily to feel full faster & feel full longer



Actions to help...

...fulfill my goals:

...my health & fitness:

Important Notes:

Thoughts for the Week:



Health & Fitness Level: _____

Reward for the week:

PM AFFIRMATION: I am thankful for today and the chance that I had to improve my life. I forgive myself for any shortcomings I may have had, and I look forward to the opportunity that tomorrow brings to take action toward my goals!



INSPIRATION / EDUCATION / MOTIVATION

"I'm a little fat cell, short and stout...I live in your thighs...and make you pout! When you see me, here me shout...Just eat right and work me out!" OK, so it is hard to make a new version of an old and beloved favorite tune, but I tried! The reason for this little jingle is simple. Where does the fat go and where does it go? As I was losing weight I wanted to know how and where it was going – maybe I could give it some help leaving! I had no clue where that weight was. I sought the expertise of my favorite doctor. He told me a story of my fat, an obese and rather 'grim' fairy tale!

Doctor, what happens when I lose the fat? He walked me through what happens to our body when we exercise or expend energy. Our body grabs for the first energy source available...that energy which is floating around in our blood stream. He started to explain glucose and complex carbohydrates and insulin levels...*please doctor, in English! I just want to know how do I get rid of my fat and where it goes!*

He said he couldn't make it any more simple than this: Julia, he said, you put gas in your car, you fill up the entire tank, even if you are only going for a drive around the block. If you only go around the block, the remaining gas stays in the tank for use on another day. When your car is parked in the driveway, filled with gas, it has energy stored up and ready to burn, when you drive away, you start using that energy and burn it up. When you eat, you are fueling your body with what it needs to produce energy. If you jog around the block right away, you use the energy up (it goes to your blood?) right away. However, if you grab the remote control and park yourself on the couch, that energy doesn't get used and therefore gets stored away for future needs.

To appease my non-cerebral intellect, he broke down for the best way to make that happen. His recommendation? – "Burn more calories than you take in, and that means exercise! If you just did a little bit of exercise each day, you could easily change your weight and fitness level. It is what is lacking in most people's day."

There you have it! The biggest reason we are overweight is because we're not getting enough exercise – we're not burning calories! We don't necessarily need to take up jogging. But if you don't plan on doing a job that requires physical exertion, you must do something!

The most important change that you can make is for this week is to focus on the exercise portion of your lifestyle. However much or little, it doesn't matter. As long as you do what is suggested at the Level of Health & Fitness you are on. Here is the **Focus for the Week**:



Challenge yourself to exercise a bit more than you did last week. Either add to the time you do your aerobic exercise, or add to the number of machines you use for muscle strengthening. If you're ready to start muscle-strengthening exercises, then do just that. This is a week to go a little further with your exercise than you have in the past. Not a lot, but some. (Be sure to refer to the 'Exercises' section if you need to!)

TARGETS for the WEEK

AM AFFIRMATION: I believe in my ability to improve my health, my attitude and my life. I am worthy of the best that life has to offer and today I have the opportunity to get closer to realizing my dreams and goals.

FOCUS FOR THE WEEK!

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Actions to help...

...fulfill my goals:



...my health & fitness:

Important Notes:

Thoughts for the Week:

Health & Fitness Level: _____

Reward for the week:

PM AFFIRMATION: I am thankful for today and the chance that I had to improve my life. I forgive myself for any shortcomings I may have had, and I look forward to the opportunity that tomorrow brings to take action toward my goals!



INSPIRATION / EDUCATION / MOTIVATION

At any given time in our country, 75% of Americans are on a diet and 55% of us are considered obese. Our children? They are becoming overweight at an alarming rate. Obesity is now the second leading cause of *preventable* death in our nation.

Preventable. Yet despite all of these little voices or warning signs trying to get our attention and wake us up, we continue to eat fast food, drink sugar laden soft drinks, use white bread on sandwiches with real mayonnaise. It is as though we are turning a deaf ear to the signs trying to get our attention.

It is time to stop doing so and to listen. Read the following story and then ask yourself what is whispering to you? What in your life is trying to get your attention?

WHISPER OR BRICK? A young and successful executive was traveling down a neighborhood street, going a bit too fast in his new Jaguar. He was watching for kids darting out from between parked cars and slowed down when he thought he saw something. As his car passed, no children appeared. Instead, a brick smashed into the Jag's side door! He slammed on the brakes and spun the Jag back to the spot where the brick had been thrown. He jumped out of the car, grabbed the kid that was standing there and pushed him up against a parked car shouting, "What do you think you are doing, boy?" Building up a head of steam he went on, "That's a new car and that brick you threw is going to cost a lot of money. Why did you do it?" "Please sir, please. I'm sorry, I didn't know what else to do," pleaded the youngster. "I threw the brick because no one else would stop..." Tears were dripping down the boy's chin as he pointed around the parked car. "It's my brother, sir," he said. "He rolled off the curb and fell out of his wheelchair and I can't lift him up." Sobbing, the boy asked the executive, "Would you please help me get him back into his wheelchair, sir? He's hurt and he's too heavy for me," the boy said. Moved beyond words, the driver tried to swallow the rapidly swelling lump in his throat. He lifted the young man back into the wheelchair and took out his handkerchief and wiped the scrapes and cuts, checking to see that everything was going to be okay. "Thank you and bless you, sir," the grateful child said to him. The man then watched the little boy push his brother down the sidewalk toward their home.

It was a long walk back to his Jaguar... a long slow walk. He never did repair the side door. He kept the dent to remind him not to go through life so fast that someone has to throw a brick at you to get your attention. Goodness whispers in your soul and speaks to your heart. Sometimes when you don't have time to listen, life has to throw a brick at you. It's your choice: Listen to the whisper - or wait for the brick.



Take the time to stop and smell some Roses each day this week. Let's remember what a gift each day is – hence, the present. Do something nice for someone each day this week – even if it's just putting a smile on his or her face. I guarantee it will come back to you exponentially! Write down in your 'positive actions/thoughts for the week' what was most significant or special that happens this week!

TARGETS for the WEEK

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FOCUS FOR THE WEEK!

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...my health & fitness:

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INSPIRATION / EDUCATION / MOTIVATION

You should be happy you are here are keeping your focus ahead! This week, let's focus (not too much, thought!) on healthy eating. First, let's do this exercise. Stick your arm out in front of you and make a fist. Ok, now look closely at your fist – in fact hold your fist away from your face. See the size of it. I want you to really look at the size of your fist and think about the ratio of the size of your fist to your body. How small does your fist look against your body? Now visualize this, your little fist is about the size of the average human heart—your heart. Now visualize that same heart pumping blood to your body, pumping life into you. If you are overweight, you are making that life supporting little heart of your work harder than it can ideally handle. Your heart should have come with a 150-pound/100 year warranty. If you make it work harder than it was designed to, it won't last as long as it was designed to. That seems fair enough. Your car comes with a warranty and you therefore do all of the required maintenance, shouldn't your heart warrant the same attention?

Had enough fun yet? Good. I have one more visualization for you – the same fist is about the same size as your stomach. Think about that! You could no sooner fit your fist into your mouth to eat it, yet we send food in servings numerous times that size down to our stomachs. The last fully loaded hamburger that you ate was at least that size and that is before the fries and milkshake!

Look at your fist next time you are sitting down to a meal. Stop for a moment and make sure that your portions are not bigger than your fist. Visualize your stomach and be sure your servings are not going to stretch and overload your stomach. This week's focus is on the portion size of your meals. Make a point to keep your meals smaller than the size of your fist (this doesn't include the water your having with it). You may be making some changes on your own at this point when it comes to what you're eating. That's only natural. But we are not going to focus on what to eat, just how much.

You can also schedule your actions this week to include further steps toward your personal goals, in addition to the actions that should be your own healthy habits by now. Make sure that any one-week's focus rolls over to the next week in some way. This is a building process, and we want to do more each week, but also more importantly, do what we do now but better. So here is the **Focus for the Week**:



Pay attention to the portion size of your meals each day this week. Make a fist and be sure your portion size is no larger than your fist. Continue each week's actions and focus in some way in order to continue building a healthy lifestyle!

TARGETS for the WEEK

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INSPIRATION / EDUCATION / MOTIVATION

This week I'd like to put attention on a certain process. That is the process of rehabilitation. According to Webster's dictionary, the word "rehabilitation" or "rehabilitate" means: 'To restore to former capacity, rank or right. Reinstate; To restore to good condition or health.'

As you read these words, I think you would agree that the process of getting back to good health is one of rehabilitation. Whether our concerns are taking control over chemicals, mental issues or our eating...our journey is the same...to restore us to good condition or health and the journey is filled with challenges and obstacles. People often ask me "how did you get the willpower to lose 130 pounds?" Or "is maintaining your weight loss easier or harder than losing it?" The answers can be summed up very simply.

There is no such thing as "willpower." And 'keeping the weight off' is the same as 'losing it'—as I am doing the exact same thing. Any successful rehab counselor will tell you that you can't just follow the path while in the rehab building. You must take the healthy actions with you and create a permanent healthy lifestyle. Otherwise you will be back where you started.

There are three steps to keep in mind:

- Educate yourself as to the healthy foods
- Develop a strong conviction that you want to be healthier.
- Be determined every day to stay on the path.
- Put forth the effort necessary to make one change at a time
- Take the actions needed to succeed.

Approach your life from a "rehabilitation" point of view – allow your life to be ruled by the simple thought that you are going to strive to restore good condition and fitness each day.

When you go to work in the morning and a co-worker thoughtfully brings donuts for everyone, rather than feel denied by NOT taking one, feel thrilled and elated by the fact that you have the ability to rehabilitate your body and your life. The donut just isn't part of a healthy lifestyle. Rather than view it as denial if you DON'T have one, realize it is DENYING yourself of good health if you DO have one. It works both ways! Just look at in a positive!



This week put your **Focus** on changing your perspective of healthy foods. When you look at the simple, easy to prepare, healthy foods, think, “How lucky I am – to be able to have something so healthy, that tastes good, that is only good for me!” View these choices as a gift!

Here is the action to help make it real:

*Make a point this week to eat 2 pieces of fruit each day!
Write down 2 or 3 fruits that you enjoy and have them
available for snacks, with lunch, or before exercising!*

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INSPIRATION / EDUCATION / MOTIVATION

If you have been following along up to this point, I hope you feel as though you have made some good changes in your life. The one thing you have probably noticed is the lack of emphasis on an eating plan. Let me reiterate my philosophy: if you are constantly focused on what to eat and what not to eat, you're still focused on the problem – food! The solution is to focus on your life and your goals and dreams! (Remember, getting fit should not be your dream – it's a target on the way to your dreams!) If you feel as though you are finding more joy and motivation each day to fulfill some dreams you have in your life, I believe two things happen. One, your focus changes away from eating, so you eat less because you are busy. Two, you become more excited about doing something special with your life that you don't want to ruin it. Of course the reverse happens sometimes, as we discussed in a previous week – we eat as a reward for our efforts. But, we're preparing for that, right?

Well, it's time to take a step in the direction of having a healthy meal this week – let's make it breakfast. I'm not going to tell you what to eat, or show you some mouth-watering recipes and tell you they taste great and are healthy too. Why? Because we're focused on spending less time thinking about, and preparing for, what we need to eat, and more time on our dreams and goals. A point to note here: how can we buy a recipe book that is supposed to help us lose weight, when at the same time they have this big pictures of each dish and call them "mouth watering!" What are we dogs?

Keep in mind the best way to stay focused on eating healthy is by reducing the amount of time you spend in the kitchen. In fact, the healthiest foods take the least amount of time to prepare. Refer to the section on 'Healthy Recipes' for your breakfast choices.

This week, start each day right with a healthy breakfast.
Each day prepare a healthy breakfast – without spending
too much time in the kitchen. After all, you've got things to
do and goals to achieve!

(Remember: be sure to schedule a reward at the end of the week for your commitment to health!)



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INSPIRATION / EDUCATION / MOTIVATION

Have you moved to a higher Level of Health & Fitness since you started a few weeks ago? You should have moved at least one level, maybe two. If not, keep looking forward to taking steps toward better health. You can't change what you've done or haven't done. Just keep looking ahead. Congratulations if you are moving up to a new level! Be sure to refresh your memory on the description of each level, including the types of exercises you should be doing.

Be sure to look at what you need to do, and where you're going, not what others are doing. If you consider the statistics, you would seem quite 'normal' to eat what the majority eats, and do what the majority does. But I guarantee your health would be less than ideal, or probably even acceptable. Let's talk about what is considered 'normal.' Dr. J Nash who studied eating disorders writes this:

Many people who suffer from disordered eating wish they could eat like a "normal person." The trouble is, they also think that "normal people" don't think or worry about what they eat and that they can eat anything they want. In fact, normal people -- those who don't seem to have a weight problem or who at least don't binge or suffer from disordered eating -- do make more-or-less conscious choices and do monitor their eating behavior most of the time. They just don't do it obsessively, and they don't get upset if occasionally they overindulge. Even normal people are susceptible to eating more than they should when offered appetizing food. When they do, they cut back a little or get more exercise to compensate. Of course, some people who don't seem to have a weight problem -- especially younger people -- don't think about what they eat and eat indiscriminately. Although they may not have a weight problem now, they will eventually unless they have very unusual genes. It is a myth that the "normal person" doesn't think about food or eating."

We have been so trained to think of dieting as a defined period of time in which we deprive ourselves of things we love and exercise. We can't wait for it to end so that we can once again enjoy our Pop Tarts, pizzas, chips and soft drinks. Those things just **aren't** included in a normal, or shall we say...a '**healthy**' lifestyle. The beauty of this line of thinking is that there is no gray area, no room for 'fudging' the numbers (sorry, couldn't resist!) and no need for guessing.

So as you continue on your journey of self-improvement, keep in mind that what you do that is different than what the majority does, is not **ab**normal just because you are part of the minority doing it. Consider 'normal' that which is healthy for you. Everything else is



not 'normal,' or 'good,' or 'healthy.' Keep focused on enjoying living with good choices, and feeling a sense of freedom from the extra weight and the unhealthy actions that are no longer a part of your 'normal' life!

This week make a point to eat two vegetables each day. One of the easiest ways is to eat a salad everyday and have a vegetable with your dinner! Choose from one of the great salads in the reference section if you like!

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INSPIRATION / EDUCATION / MOTIVATION

Picture pushing a snowball uphill, it is hard to get to the peak, but once you do, it is downhill from that point. The catch is this; you can go down the hill one of two ways, backsliding the way you came or do you cross over the peak and go the path less traveled? Weight loss is really no different than that. I well remember my previous dieting experiences; I would loose a few pounds, get to the peak and think I made it, the rest would be a coast. I would sneak a little bite here or there, cheat and stray from my "diet", not until I fell with a thump did I realize I had slid back down the hill. Like a snowball, I usually got bigger along the way ☹! I finally lost 130 pounds when I chose to take the other side of the hill, not backsliding but forging ahead, not letting anything or anyone stop me.

Two points stand out to me as relative to our mission:

- Judge your success by what you had to give up in order to get it.
- If you can find a path with no obstacles it probably doesn't lead anywhere.

Wow! Aren't those great?! For those of us with weight issues they are great ways to look at our life. For far too long we have measured our successes by what the scale says or how many inches we lose. Often times, those measures can take quite a while to realize any 'success', causing us to give up out of despair. What a refreshing way of looking at our success if we measure it by what we have given up! Immediate reaffirmation! I like that! To accomplish my objective this past week, I gave up my usual chocolate chip cookie snack. I did not have the Mocha Frappachinos that I was beginning to get addicted to! I like viewing these as successes rather than denials. I was successful because I gave up something that I like in order to reach my goal.

The next phrase, a path with no obstacles probably doesn't lead anywhere. I think that goes hand in hand with our dieting efforts. Everyday I get emails from hundreds of you, telling me of the particular challenges or obstacles that exist on your path to self-improvement. From no time to exercise to a limited budget for healthy foods. As you work to overcome these and other obstacles that will arise, keep this phrase in mind. Realize that the path you are choosing to go down *must* be leading to a spectacular place...otherwise, getting there would be easy! Let that be the thought that stays in the forefront of your mind, drawing you closer to the destination you seek. Realize it will not be easy to meet all of your objectives, but you must continue to try. You must be determined to arrive at the place where you have set your goals. Go into this knowing there will be obstacles and creatively and conscientiously finding ways to overcome them.



Challenge yourself to increase your exercise by doing more of what you are already doing, or doing it more often (like daily), or adding an exercise (like muscle strengthening).
With stronger muscles, you will burn calories more efficiently, even when you're not exercising!

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INSPIRATION / EDUCATION / MOTIVATION

Have you ever found yourself sitting on the proverbial fence, thinking that someone else has it better than you do? Have you ever spent time thinking of how your life would be better...if only?

I have a theory on why the grass always *seems* greener on the other guys yard and let me tell you why: because we get too busy looking at how nice his lawn is rather than taking the time to care for our own! You can't get the Garden Club Yard of the Month by watching the grass grow. Rather, it takes knowledge, desire and effort to get a showplace yard.

Can you see how this might relate to weight loss? How many times have you seen someone with a great body and thought wouldn't it be wonderful if your body looked as good? When you asked yourself that question did you immediately duplicate their actions, habits and routine—the very lifestyle that enables them to have such a fit body? Or did you rush to the nearest cheeseburger to console your longing feelings?

First, realize that with this plan, you **are** taking steps toward the results you desire. You identified back in the first week of this The Vice Busting Diet™ the reasons "WHY" you want to lose weight and get fit. You need to review these reasons that you wrote down at the beginning of your journey. And you should also have that picture of the lifestyle you are building toward, close to you so you can keep that vision clear.

Second, if you don't already, be sure you have the tools necessary to keep you going – workout clothes, tennis shoes, exercise equipment, a gym membership – can all assist you on your journey! You'll feel comfortable and make your exercise more enjoyable. Finally, be sure to implement your plan each day. The best lawnmower in the world first needs to be turned on in order to be of any use. You need to take the actions necessary, put forth the effort required to get your lawn, **or yourself**, in Blue Ribbon condition!

If you are coveting your neighbor's accomplishments, belongings, lawn, or fitness level, what you are really doing is wasting time that should be spent on creating your own accomplishments – making your own grass greener.

Next time you find yourself sitting on the proverbial fence and commenting on the magnificent job your neighbor has done, use that awareness of their accomplishments to



learn how and what they have done that could help you in your efforts! Just like the picture you have of the lifestyle you are creating, you can take notes – learn what works for them that may work for you! You may find that what motivates you will be much different than their motivation, so stop yourself short of doing exactly what they do. But, you can get some new perspective on the situation, and educate yourself as to what needs to be done. Strengthen your desire and get busy doing what needs to be done!

This week make it your focus to make a list of the things that you need to get done around your house, your work, or any area of your life that you may have been neglecting. Give these things some time and attention, and get some of them done!

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INSPIRATION / EDUCATION / MOTIVATION

I want to tell you a story about a man who found a cocoon for a butterfly. One day a small opening appeared, he sat and watched the butterfly for several hours as it struggled to force its body through the little hole. Then it seemed to stop making any progress. It appeared as if it had gotten as far as it could and could go no farther. Then the man decided to help the butterfly.

He took a pair of scissors and snipped the remaining bit of the cocoon. The butterfly then emerged easily. Something was strange. The butterfly had a swollen body and shriveled wings. The man continued to watch the butterfly because he expected at any moment, the wings would enlarge and expand to be able to support the body, which would contract in time. Neither happened. In fact, the butterfly spent the rest of its life crawling around with a swollen body and deformed wings. It was never able to fly.

What the man, in his kindness and haste did not understand, was that the restricting of the cocoon and the struggle required for the butterfly to get through the small opening of the cocoon was Nature's way of forcing fluid from the body of the butterfly into its wings. The purpose of which was so that it would be ready for flight once it achieved its freedom from the cocoon. Sometimes struggles are exactly what we need in our life.

If go through all our life without any obstacles, that would cripple us. We would not be as strong as what we could have been. Not only that, we could never fly and reach the heights that we are meant to.

The purpose of sharing this story with you is so that you see the challenges that you are facing from a different light. Many of us with weight issues have longed for the real miracle in a bottle, the quick fix that will actually transform us from many pounds overweight to centerfold-worthy overnight. Many have sought the more immediate cure of fat by surgical intervention like stomach stapling. Others have crash dieted for 48 hours, popped pills that promise you can eat all of your favorite foods. In each of these scenarios, at some point in time, it still boils down to the fact that you have to consume less calories than you are expending to lose weight and to keep it off. There is no quick fix, there is no hurdle-less path to take.

For those of you who have successfully walked the path or are successfully walking the path of self-improvement through self-motivation, who are fighting your way out of the "fat-suit cocoon" and learned to fly, my hat is off to you. I salute you. I know, as you do,



that the path was challenging, it was filled with obstacles and hurdles that you had to work to overcome, often times wishing for a kind person with scissors to lighten your way, but it just can't happen that way.

Whether you are struggling with the last 10 pounds or still need to lose 100 or more pounds, the path remains the same. The actions necessary to succeed on the path remain the same. The challenges that lie ahead remain the same. The good news is that unlike our erstwhile butterfly, you can have some help and some tools along the path. These are my suggestions for ultimate weight loss success

One last thought to ponder, unlike the majestic butterfly, once freed from its cocoon never to return to that stage of life again, we can. It is called yo-yoing and we have all "been there, done that"! Like the cocoon, you can change forever, but yours must be by choice. You must decide each and every day for the rest of your life to continue on the path of self-improvement and health betterment, it is a path that has no end...there is always room to improve some aspect of our lives.

Make this week a focus on eating three healthy meals each day. Challenge yourself to avoid the unhealthy foods, and stick with three well-balanced meals each day. You will begin to fly like the butterfly!

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INSPIRATION / EDUCATION / MOTIVATION

Are you sitting on the fence, thinking that someone else has it better than you do? Do you spend countless hours thinking of how your life would be better...if only? I have a theory about the “grass being greener on the other side of the fence.” Let me tell you why things can appear that way: because we can get caught up watching him care for his lawn rather than taking the time to care for our own! Just like fitness, it takes time to develop a green lawn.

You can't get the Garden Club Yard of the Month by watching the grass grow. Rather, it takes knowledge, desire and effort to get a showplace yard. Can you see how this might relate to weight loss? How many times have you seen someone with a great body and thought how nice it would be to have a body that looked so good? When you asked yourself that question did you immediately duplicate their actions, habits and routine—the very lifestyle that enables them to have such a fit body? Or did you rush to the nearest cheeseburger to console your longing feelings?

Which choice would get you closer to the body you long for? Are you tired of sitting on the fence and watching the life that you want pass you by? Then be sure to focus on what you can do today and this week to keep progressing toward your goals and a healthy lifestyle. Let's go over some of the things you have done in this The Vice Busting Diet that you can go back and review, and that you can do again.

1. You pasted a picture and defined the life that you are striving to emulate. Read the descriptions and decide if you are heading in the right direction or if you need to change course to get back on track.
2. You identified the reasons WHY you want to lose weight and live healthy. Go back and read your list of WHY's if you need to in order to keep yourself motivated. Add to the list now that you have come this far. Maybe there are new reasons that are within reach!
3. Be sure you are keeping up with new TOOLS that will assist you in your journey – shoes for exercising and maybe a new outfit, too. Maybe it's time to get a calorie counter to keep track of how many calories you're expending.
4. Look around your home, your work, and your automobile and be sure you are keeping your life organized. Remember: don't let your life get cluttered!



That brings us to this week's *Focus*. This week take a look at your kitchen. Plan on making some changes to your kitchen this week. Take action to make it organized, cleaned out, and looking fresh. Get rid of any items that you feel are not in the best interest of your health or your family's. Simplify things. Don't let unhealthy items or an unorganized kitchen keep you from getting to the next Level!

Clean out your kitchen. Organize all of your items. Know that you have only healthy items and that you can be efficient with all of your meal preparations! It will save time and help move you to the next Level!

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INSPIRATION / EDUCATION / MOTIVATION

Let's talk about what happens commonly during your transition to a healthy new you! You know the trouble we sometimes encounter when we feel stuck, or better said, we feel we've hit a PLATEAU. I have come up with a sure-fire plateau busting plan that each and every one of us will need at some point along our path of self-improvement...after all 'plateaus happen'!

The situation is not at all uncommon, it actually is quite commonplace and natural, so anticipate them and do not be surprised (or knocked off path!) by them. A plateau is a period of time in which the scale doesn't budge, your energy level may actually go down, you may even feel like you've gained a pound or two – regardless of what you are doing—mentally and physically!

Now, my best advice to you would be to let it go. Do not allow the measure of the scale to weigh heavily on your mind. The scale is only one measure of your success and in my opinion it should be given no more credence than your determination, conviction, efforts and actions...but this is the real world and I know that many allow the scale to control their moods and actions.

Yes, you need to weigh-in periodically (I recommend no more than once/month) to keep accurate statistics, but the issue at hand is the inflated level of importance that you put on that one measure of change. Awareness that 'plateaus happen' and weight loss is a slow and gradual process of one positive choice upon another is the key to your weight loss success. Despite your new found awareness, a few of those pesky plateaus find their way onto your path and you need more ammunition to combat them, let me arm you with a few more tips to bust through them!

- Focus on the weight that you have lost and kept off and what you've done to get here!
- Take a new exercise class or run/walk a different route today
- Try different recipe – my favorites are salads. There are so many ways to prepare them!
- Don't take a vacation from your goals – a vacation shouldn't mean a change of healthy habits!
- Treat yourself to a real indulgence – a spa day, or anything that's not food related!
- Recruit a partner or your current partner to a new exercise challenge – a charity walk/run?
- Go shopping and buy a new outfit! Maybe a new exercise outfit.
- Pick out some new fruits that you can use as snacks or with meals!
- Volunteer to bring healthy food to those who can't make it to the grocery store!



This week's focus involves finding new ways to keep you from a plateau or to help you break through that plateau. Write down ways you can be active other than your normal exercise. For instance, go window shopping in the mall while you take a walk; go to a museum and walk around to see the art; or how about volunteering to bring healthy food to those who need it; or maybe you can help a friend who is trying to get started on the path of Self-Improvement. Do something different that will take your focus away from food but allow you to be productive in other ways! Also, go over the goals you have written down and be sure you are still on track to reach them. You may also find you need to add to or change them.

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3. Using time more productively.
4. Exercising regularly.
5. Use PGX daily to feel full faster & feel full longer



Actions to help...

...fulfill my goals:

...my health & fitness:

Important Notes:

Thoughts for the Week:



Health & Fitness Level: _____

Reward for the week:

PM AFFIRMATION: I am thankful for today and the chance that I had to improve my life. I forgive myself for any shortcomings I may have had, and I look forward to the opportunity that tomorrow brings to take action toward my goals!



INSPIRATION / EDUCATION / MOTIVATION

Although you should be progressing well, and your focus should be much different than it was weeks ago, it is still important to treat each day and each week as if this is the first step toward a complete and healthy lifestyle! Why? Because the only difference between now and then is your weight (I hope!), confidence level, and hence, your mental strength. What you do today is no different than what you should have done on DAY 21! Busting through bad habits and continuing to develop positive ones is a continuing effort that must go on each day! With that in mind, let me give you a bit of motivation for the week.

When it comes to the holidays, don't we sometimes get caught up in how many shopping days are left? What if you took the perspective of how many days left to live? Our time is very precious and there is not time to wait, to take a break from our goals, our passions, and our health actions. The right time is now, today, this instant to keep doing what you've done, and more.

If you had a count (which you did on DAY 10), would that conjure up urges to eat all those high calorie foods and sweets, and unhealthy foods? Or would you feel an urge to do all of the things you dreamed of doing, resolving poor relationships, enhancing current ones, and acting on your dreams and goals (like those you listed on DAY 17!).

I hope so, because that is the situation that many of us face when we are obese. Even for those who are not morbidly obese, this scary lesson can have meaning and can serve as an awakening! We are wasting so much time in our lives by being consumed by our obsession with food and dieting, that we lose focus on what is really important.

Take charge of your life and gain a new passion for all your talents, the people in your life, those who could use your help, and reaching all of your dreams – including health and fitness! If you calculated your "average expected days left on earth," this may help instill a sense of urgency. This doesn't mean you can do it all in one day. It does mean to cherish the time you have for yourself and for others.

There is a story of one of my readers who started to change based on the perspective I just shared with you. She had a cane and was told by her doctor that she needs to take it easy and would have to use her cane for the rest of her life and try to manage her health so it wouldn't get worse – and at the time she was in her 50's! This hit her like a brick. Well, with some simple changes made over time, she has put away her cane (and kept it on display as a symbol of the life she no longer wants!) and today she is living a new life! What can she do? She can jog 5 miles today – JOG! After using a cane for a few years! This goes to show you that your obstacles are surmountable!



Don't wait to keep striving for optimal health and fitness in your life!

This week work on enhancing your education on health and fitness. Each day this week, pick up a magazine or book, or audio that will enhance your knowledge about mental, spiritual, or physical fitness. It is important to keep your mind sharp, and learning something new will do just that!

TARGETS for the WEEK

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INSPIRATION / EDUCATION / MOTIVATION

As you enter this 21st week, let's review some important ways to look great, lose weight and feel positive!

1. Adopt a healthy daily habit. Change one more thing about your life this week, or just add to what is already good! For example, you could do more exercise, read articles about health, or get to bed a little earlier and rise a little earlier in order to start your day with some stretching.
2. Do Random of acts of kindness. Take the intense focus that we all tend to give to our "diet" and put it into giving to others. It will change your ways, shape and form! Find a local charity or organization that can benefit from your time, treasure or talent and immerse yourself in it. 'Dieting' won't seem like as much of a challenge anymore.
3. Throw a spa party. Gather a few friends for an evening or afternoon of health! Start with a walk in the park, have a manicurist to do nails for everyone, sit down for a healthy chicken salad and share your dreams with one another. You'll be inspired and rejuvenated about your new lifestyle!
4. Make yourself your own best friend. Would you ever sit your very best friend down on the couch and make them eat an entire pizza, bag of chips, bowl (or two!) of ice cream? Of course NOT! From this moment out, make YOU your best friend -treat yourself with the highest integrity!
5. Incorporate more exercise into your day. Taking the stairs, walking during lunch hour, parking a bit further away at every destination, making a health salad as opposed to buying one – all ways to increase your calories expended! Exercise increases your endorphin levels - the "feel good" substance in your body!
6. Eat more protein! Protein is the stuff that muscle is made of, comes from and is enhanced by! Ok, what if I told you that if you don't eat enough of it you could get sick, your hair may not be as silky, your nails might not be as strong – the reasons are endless, so just do it!
7. Find a support group. Having a support group made up of others who are experiencing the same struggles and challenges that you face, and who can share their successes, will help you to overcome your own obstacles and inspire you. Be sure to share you success, too!



8. Pay more attention to your appearance. Good hygiene and a nice appearance will make you feel good about who you are and where you're going! Don't leave the house with a wrinkled blouse, pantyhose with a run, shoes that need repair, nails that are chipped and hair that isn't neatly brushed! Be a queen (or king)!

9. Do strength training. With more muscle tone, your metabolism runs higher and therefore burns more calories. And, you will be able to do more activities with more strength!

10. Journal your successes. Writing down your thoughts about what was and what is noteworthy will give you something to refer to if you ever start to think negatively or feel that your momentum is slipping!

This week focus on eating a healthy lunch each day. If you don't already, start making a habit of incorporating a healthy lunch into your day. If you already do, make it a healthy dinner that you focus on. Remember: eat to live...don't live to eat!

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INSPIRATION / EDUCATION / MOTIVATION

Women: listen up! Men: take heed! Science is learning what we have known all along. NOTHING beats girl talk. Now, science backs up our need to have that mystic get-together, those special times together with friends, a non-stop talkfest.

FRIENDSHIP!

Our female friendships can often be a great anchor in the “hustle and bustle of our daily lives. They shape who we are can validate what we long to become. They can soothe our minds and provide comfort for the pains we experience. But they may do even more. Scientists now suspect that hanging out with our friends can actually counteract the stress most of us experience on a daily basis.

A UCLA study suggests that women respond to stress with a cascade of brain chemicals that cause us to make and maintain friendships with other women. It seems that when the hormone oxytocin is released as part of the stress response in a woman, it encourages her to tend to the children and gather with other women. When we actually engage in this tending or befriending, studies suggest that more oxytocin is released, which further counters stress and produces a calming effect.

This calming response does NOT occur in men. (Finally, justice among the sexes. So, men, you may be able to eat more than us, but you can't beat this!) The reason for this is because testosterone, which men produce in high levels when under stress, seems to reduce the effects of oxytocin. Estrogen seems to enhance it.

It may take some time for new studies to reveal all the ways that oxytocin benefits us, but the “tend and befriend” notion may explain why women consistently outlive men. Study after study has found that social ties reduce our risk of disease by lowering blood pressure, heart rate and cholesterol.

In one study, for example, researchers found that people who had NO friends increased their risk of death over a six-month period. In another study, those who had the most friends over a nine-year period cut their risk of death by more than 60 percent!

Friends are helping us live better. In fact, the results were so significant, the researchers concluded, that NOT having close friends or confidants was as detrimental to your health as smoking or carrying extra weight. So, do your health a favor – spend time with a friend or group of friends this week!



Spend time this week nurturing relationships with your friends and family. Talk about goals and dreams with each other and the importance of working toward them. Talk about the great talents that each of you possesses that are important to nurture and develop. Encourage one another to take chances on those dreams and goals!!

Remember, we become who we spend time with. The quality of a your life is most often a direct reflection of the expectations of your peer group. Choose your friends well!

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INSPIRATION / EDUCATION / MOTIVATION

There are many issues, challenges, and the obstacles that we face in our lives that can keep us from feeling free. What do we need to do and how can we achieve this sense of freedom that we may not "feel" now? I think the first thing that we have to realize is that what we choose to believe can limit our "freedoms." For instance, in weight loss and healthy living we can look at the donuts that we are not eating and think, "gosh, I wish I didn't have to deny myself those." Or we can look at our choice of eliminating them from our diet as one of liberation from the unhealthy and added calories that we just don't need. What seems like a dichotomy is actually an affirmation of life -- in order to achieve freedom, we must be willing to give something up.

Here are some examples of two opposing views that can affect how we feel "free" -- 1. 'If I'm married, I can no longer date other people, and I'll feel trapped with the responsibilities of a family'...OR...'by being married I can be free from having to find a date, and taking the time to develop a relationship; or not having someone to share all of life's joys with!' 2. 'If I stick to only healthy foods, then I won't be able to enjoy the sweets that I like so much'...OR...'If I stick to healthy foods, I don't have to worry about what groceries I'll buy, I'll have more energy in my life, and I will look and feel better!' 3. 'If I take the time to exercise, then I won't have as much time to (___you fill in the blank!___)....OR...'If I exercise regularly, then I'll have more energy to do more things each day that I've been wanting to do!'

You can see from these examples that what we choose to believe does affect our perception of having freedoms in our life. Having anything in our lives that we feel we can't give up is not such a good thing. Does our survival depend on those things, or have we just let ourselves get too content with the conveniences we have? Isn't fast food a convenience that we've come to rely on? Or how about our cars? Have you ever had a day without your car? It can really throw the day for a loop! How about your job? Do we rely on the job we have so much that it has diminished our creative ability to tap into our other talents? Do you have enough confidence in your own abilities that you can be happy with or without those conveniences? The point is not to test yourself to survive without them, but to look at what you have in your life and realize two things:

1. An appreciation for having knowledge, emotions, and material things.
2. A realization that they're only a means to an end.



A Chinese philosopher once said that **a man who is free is "attached to nothing, but open to everything."** Are we becoming addicted to the things that don't contribute to a healthy and happy life? Can you honestly say that what may be keeping you from feeling free -- are the same routines, habits, and choices that you make day in and day out? Even ideas and the ability to learn is a privilege that is a means to solve problems and create new beginnings.

I think you would agree that in order to feel a strong sense of freedom, we have to have positive thoughts, make positive choices, and be happy about the person we are inside. If we can do that, and have passion for life, then our weight loss success will be a reflection of our new found "freedom." Be "open" to taking new action, trying new things, and finding passion in your life and you will succeed in all of your life's endeavors.

Look at what you can give up or what new actions you can implement in your life this week that will give you a sense of freedom! Write down on the facing page what you'll do or not do!

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INSPIRATION / EDUCATION / MOTIVATION

I once noticed the counselors at the local YMCA walking with a group of children. They were wearing bright yellow t-shirts with loud green letters that proclaimed "Professional Role Model." I immediately was impressed. I knew nothing about these kids, other than what my eyes could see. I first realized that they obviously cared for children enough to be spending their time with them. However, their T-shirts made a much larger statement – they were mentoring these children!

It's one thing to want to be something in life, and to dream and hope of being something. It is another thing all together to proclaim it in bold green letters on a neon yellow T-shirt for the entire world to see – and that holds you accountable! Since it is a known fact that these counselors are Professional Role Models, they could not very well sit and read a magazine and let the children run amuck, or smoke in front of them, use foul language or set other bad examples. They must stand true to their proclamation.

Imagine what doing such a bold move could do for your weight loss efforts. Think about it for a moment. What would you have to do differently in your day if you were wearing a bright yellow T-shirt with "Professional Health Mentor" on it? If you were to put that on your T-shirt and head out into your daily life, could you do everything exactly as you do it and impress upon people that you were the role model for Health?

You couldn't swing into the local fast food restaurant or snack or chips or eat high sugary sweets, burgers, fried potatoes or a calorie filled "milk" shake, could you? Imagine the shock of the fellow pizza parlor patrons if they witnessed the town's "Professional Health Mentor" ordering a thick crust, extra cheese, sausage, bacon and pepperoni extra large pizza! No, that just wouldn't do would it. The accountability that you would feel to those around you would be great if you had a bright yellow T-shirt to proclaim your mission. Accountability is a great thing. We need to be accountable to our actions and ourselves when it comes to pursuing our dreams. Michael Jordan once said: "You have to expect things of yourself before you can do them." How true!

Stick to the vision you have for realizing the picture of the life that you described in DAY 1. You should take the responsibility for the examples you are setting to those around especially your friends and family. Be accountable to them too! I am lobbying for a "Weight Loss Motivation Day" to increase the awareness of the obesity problem in our country. The responses to this were very positive, from which some very creative ideas were born. The most popular idea was to wear a ribbon, much like the ribbons that people wear for Breast Cancer or for Aids Research. The majority thought that a yellow ribbon that resembled a piece of tape measure would be the perfect pin for our cause. I



couldn't agree more. I found such a ribbon at the local craft store. Keep in touch with me through my website for more on this. What a great way to pronounce our commitment to healthy living (not dieting!). After all, with your pin on wouldn't you feel you are making a public commitment to your cause?

Make it your focus this week to be a "Professional Health Mentor!" That means try to be true to your mission in all you do this week – healthy meals, exercise, positive affirmations, kind deeds! "Be true to thine self!"

TARGETS for the WEEK

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INSPIRATION / EDUCATION / MOTIVATION

Welcome to week 25. I want to be sure you know where most of your energy needs to come from. It's a source that most people overlook. Most of us would think that energy just comes from being fit. Well, that's only a small part of it. I hear so many people talking about wanting to have more energy, and what to do to find more, that it has become an epidemic alongside obesity. With all of the "high energy" supplements that stimulate metabolism and are supposed to increase our energy, you would think there would no longer be a problem!!

I am going to give you the secret to increasing your energy levels that doesn't require adding any supplement to your diet. It is a simple solution, although not necessarily easy. It requires a little bit of time, and more importantly, a lot of thought. This can actually be one of the most important exercises you will ever do to raise your energy level, and it all starts in your mind. First, let me give you a mind-stimulating scenario: One minute from now there is a knock at the door. It's Ed McMahon, and you've just won \$10 million in the Publisher's Clearing House Sweepstakes! Imagine that for a moment, and make it real in your mind. Think of all the things you could do with your life, given your new riches -- pay all your debts, travel, give to charity, hire a personal trainer and full-time chef to make nothing but healthy meals, buy a new home equipped with an exercise room. Let your imagination go for just a minute with all of the positive ways you could change your life. Stop reading and just indulge for a moment, without any limitations. If you don't, you won't understand the validity of this exercise.

Now that you've done that, do you feel any different? Do you feel some surge of energy about the excitement and the potential of all the possibilities? You must feel some degree of excitement about all the things you could do without concern about money. The point here is that you have increased the energy level inside you by just focusing your thoughts on something exciting. Even if it's for a moment, you have become **passionate** about something in your life! I'm going to assume that Ed McMahon didn't knock on your door, but that doesn't mean that the same principle can't be applied in your life.

The way to become inspired is to be sure you are living your life with a purpose. Your purpose in life needs to be something that you define in writing. It needs to be something that you can respond with if you were woken up in the middle of the night and asked 'what is your purpose?' This is something you will be passionate about everyday of your life. In other words, what are you doing now or what do you want to do (or BE) that will get you jumping out of bed in the morning, excited to start your day? What dream do you have for your own life that you can work toward each day that will keep you inspired to live life to its fullest. Come up with what you really want out of life, not



necessarily what you need, but a goal that you want to reach in your lifetime. Health and fitness in all areas of your life is what will be required to reach that goal! It must be something that you will "feel" good about, that you know will take some time, but will be worth the effort.

There is really no energy pill that can take the place of, or overcome, the energy created by our thoughts. When you determine and define your purpose in life, you will be finding the energy that exists inside of you that is waiting to be released. Define your purpose, that which you know you will work toward everyday that will in some way make the world a better place. It's not the only thing you'll do each day, but it's the only thing that you know will never end and will provide you great fulfillment when you look back on the past years of your life!

Define your purpose in life (put it in writing); read over it each day, and living by it each day!

TARGETS for the WEEK

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INSPIRATION / EDUCATION / MOTIVATION

Welcome to WEEK 26 of your The Vice Busting Diet™! You should be proud that you have come this far. I hope that change has taken place in your life and you have developed a new perspective, a new Level of Health and Fitness, and a renewed passion for living. Let's go over some of the important actions that you have taken up to this point. You can use these as a reminder and a reference of what's important to focus on now and in the future.

1. Carry a water bottle and drink from it often!
2. Replace unhealthy foods with health substitutes!
3. Take PGX every day, before every meal and Slim Style shakes for Breakfast daily!
4. Exercise on a regular basis on your appropriate Level!
5. Read your daily affirmations each day for a healthy & positive attitude!
6. Review the picture and description of the life you would like to emulate!
7. Review your reasons WHY you strive for weight loss and fitness!
8. Use a daily planner to schedule all of the tasks you want to complete each day!
9. Keep your surroundings clean and without clutter!
10. Eat plenty of fruits and vegetables each day! www.MomsNutrition.com to get my home delivery of fruit and vegetable nutrients encapsulated—great product!
11. Keep your eye on the ball – striving for a healthy lifestyle each and every day!
12. Stop and smell the roses – appreciate all that is good in and around your life!
13. Avoid the scale for measuring your weight loss success – gage success by your actions!
14. Recruit a partner or friend with whom to share your goals, visions, and exercise time!
15. Keep in touch with a support team and others who face struggles and realize success!
16. Cherish the time you have each day to improve your life in some way!
17. Only look toward what you CAN do, not what you failed to do!
18. Reward yourself for sticking to your plan, and do so on a regular basis!
19. Keep challenging yourself to higher goals and new targets to keep you motivated!
20. Realize that set backs are a part of life, but you must respond to them and go on!

And finally...

21. Develop a love for who you are and what you are capable of – you have no limits!!



Make the above list a FOCUS FOR the REST OF YOUR LIFE!

I wish you continued success in your actions and efforts. One final thought as you move on to new waters and new heights:

“I once met a man with no shoes and thought how unfortunate it must be, and then I met a man with no feet, and thought I fortunate I must be. Don’t let any obstacles keep you from developing the talents that you have been given, and sharing with the world your true potential as a person!”

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This concludes the 26-week The Vice Busting Diet™ Support Plan!

Be sure to look for the complete AUDIO program
which goes with this The Vice Busting Diet™ workbook
– my Take It Off! with Julia program.

You will find in on my website:

<http://www.weightlossbyjulia.com>

and it includes recipes, an exercise video,
and many important tools to assist you on your path
of Self-Improvement through Self-Motivation!

Feel free to contact me at any time at:

Julia@weightlossbyjulia.com

THANK YOU!

Julia

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HEALTHY SUBSTITUTES

Oranges	Apples	Bananas	Grapes
Strawberries	Kiwi	Peaches	Plums
Carrots	Papaya	Fruit salad	Pineapple
Raisins	Hard-boiled egg	Grapefruit	WATER

Slim Styles Shakes—w/ PGX—the easiest and best breakfast you can provide your body! You will get 20 g protein, feel full for hours and satisfied with the meal!

MORNING FUEL

Here are some great recipes for some fancy or different breakfast, lunch and dinner meals. However, I can't encourage you enough to find a few basic core meals that are nutritious, fit your lifestyle and provide your body with proper fuel and to eat those most often. If we spend all day thinking about what to eat, when to eat, how to make it—that tends to give food such an inordinate amount of importance in our lives. Food is fuel! Nothing more and nothing less than fuel. With that said, Bon Appetite!

Whole Wheat Pancakes

(Serves 4, makes about 8 cakes.)

- 1 cup and 2 tablespoons whole wheat flour
- 1 tablespoon brown sugar
- 2 tablespoons apple sauce
- 1 cup and 2 tablespoons water

1 and ½ teaspoon baking powder, pinch of salt Sift all dry ingredients together. Add applesauce and water and mix until batter drips from spoon (but not runny).

Heat frying pan and spray with low-fat cooking spray.



Spoon about 1/4 cup of batter into the pan and let it cook until small bubbles form in the center. Flip. Keep completed pancakes warm in a preheated oven covered with a paper towel to keep the moisture in.

Serve with a low-fat butter substitute and low-fat maple syrup. For a special treat, make the batter with either 1/2 cup sunflower seeds or 1/2 cup blueberries.

German Apple-Potato Pancakes

(Serves 4)

- 1 and 1/4 cups unpeeled apples - finely chopped
- 1 cup peeled potatoes - grated
- 1/2 cup apple sauce
- 1/2 cup all-purpose flour
- 2 egg whites
- 1 teaspoon salt

Preparations: Preheat oven to 475 degrees. Spray cookie sheet with nonstick cooking spray.

In a medium bowl, combine all ingredients. Spray a large nonstick skillet with nonstick cooking spray; heat over medium heat until hot. Drop rounded Tablespoons of batter 2 inches apart into the skillet. Cook 2 to 3 minutes on each side or until lightly browned.

Place pancakes on prepared cookie sheet. Bake 10 to 15 minutes or until crisp. Serve with additional applesauce or apple slices.

Lemon Pancakes

(Serves 4)

- 1 egg (or egg substitute)
- 1/2 cup lemon fat free yogurt
- 1/2 cup skim milk
- 2 tablespoon oil



- 1 tablespoon sugar
- ½ teaspoon nutmeg
- 1 cup all purpose flour
- 1 teaspoon baking powder
- ½ teaspoon baking soda

In bowl beat the egg and mix in fat free yogurt milk and the oil. Stir in sugar and nutmeg.

In separate bowl combine flour, baking powder and baking soda. Add the flour mixture to the liquid and mix. The batter will be thick.

Grease the griddle and pour ¼ cup batter onto griddle. Cook pancakes until they bubble then turn. Makes 8 pancakes.

Serve with warm maple syrup.

Wheat And Flax Pancakes

(Serves 8—freeze some for later!)

- 1/3 cup flaxseeds - finely ground
- 1 cup whole wheat flour
- 1 cup brown rice flour
- 1/3 cup toasted wheat germ
- 1/3 cup powdered milk
- 1 tablespoons maple sugar or light brown sugar
- 2 ½ teaspoons baking powder
- ½ teaspoon salt

In large bowl, whisk together whole wheat flour, brown rice flour, wheat germ, powdered, sugar, baking powder, salt, and ground flaxseeds. Refrigerate until ready to use.



Pumpkin Pie Pancakes

(Serves 4)

- 1 large egg
- 1/2 cup pumpkin puree'
- 3/4 Cup flour
- 1/3 cup flaxseed meal
- 1/3 cup whey protein powder
- 1 Tablespoon butter - softened
- 1/2 teaspoon vanilla extract
- 2 Tablespoons sour cream
- 2 packets Equal
- 1/2 teaspoon cinnamon
- 1/4 teaspoon ginger
- 1/4 teaspoon ground cloves
- 1/4 teaspoon ground allspice
- 1/4 teaspoon baking powder
- 1/4 teaspoon baking soda

In a medium bowl, lightly beat the egg. Blend in pumpkin, butter, vanilla and sour cream.

In a separate bowl, sift together all dry ingredients.

Combine wet and dry ingredients. Mix well.

On a lightly greased skillet or fry pan, dollop out about 1/3 cup of batter to make each pancake.



Onion And Tomato Scramble

(Serves 1)

- 4 small (sherry) tomatoes
- ½ C green onions sliced
- 2 eggs
- Some fresh basil

Slice and slice the onion and put it in an oiled pan. Cook it on medium heat until is starting to change color (about 4 min).

Meanwhile, slice and dice the tomatoes –save juice, and add it to the pan with the onions. Cook it for about 2 minutes

Beat the eggs and place them in the pan. Add the chopped basil and cook until ready - stirring constantly.

Easy Mexican Eggs

(Serves 1)

- 2 eggs
- 1 Tablespoon salsa (Paul Newman's—helps a good cause!)
- Finely diced jalapenos to taste

Mix all ingredients together in a bowl.

Pour into a pan heated at medium setting.

Cook until done to your liking.

You could sprinkle a bit of grated jalapeno jack cheese to taste.



Eggs-Plant Benedict

(Serves 4)

- 1/2 cup fresh basil leaves
- 1 tsp. minced garlic
- 2 Tbs. pine nuts
- Salt and pepper to taste
- 1/2 cup olive oil
- 1/4 cup grated parmesan
- 1 Tbs. olive oil
- Four 1/2 inch thick tomato slices
- Four 1/2 inch thick eggplant slices
- 2 English muffins -- halved
- 4 eggs

In food processor, combine basil, garlic, pine nuts, salt and pepper until well combined. Add half oil and puree. Add remaining oil and cheese until blended. Brush tomato and eggplant slices with oil and roast in a preheated oven for five minutes, turning once. Lightly brush muffins with pesto and toast under broiler. Poach eggs.

To assemble, put muffin on plate, stack tomato and eggplant on top of each serving. Carefully place egg on top and drizzle with pesto.

Popeye's Pie

(Serves 4)

- 1 pkg. (10 oz.) frozen chopped spinach -- thawed and well drained
- 1/2 cup shredded low sodium Swiss cheese (about 2 oz.)
- 1/4 cup chopped onion
- 1/2 cup Cream Of Rice Cereal -- uncooked
- 1-1/2 tsp. Baking Powder



- 1-1/2 cups fat free milk
- 3/4 cup Egg Beaters
- 2 Tbsp. margarine or butter -- melted

Mix spinach, cheese and onion in bottom of greased 9-inch pie plate; set aside.

Blend cereal and baking powder in medium bowl; stir in milk, egg product and margarine. Pour over spinach mixture.

Bake at 400°F for 30 minutes or until puffed and golden. Cut into wedges to serve; garnish as desired.

Crepes

(Serves 5)

- 1 cup low-fat milk
- 3/4 cups whole wheat flour
- 1 large egg
- 1 additional egg white
- 1 Tablespoon sugar (optional)

In a blender or food processor, process the milk and egg until well mixed but stopping short of creating foam. Add flour, sugar (if desired) and any spices you want to try and pulse until just mixed. The batter should be quite thin. Add more milk as necessary.

Heat a lightly greased medium skillet or crepe pan over medium heat. The pan is ready when a drop of water dropped in the pan dances on the surface.

For each crepe, use 3 Tablespoons of batter. Immediately, swirl the pan gently to distribute the batter in a very thin layer. Cook the crepe until the surface appears dry -- about 1 minute.

Stack completed crepes on a plate with wax paper between each crepe to prevent sticking.

Fill crepes lightly with your favorite filling—I love applesauce or orange marmalade. Roll and enjoy!



Spinach Soufflé

(Serves 4)

- 2 10-ounce packages frozen leaf spinach -- thawed
- 1 large egg
- 1/3 cup low fat milk
- 1/3 cup grated parmesan cheese
- 1 teaspoon crushed garlic
- Salt and pepper to taste

Preheat oven to 350 degrees F.

In a medium bowl whisk together the egg, milk, cheese, garlic, salt and pepper. Fold in spinach. Place in a small casserole dish.

Bake for 20 minutes, or until lightly set.

Breakfast Martini

(Serves 1)

- 1/2 cup frozen blueberries -- almost thawed
- 3 large frozen strawberries -- almost thawed
- 1/2 cup of your favorite granola cereal
- 3 ounces vanilla pudding
- Fat free whipped cream topping
- A maraschino cherry

In your favorite martini glass, layer your ingredients in 1/4 inch layers. Start with a single strawberry, then a layer of blueberries, then the granola, next the pudding. Repeat until glass is full.

Top with whipped cream, a sprinkle of granola and the single, decorative cherry.



Julia's "Rookie" Muffins

(2-2 ½ dozen)

- 2 ½ Cups Whole Wheat Flour
- ½ Cup Wheat Germ
- ½ Cup Flax seeds
- 4 teaspoons double-acting baking powder
- 1 teaspoon each; ground cinnamon and salt
- ½ Cup butter
- ¼ shortening
- ½ Cup applesauce
- ½ Cup sugar
- ½ Cup Equal sugar lite
- 2 ¼ Cups Skim Milk
- 2 eggs, 1 egg white
- 2 ¼ cups whole oats, uncooked
- Optional--raisins 1 Cup, ½ cup walnuts or ½ dried cranberries

Preheat oven to 375* Line large muffin pan with liners. In a small bowl, combine flour, baking powder, wheat germ, flax seeds, cinnamon, and salt; set aside. Using electric mixer, in mixing bowl cream butter/shortening adding sugars until light and fluffy; add eggs and beat until combined, stir in applesauce. Alternately beat in flour mixture, and milk—a little of each at a time, beating well after each addition. Stir in Oats (and more milk if mixture looks too thick) and any of the options. Fill each baking cup with an equal amount of batter, about 2/3 full. Bake for 20-25 minutes (until muffins are lightly browned and a toothpick, inserted in center, comes out dry). Remove muffins to wire rack to cool.

Zucchini Bread

(12 servings per loaf)

- 3 cups shredded zucchini
- 4 Cups
- 1 ¼ Cup Sugar, divided
- ½ Cup chopped walnuts
- ¼ Cup brown sugar
- 5 teaspoons baking powder
- 1 Tablespoon grated lemon rind
- 2 teaspoons pumpkin pie spice
- ½ teaspoon salt
- 1 ½ Cups skim milk



- 6 Tablespoons vegetable oil
- 2 teaspoons pure Vanilla extract
- 2 large eggs, beaten
- Pam spray

Preheat oven to 350*. Spray Pam in 2 8x4 inch loaf pans. Dry zucchini on paper towels. Mix flour, 1 Cup of sugar, walnuts, brown sugar, baking powder, rind, pumpkin pie spice and salt in a large mixing bowl. Form a crater in the center. Combine milk, eggs, oil and vanilla; stir in zucchini. Add mixture to flour, stirring until moistened. Divide batter into loaf pans evenly. Sprinkle remaining sugar on top. Bake for 1 hour or until wooden pick inserted in center comes out clean. Cool 5 minutes then remove from pans. Cool completely on wire rack.

MID-DAY FUEL AND SALADS –MY FAVORITE THING TO EAT!

Fruity Jicama Salad

(Serves 5)

- 1 teaspoon grated orange rind
- ¼ Cup fresh orange juice
- 2 Tablespoons brown sugar
- ¾ teaspoon pumpkin pie spice
- 3 Cups julienne-cut peeled jicama
- 1 Ruby Red grapefruit, peeled and sectioned
- 2 oranges, peeled and sliced crosswise
- 2 kiwifruit, peeled and sliced

Combine 1-5 ingredients in a medium bowl, stir with a whisk. Add jicama and remaining ingredients; tossing gently.

Serve with a grilled chicken breast for the perfect lunch!

Warm Blue Cheese and Pear Salad

(Serves 4)

- ¼ Cup water
- 1 Tablespoon sugar
- 1 Tablespoon red wine vinegar
- ½ teaspoon beef-bouillon granules



- 2 Cups finely shredded red cabbage
- 2 Cups baby spinach
- 1 Cup chopped peeled pears (Anjou are my favorite!)
- 4 teaspoons crumbled Blue cheese

Combine 1-4 in a large skillet over high heat. Cover, reduce heat and simmer 1 minute. Add cabbage to skillet and sauté for 2 minutes. Add pears and sauté 2 minutes or until pears are crisp-tender; remove from heat. Place ¼ Cup baby spinach on each plate and divide sauté mix onto the plates and garnish with Blue cheese. Served with a piece of grilled fish—a perfect meal!

Tuna Fish Tomato Stuff

(Serves 2)

- 1 large can water packed Tuna
- 2 large tomatoes
- 2 Tablespoons Sweet pickle relish
- 1 teaspoon pepper
- 2 Tablespoons shredded low fat cheddar cheese
- 2 Egg Whites, hard boiled and diced
- 2 Tablespoons no fat Mayonnaise

Cut top ¼ of tomato top off, and then hollow out the tomatoes, throwing away center and top. Mix all other ingredients; expect cheddar in a medium bowl. Spoon into tomatoes, top with cheddar. Broil until cheese starts to bubble and turn slightly brown.

Hail Caesar

(Serves 2)

- ½ Cup cooked long grain brown rice
- ½ Cup cooked peas and peel onions (buy frozen bag)
- 2 Cups Baby Spinach leaves
- 1 avocado, cubed
- 1 Tablespoon balsamic vinegar
- 2 Tablespoons low fat Caesar dressing
- 2 sliced grilled chicken breast
- 2 teaspoons shredded Asiago or Parmesan cheese



This couldn't be any easier! Place the spinach in a bowl, top with all ingredients, stir until dressings are tossed evenly and serve.

Veggie Sandwich

(Serves 1)

- 2 slices dense fiber filled bread
- ¼ cucumber, sliced thin
- 2-3 slices of tomato
- 1-2 sliced pepperoncini
- Sliced red onion
- Pile of bean sprouts
- 2 thinly sliced zucchini pieces
- 1 Tablespoon Chive lite cream cheese
- 1 slice provol cheese

Spread cream cheese on bread and stack all ingredients, slice in half and enjoy! A nice glass of mint tea is the perfect addition to this great lunch.

Roast Beast

(Serves 1)

- 2 slices hearty fiber filled bread
- 5 ounces Lean Roast Beef
- 1 slice low fat Alpine Cheddar
- 1 leaf lettuce
- 3 sliced tomato
- Slices yellow onion
- 1 Teaspoon mayonnaise
- Mustard to taste

Toast bread lightly in toaster oven, add beef and cheese, toast lightly till cheese starts to melt; stack on all other ingredients and enjoy!



Summer salad

(Serves 6)

- 8 Cups raw spinach leaves
- 2 Cups cantaloupe balls
- 1 ½ Cup strawberries—halved
- 1 Cup blackberries
- ¼ Cup seedless raspberry jam
- ¼ Cup raspberry vinegar
- 2 Tablespoons honey
- 2 teaspoons olive oil
- ¼ Cup chopped Macadamia nuts

Mix vinegar, honey and oil; whisk till mixed well. Combine spinach, and fruit in a bowl and toss with dressing, sprinkle with nuts and serve. Is there any salad when combined with a grilled chicken breast isn't the perfect meal?

Ranch Slaw

(Serves 6)

- 1/3 Cup sliced green onions
- 1 10-ounce package of angel hair slaw
- 1/3 Cup fat-free ranch dressing
- 1 11-ounce can Mandarin oranges (in water; drained)
- 1 avocado peeled, cut into small cubes

Combine onions and slaw in a large bowl. Add dressing; toss to coat. Add oranges and avocado; toss gently. Serve immediately.

Wild Rice Oriental Salad

(Serves 8)

- 3 Cups water
- ½ Cup uncooked wild rice
- 1 ½ Cups long grain brown rice
- 1 ½ Cups chopped red bell peppers
- 1 Cup diagonally cut celery
- 1 Cup frozen peas--thawed



- 1 8-ounce can water chestnuts; drained and chopped
- 1/2 Cup sliced green onions
- 1/3 Cup thawed orange juice concentrate
- 1/4 Cup low-sodium soy sauce
- 1 Tablespoon vegetable oil
- 1 1/2 teaspoons lemon juice
- 1 Tablespoon fresh grated ginger (time consuming, but so good!)
- 2 cloves minced garlic
- Lettuce leaves
- 2 Tablespoons unsalted cashews

Bring water to a boil in a large saucepan, Add wild rice; cover and reduce heat, in 10 minutes add brown rice; cover and simmer 50 minutes or until tender. Drain rice mixture of excess water, transfer to a large bowl; add bell pepper, celery, peas, water chestnuts, and onions. Combine OJ with next 5 ingredients, pour over rice and toss well. Cover and chill for 2 hours. Sprinkle with cashews before serving. Can also add 1 cup cooked lentils to this for more protein and then it is a stand-alone dish!

Tabbouleh

(Serves 5)

- 1 1/2 Cups uncooked bulgur or cracked wheat
- 1 1/2 Cups boiling water
- 1 teaspoon olive oil
- 1 1/2 Cups diced white onion
- Bunch of fresh parsley
- Bunch of fresh cilantro
- 5 stalks green onion
- 1/4 Cup slivered almonds, toasted
- 5 Tablespoons lemon juice
- 1 Tablespoon ground cumin
- 2 teaspoons olive oil
- 1 1/2 teaspoons dried oregano
- 1/2 teaspoon salt
- 1/8 teaspoon ground allspice
- 1 cucumber, skinned, seeded and diced

Put bulgur in boiling water, stir well; cover and let stand for 30 minutes or until liquid is absorbed. Heat oil in a small skillet add white onion, sauté until tender. Add onion to bulgur. In food processor finely chop cilantro, green onion and parsley, add cucumber and stir with remaining ingredients into bulgur.



Black Bean CousCous

(Serves 2)

- 1 large orange
- 1/8 teaspoon salt
- 2/3 cup uncooked couscous
- 1 Cup canned black beans, rinsed and drained
- 1/2 Cup chopped red bell peppers
- 1/2 Cup chopped green onions
- 2 Tablespoons finely chopped parsley
- 1 Tablespoon seasoned rice vinegar
- 1 1/2 teaspoons vegetable oil
- 1/4 teaspoon cumin

Grate 1/4 teaspoon orange rind, and set aside. Squeeze juice from orange over a bowl, reserve 1/4 Cup juice and set aside. Add water to remaining juice till equals 1 CUP, add salt and bring mixture to boil in a medium saucepan, gradually stirring in couscous. Remove from heat; cover and let stand for 5 minutes. Stir and cool 5 more minutes. Stir in rind, beans, peppers, onions and parsley. Combine 1/4 Cup reserved OJ, vinegar, oil and cumin. Pour over couscous mixture and toss well. Store in an airtight container in refrigerator.

Fancy Tuna Salad

(Serves 6)

- 3 Tablespoons fresh lemon juice
- 2 large cans Tuna packed in water (can use fresh tuna, if so drizzle with lemon juice/black pepper; marinate 15 minutes; then prepare on grill or broiler)
- Freshly ground black pepper
- Pam spray
- 6 red potatoes
- 3/4 pound fresh trimmed green beans
- 4 Cups torn romaine lettuce
- 4 Cups trimmed watercress (about 1 bunch)
- 3 tomatoes; each cut into 6 wedges
- 3 hard boiled eggs (through away 2 yolks; reserve one); quartered lengthwise with yolks removed
- 1 green pepper; cut into strips
- 1/2 Cup nicoise olives or Calmatta



- 2 Tablespoons capers
- 2 teaspoons minced garlic
- Balsamic vinaigrette bottled dressing

Steam potatoes, covered 3 minutes. Add green beans and steam; covered for about 5 minutes or until crisp-tender. Cool. On platter, combine lettuce and watercress. Arrange tuna (fork fluffed if canned or chunks if fresh steaks), potatoes, green beans, tomato, egg whites, and bell peppers over the greens. Top with crumbled yolk, olives, and capers. Drizzle with vinaigrette.

Hearty Five Bean Soup

(Serves 8)

- | | |
|------------------------|-----------------------------------|
| • ½ Cup navy beans | 4 Celery stalks—diced |
| • ½ Cup turtle beans | 2 Carrots |
| • ½ Cup pinto beans | 3 quarts low/no fat chicken stock |
| • ½ Cup split peas | 2 Tablespoons marjoram |
| • ½ Cup lentils | 2 teaspoons kosher salt |
| • 1 medium onion—diced | ½ teaspoon black pepper |

Soak beans overnight in water. Drain soaked beans completely. Add Chicken stock and bring to a boil. Reduce heat to a simmer. Add onions, celery and carrots. Cook for 45 minutes or until beans are $\frac{3}{4}$ cooked. Add lentils and split peas and cook for 30 more minutes or until tender. Remove $\frac{1}{2}$ of the bean mixture and puree in a blender. Add back to the original pot and add seasonings.

Chicken Waldorf Salad

(Serves 2)

- 6 C red delicious apples-peeled, cored and diced
- 6 Tablespoons fat-free mayonnaise
- 4 Tablespoons plain fat-free yogurt
- ½ Cup diced celery
- 2 Tablespoons raisins
- 2 Tablespoons dried cranberries
- 2 Tablespoons chopped walnuts
- 2 diced grilled chicken breasts
- 4 strawberries
- 2 sprigs fresh mint



In a bowl, combine yogurt, mayonnaise, raisins, cherries, celery and walnuts. Mix chicken and apples together. Pour dressing over apple chicken mixture and gently toss. Place on 2 plates, garnish with strawberries and mint.

EVENING FUEL

Cous Cous Grilled Tenderloin of Beef

(Serves 2)

- 5 ounces of tenderloin, cut into 2 pieces
- 4 Cups cooked cous cous (cook with low fat chicken stock)
- 1 Cup diced tomato
- 1 Cup diced cucumbers, seedless and skinned
- ½ Cup fat free tangerine mint dressing
- ¼ Cup fresh chopped mint
- ¼ Cup fresh chopped parsley
- 2 Tablespoons lemon juice
- ½ Tablespoon minced garlic
- 1 teaspoon cumin
- Salt/pepper to taste

In a bowl, combine couscous, tomatoes, cucumbers, orange mint dressing, parsley, lemon juice, garlic, cumin, salt and pepper. Charbroil tenderloin to desired temperature and serve with couscous.

Pork Tenderloin and Ziti

(Serves 2)

- 10 ounces cooked Ziti
- 8 ounces pork tenderloin
- ¾ Cup fat free mayonnaise
- ½ Cup fat free sour cream
- ¼ fat free Italian dressing
- 2 Tablespoons fresh dill
- ½ Cup chopped scallions
- ¼ Cup roasted red peppers



- 2 Tablespoons Dijon mustard
- 2 Tablespoons sweet relish

Marinate pork in dressing for 30 minutes. Combine remaining ingredients together and mix gently with pasta. Slice pork into medallions and charbroil until done, serve with ziti.

Halibut Steaks Cabo San Lucas

(Serves 2)

- 2 8-ounce halibut steaks
- 2 Tablespoons lime/cilantro dressing
- Juice from ½ large orange
- Juice from 1 lemon
- Juice from 1 lime
- 4 teaspoons chopped cilantro
- ¼ Cup white wine
- 6 tomato slices
- 2 springs cilantro
- 2 portions angel hair pasta (whole wheat works great with this!)

Marinate halibut in fat-free lime cilantro dressing for 15 minutes. Cook pasta according to directions, drain but do not rinse. Charbroil halibut, 3 minutes per side. Do NOT overcook. Grill tomato slices. Then sauté angel hair pasta in orange, lemon and limejuice, white wine and chopped cilantro until hot. Place on a plate with grilled tomato, pasta and top with halibut. Garnish with cilantro sprigs.

Cashew Crusted Orange Roughy

(Serves 2)

- 2 7-ounce Orange Roughy pieces
- 2 Tablespoons ground cashews
- 2 Tablespoons Italian bread crumbs
- 1 Tablespoon flour
- 2 Tablespoons fresh basil, oregano and parsley
- Paprika
- Pam spray

Preheat oven to 350*. In a shallow dish, combine cashews, flour and bread crumbs, stir in the spices and mix well. Coat the roughy with the mixture completely. Place on a baking pan, sprayed with Pam. Sprinkle lightly with paprika. Bake for 12-15 minutes or



until done. Serve with a spinach salad with toss mandarin oranges and slivered almonds with poppy seed dressing for a perfect meal.

Ham with penne pasta and snow peas

(Serves 2)

- 6 ounces cooked penne
- $\frac{3}{4}$ Cup julienne red onions
- $\frac{3}{4}$ Cup julienne yellow onions
- 1 red pepper sliced julienne
- 2 Tablespoons minced garlic
- 6 ounces of 95% fat-free turkey ham, julienne sliced
- 1 Cup fat free or low fat chicken stock
- 1 Tablespoon fresh chopped thyme
- 2 Tablespoons fresh chopped basil
- 2 Tablespoons grated Romano cheese
- $\frac{1}{2}$ Tablespoon olive oil
- 1 pound snow peas—slice julienne

First sauté onions, garlic, snow peas and peppers in olive oil. Add turkey ham and heat. Add chicken stock, thyme and basil. Bring to a boil and add penne. Gently toss, heat completely and remove from heat. Serve with grated Romano cheese and garnish with diced parsley.

Miso Salmon

(Serves 4)

- 1 Tablespoon red miso paste
- 1 teaspoon unsaturated oil
- 2 Tablespoons soy sauce
- 2 Tablespoons freshly grated ginger-or finely chopped
- 1 Tablespoon rice wine vinegar
- 1 Tablespoon honey
- 4 6-ounce skinless salmon fillets
- 2 bok choy, cut in $\frac{1}{2}$ lengthwise
- 8 ounces shitake mushrooms, but in half
- 6 scallions, peeled and cut into 1-inch lengths
- Fresh ground pepper



In a small bowl, whisk miso, oil, ginger and 1 T. of soy sauce. Add vinegar and honey and stir well. Place the salmon in a shallow dish and pour miso mix over them until well coated, cover with plastic wrap and refrigerate for one hour. Grill salmon until done, do not overcook. Steam the bok choy, mushrooms and scallions for 3-4 minutes. Remove from heat and season with pepper.

Serve salmon topped with veggies and drizzle with remaining soy sauce.

Summer Veggies, chicken and pasta

(Serves 4)

- 4 grilled chicken breast (marinate in Italian dressing prior to grilling)
- Juice of ½ lemon
- 1 Tablespoon olive oil
- 1 teaspoon honey
- 2 scallions, finely chopped
- 2 tablespoons roughly chopped tarragon
- 10 spears fresh asparagus
- 1 cup thick sliced baby zucchini
- ¾ cup frozen peas and pearl onions
- 1 lb. 2 oz FRESH fettuccini pasta noodles
- 12 cherry tomatoes-cut in halves
- Fresh ground pepper
- 4 Tablespoons fresh Romano cheese

Mix lemon juice, olive oil, honey, scallions and tarragon. Prepare asparagus by breaking off ends and carefully peeling the tips. Cut into one-inch lengths. Cook the asparagus for 2 minutes in boiling water, remove with a slotted spoon and quickly place in cold water. Add zucchini to boiling water for one minute; remove and quickly place in cold water. Add the peas and pearl onions to the boiling water and cook for 3 minutes, remove and add to cold water.

Cook the fresh pasta in plenty of boiling water for 2-3 minutes. Drain the pasta, reserving ¼ cup of the cooking water. Return pasta to the pan, add drained veggies and tomatoes and toss well. Add the lemon dressing, reserved cooking water and pepper to taste. Toss well. Add sliced grilled chicken breasts, toss. Garnish with 4 Tablespoons fresh Romano cheese.



Pumpkin Risotto

(Serves 4)

- 1 pound pumpkin, peeled and cut into ½ -inch dice
- 1 medium white onion, finely chopped
- 1 garlic clove, crushed
- Oil-water spray (by commercially or make using 7 parts water to 1 part olive oil or canola oil)
- Fresh ground pepper
- 1 Cup Risotto rice
- Peel of ½ lemon
- 3 Cups boiling vegetable stock
- 1 ounce finely grated parmesan cheese

Preheat oven to 400*. Place pumpkin, onion and garlic in a non-stick ovenproof casserole dish. Spray lightly with oil-water spray and season with pepper. Place in oven for 15-20 minutes, until golden and caramelized, turning regularly.

Sprinkle rice (uncooked) and lemon peel over them and stir well. Pour in the boiling vegetable stock and stir well. Cover with foil and return to oven for 25-30 minutes or until the rice is tender and all the stock is absorbed. Stir in ½ of the Parmesan and garnish with the remaining.

Serve with a grilled turkey breast for the perfect fall meal!

Mango Salsa Snapper

(Serves 4)

- 4 6-ounce skinless, cleaned snapper fillets
- 4 scallions
- 1 green pepper, seeded and chopped
- 1 stalk celery, peeled and chopped
- 1 red chile, stem removed and chopped
- 1 Tablespoon picked thyme leaves
- 1 Tablespoon marjoram leaves
- 1/3 Cup chopped fresh parsley
- Juice of 2 limes
- 4 garlic cloves, peeled
- Freshly ground black pepper



- Oil-water spray (by commercially or make using 7 parts water to 1 part olive oil or canola oil)

Mango Salsa

- 1 mango, peeled and cut into ½-inch dice
- 1 red onion, chopped
- 3 plum tomatoes, seeded and cut into ½-inch dice
- 1 garlic clove, crushed
- Juice of 2 limes
- 3 Tablespoons roughly chopped fresh mint leaves
- 1 teaspoon sugar

In blender, combine scallions, pepper, celery, chile, thyme, marjoram, parsley, limejuice and garlic and process to a paste. Place the snapper in a shallow dish, rub with paste on both sides; cover with plastic wrap and marinate at room temperature for at least 2 hours.

Place all salsa ingredients in a small bowl and marinate for 30 minutes. Preheat oven to 450* Spray a non-stick baking tray with oil-water, place snapper on it and bake for eight to ten minutes until cooked.

Serve with Salsa on top and brown rice.

Salmon Tortilla

(Serves 4)

- 1 teaspoon unsaturated oil
- 1 small onion, finely chopped
- 14 ½ ounce can tomatoes, chopped
- 1 tablespoon tomato paste
- 1 can anchovy fillets, drained and finely chopped
- 14 ounces smoked salmon, chopped large pieces
- 2 scallions, shredded
- 2 Tablespoons fresh dill, chopped and some sprigs for garnish
- 4 Tablespoons low fat mozzarella cheese, coarsely grated
- Fresh ground pepper
- 2 Tablespoons drained capers
- 4 8-inch soft wheat flour tortillas



Preheat oven to 450*. In a small pan, heat the oil; then add the onion and cook for 2 minutes over medium heat until softened. Add the tomatoes, tomato paste and anchovies, and cook for six to eight minutes or until the mixture thickens to a pulpy consistency.

Spread the tomato mix evenly over the tortillas; scatter the salmon on top, followed by the scallions and chopped dill. Sprinkle the cheese over the top, place on large baking tray and cook for three to five minutes or until cheese has melted. Sprinkle capers and dill over the top. Season to taste with pepper. Serve immediately.

Sesame Chicken

(Serves 4)

- 4 skinless chicken breasts, cut in cubes
- ½ Cup water, and 1 Tablespoon water divided
- 1/3 Cup apple juice (not from concentrate; no sugar added)
- 2 Tablespoons soy sauce
- 4 Tablespoons sliced green onion
- 1 Tablespoon ketchup
- 1 Tablespoon dark brown sugar
- 2 garlic cloves, minced
- 1 teaspoon ground 3-color pepper, or to taste (red, green and black)
- 1 teaspoon cornstarch
- 4 teaspoons toasted sesame seeds
- Pam spray

Spray 5 quart saucepot or Dutch oven with Pam and set over medium heat; add chicken and cook, turning when necessary, until chicken is browned on all sides; about 5 minutes. Transfer to small platter and set aside.

In small mixing bowl combine ½ Cup water, juice, soy sauce, onions, ketchup, sugar and garlic; season with pepper, mixing well. Pour into pot and cook over medium heat for 2 minutes, stirring constantly to scrape up any browned particles from bottom of pot. Reduce heat to low and add chicken; cover and cook until chicken is tender; about 20 minutes. Transfer chicken to platter and keep warm; serving liquid from pot

Dissolve cornstarch in 1 Tablespoon of water and add to liquid in pot; cook stirring frequently, until sauce is thickened—4 minutes. Pour sauce evenly over chicken and sprinkle with sesame seeds.



Marinated Flank Steak

(Serves 4)

- ½ Cup chopped shallots
- 1/3 Cup red wine vinegar
- 3 Tablespoons balsamic vinegar
- 2 teaspoon Montreal Steak seasoning (divided)
- 1½ lbs. flank steak; trimmed
- ¼ teaspoon salt
- Pam spray

Combine first 3 ingredients in a large zip-loc plastic bag; add 1 Teaspoon pepper seasoning and steak. Marinate 8 hours or overnight, turning occasionally. Prepare grill or preheat broiler. Remove steak from bag and discard marinade. Sprinkle steak with remaining pepper seasoning and salt. Place steak on grill rack, or broiler pan coated with Pam, cook 6 minutes on each side or until desired degree of doneness. Cut steak diagonally across grain into thin slices.

Italian Chicken with Chickpeas

(Serves 4)

- 1 pound chicken breast tenders
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 1 Tablespoon olive oil
- 1 1/3 Cups sliced white onion
- 1 Cup green bell pepper strips
- 1 Tablespoon minced garlic
- 1 15 ½ ounce can chickpeas; drained
- 1 14 ½ ounce can diced tomatoes; drained
- 1 Tablespoon chopped basil
- 1 Tablespoon chopped oregano

Sprinkle chicken with salt and pepper. Heat oil in a large nonstick skillet over medium-high heat. Add chicken to pan; cook 2 minutes on each side or until browned. Add onion and bell pepper; sauté 4 minutes. Reduce heat to medium. Add garlic, chickpeas, tomatoes, basil and oregano and cook for 8 minutes or until thoroughly heated.



Scallop Spagetti

(Serves 4)

- 3 teaspoons olive oil
- 2 pounds sea scallops
- ½ teaspoon salt
- ½ teaspoon black pepper
- 2 Tablespoons butter
- ½ Cup minced green onions
- 1 Tablespoon bottled minced garlic
- 2/3 Cup dry white wine
- 2 Tablespoon fresh lemon juice
- 2 Tablespoons finely chopped fresh parsley
- Lemon—thin sliced for garnish
- 4 servings fresh; cooked angle hair pasta

Heat oil in a large nonstick skillet over medium-high heat. Sprinkle scallops with salt and pepper. Add scallops to pan and sauté 2 minutes on each side. Remove cooked scallops from pan, keep warm wrapped in aluminum foil.

Add butter to pan. Add green onions and garlic to pan; sauté 30 seconds. Add wine and juice; cook 1 minute. Return scallops to pan; toss and coat. Remove from heat. Place scallops on top of pasta, spoon on remaining sauce and garnish with parsley.

HEALTHY QUICK SALADS

Basil Grilled Chicken Salad

Ingredients

- 4 boneless, skinless chicken breast halves
- 2 garlic cloves chopped or minced
- ¼ cup olive oil
- ¼ cup white wine vinegar
- 1 teaspoon sugar
- 1 teaspoon Dijon mustard
- ½ cup fresh basil chopped
- 1 bag of Romaine lettuce (about 2 cups)
- ¼ cup of Parmesan cheese (or asiago)



Preparation

Mix garlic, oil, vinegar, sugar, and mustard. Broil chicken breast with mix. Let cool, keeping juices with chicken. Mix Romaine lettuce with half of the cheese, chop into chunks and add chicken (with juice), add Basil, then sprinkle remaining cheese. Great to carry for lunch!

Per Serving—Calories: ~300 Fat: ~18 g Carbohydrates: ~ 6 g Protein: ~18 g

Chicken Vinaigrette Salad

Ingredients

Dressing: ½ cup olive oil

2 tablespoons white wine vinegar

2 tablespoons ground mustard

1 tablespoon honey (you may also use a fat-free honey Dijon dressing as a substitute!)

Salad:

4 boneless skinless chicken breast halves

2 cups Romaine lettuce

6 radishes sliced

4 ounces low-fat Swiss cheese cut into thin strips

lemon juice

Preparation

Combine dressing ingredients in container with tight fitting lid and shake well. Broil chicken and add ½ the dressing during broiling for one side, other half for other side. Toss radishes and cheese with lettuce. Let chicken cool and add to lettuce with juices. Sprinkle with some lemon juice.

Per Serving—Calories: ~300 Fat: ~8 g Carbohydrates: ~12 g Protein: ~18 g

Quick Italian Salad

Ingredients

1-6 oz. jar marinated artichoke hearts

2 tablespoons red wine vinegar

1 package of Italian salad mix (10 oz.)



½ cup sliced or chopped red onion
¼ cup grated Parmesan cheese (low-fat if possible)
Fresh ground pepper
(grilled chicken breast may be added or a small Filet – either sliced into small pieces!)

Preparation

In a large salad bowl, combine artichoke hearts using some of the artichoke marinade, along with the red wine vinegar. Add salad mix and onions and salad mix and toss. Add pepper to taste.

Per Serving—Calories: ~100 Fat: ~7g Carbohydrates: ~5g Protein (w/meat added): ~18g



FITNESS LEVELS

It is important to identify your fitness level, so you know where to start and know what level you would like to shoot for, and which Levels to go through to get there. This is a guideline, where the averages rule. What is most consistent is the abilities you have on each new Level, not just the difference in weight. The point to realize in selecting your H&F Level is that when you can identify where you are, you will know from where to begin and where you're going! If you're on Level I and you try to do what people on Level V are doing, you'll run a good chance of failing. Don't try to go for the end zone on the first play!

As you go through and decide what Level you're on, if you have any doubts, choose a Level below what you think you might be on. What's the harm in starting a little easier than you might otherwise be capable of? Also, in the right hand margin is an average window of time to move to the next Level that you can use as a general guideline. Remember, there is no exact formula for everyone, so don't get discouraged if it takes a bit longer than you like. It will take your metabolism time to catch up to your consistent actions and begin responding at the same pace! Here they are:

HEALTH & FITNESS LEVEL VII

Time needed to stay here: **2 hrs or more per day**

- Professionals – some athletes, dancers, gymnasts, runners,
- Exercise and fitness is life; always preparing for new challenges
- Few to no health problems; balanced diet with calorie awareness
- Positive attitude; Solve problems without hesitation
- Conditioned for high energy and high endurance competition

HEALTH & FITNESS LEVEL VI

Avg. time to get to Level VII: **unknown**

- Most commonly at or near desired weight
- Exercise an average of 6 days/week; enjoy a variety of exercises
- Infrequently have a health problem;
- Have an excellent diet, with an occasional treat on a holiday



- Always focused on making healthy choices and exercising consistently
- Regularly setting new challenges
- Enjoy high energy, good health & fitness each day, as well as when on vacations
- Focused and driven to complete tasks for the day, and fulfilling long term goals

HEALTH & FITNESS LEVEL V

Avg. time to get to Level VI: **4 weeks to 3 months**

- Desire to lose 0-25 lbs
- Consistent with exercise, enjoy it regularly
- Few health problems, only when trying to do too much in too little time
- Have a fairly good diet, but maybe a 'vice' that keeps the few pounds on
- Always feel it would be great to lose those last few pounds
- Have either never been more than 25 lbs overweight, or have had success w/ weight loss
- Energy level is good for most of the day; would like to have more energy to do more things
- Have goals, write down the tasks needing attention for today

HEALTH & FITNESS LEVEL IV

Avg. time to get to Level V: **4 weeks to 3 months**

- Desire to lose 25- 50 lbs
- Familiar with exercise, but inconsistent with it (i.e. 2 or 3 days every 2 weeks)
- Health problems on occasion; Concern not high enough to take daily actions
- Healthy eating is present most of the time; busy schedule burns *much* of the calories
- Desire to lose weight on a regular basis; don't feel there is time;
- May have been successful with some weight loss, but prone to some 'yo-yoing'
- Energy level is OK for most of the day, focus is on basic needs for self and family



HEALTH & FITNESS LEVEL III

Avg. time to get to Level IV: **4 weeks to 3 months**

- Desire to lose 50-75 lbs
- May have exercised some in the past;
- Some health problems which seem to prevent progress
- Healthy eating is inconsistent, maybe one meal a day
- May have lost some weight, but have always gained some back or more
- Energy level is good for half a day, then drops

HEALTH & FITNESS LEVEL II

Avg. time to get to Level III: **4 weeks to 3 months**

- Desire to lose 75-100 lbs.
- Have done very little exercise, if any
- Have health problems regularly
- Have not followed healthy eating much
- Have been on diets what seems a whole lifetime
- Energy level is low; difficulty finding the motivation

HEALTH & FITNESS LEVEL I

Avg. time to get to Level II: **4 weeks to 3 months**

- May need to lose more than 100 lbs
- Have not done any exercise in the past
- Grew up with poor food choices; mainly fast food
- Sit too often, eat too often; emotions dictate eating
- Experience health problems often; may have bought “diet” products in the past
- May have tried “diet” products or plans, but without any success;
- Sluggish, tired, no energy, little to no motivation;

Always consult your physician when changing your diet or beginning an exercise program.



EXERCISES

These are divided into Levels that coincide with the Level of Health & Fitness you most identify with. Another reason for failing to reach the fitness level you desire is taking up exercises that are too difficult. Why not start easy and work your way up, one easy step at a time! Choose an exercise from the Level you're on that you most enjoy. Try other ones on the same Level if you get bored, and find what works best for you! The two most important points to take from the exercises on each level, is how high the impact (i.e. jumping, high; versus walking, low) AND the duration of the exercise. The higher the duration and impact, the more difficult the exercise becomes. For example, slow riding on a stationary bike for 5 – 10 minutes would be a Level I exercise. But riding at a fast speed on a stationary bike for 60 minutes without stopping would qualify for a Level V exercise.

Another note: You may be able to perform a Level IV or V exercise your first day, but this isn't a test of how much you can do each day. The test you have for yourself is how consistent you can be for the rest of your life!

(H & F = Health & Fitness)

LEVEL VI (daily focus on new challenges; pushing the limits of physical exertion)
for H & F Level VII

- Extreme challenges;
- Marathons, Short Tri-athalons, Long bike races or swim races

LEVEL V (1 or more hours / day dedicated to exercising)
for H & F Level V and VI

- Running each day 3 or more miles
- Bike riding 10 or more miles
- 30-45 minutes / day treadmill, Stairmaster, stationary bike
- 30-45 minutes / day 3-4x/wk muscle strengthening

LEVEL IV Generally speaking, if you are on **Health & Fitness Level IV or V**, you should be following this type of exercise routine or similar. At this Exercise Level, you are starting to combine aerobic training with muscle strengthening exercises; You are developing a



routine consisting of at least 20 minutes per session of aerobic activity followed by strength training on 3 of those 4 or 5 days.

Examples of Aerobic training

- 20 min. or more of jogging
- 20 min. or more on the Stairmaster,
- 20 min. or more on the high-impact aerobics
- 45 min. aerobics or other medium impact class

Examples of Strength training

- Weight training
- High impact kick boxing
- Strengthening machines
- Resistance training

LEVEL III (moderate exercise, usually 3 days/week) for H & F Level III and IV

- High-speed walk,
- Faster speed stationary bike;
- Longer periods of bike riding;
- Muscle strengthening equipment
- Elliptical machine; Stairmaster

LEVEL II (low impact) for H & F Level II and III

- Walking with strides,
- 10 minutes of slow sustained stationary bike riding,
- Light swimming for a short period, outside bicycle riding, stretching
- Resistance rubber band
- Light hand weights

LEVEL I (getting started, easier, least amount of exertion) for H & F Level I and II

- Slow walking, slow swimming,
- Stretching; seated arm movements
- Low speed stationary bike;
- No weight training



In my book, *Awaken the Diet Within!*, I discuss the importance of rewarding yourself as you realize both small and larger goals. It is my belief that in rewarding yourself as you successfully move forward on your weight loss journey, that you will be building your self-esteem and replacing the positive feelings that the unhealthy or negative actions once gave you, with healthy and positive feelings.

In the past, dieting has been associated with deprivation, starvation, drastic change in habits overnight and failure. The saying "if you keep doing what you have always done, you are going to keep getting the same results that you have always gotten" has never held more true than when applied to "dieting". The great thing about that, is that if you change what you have always done...you WILL get different results. Your The Vice Busting Diet is different than any other "diet" ever introduced.

You are not going to be put through the unrealistic demands of changing everything about yourself and what you are doing overnight. Rather, it is a gradual "baby-steps" plan that will enable you to gain control over many of the negatives that exist in your life. My Rewards TM method is essential in this self-empowering process. Each diet that you have previously tried, any diet that left you short of your goals accomplished one thing...it left you feeling as though you had failed and feeling like dieting may never work for you. Each time that happened, your self-esteem was diminished little by little. It is time to reclaim your belief in your own abilities and it is my job to help you.

Rewards give you the encouragement needed to continue doing the actions necessary to further your progress on the path of Self-Improvement through Self-Motivation. As you get used to the positive reinforcement garnered from earning your rewards, you will come to look forward to these feeling and it will give you much more satisfaction and be much longer lasting than food ever could hope to be!

In your weekly sections of your The Vice Busting Diet, you will find blanks to fill in goal for the week and reward for doing it. Here are some suggestions for rewards:

SUGGESTED REWARDS

Suggested weekly rewards

- Grow your own flowers! Planting and caring for a living thing is a wonderful growth experience!
- Start your own garden with herbs, fruits and or vegetables.
- Visit the local zoo
- Take a trip to the art museum



- Take a walk in the park
- Buy a new CD or DVD
- Burn a scented candle for hours...your home will smell great!
- Get your hair done
- Lock the world out and take a long bubble bath
- Go on a scenic bike ride
- Take a walk in the countryside
- Listen to relaxing music
- Go to a movie
- Rent an old favorite movie
- Buy a new book and get lost in reading it!
- Take a course at a local college
- Contribute time, treasure or talent to a local charity
- Learn to use the computer, or become more proficient at it
- Get a manicure
- Get a pedicure
- Paint a room in your home a vibrant new shade
- Make curtains for a bright new look
- Buy a new top
- Buy a new pair of shoes
- Send yourself flowers...anonymously!
- Adopt a pet
- Study a 2nd language
- Visit an historic place
- Go to the library
- Teach a child to read
- Take up a new sport
- Sew something
- Take up woodworking
- Learn a craft
- Paint a picture
- Go to the park with a sketchpad and sketch your world!
- Volunteer for Big Brothers or Big Sisters
- Volunteer for any good cause!
- Bake cookies and deliver them to the local fire-house (be on the look out for hunks!)
- Arrange a choral group to go sing at a local nursing home
- Spend the day reading to the seniors at a nursing home
- Random acts of kindness
- Soup kitchen duty



Add your own!

- _____
- _____
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- _____

Suggested major goal reaching rewards

- A weekend at a bed and breakfast
- Build and equip a home gym
- A Spa Weekend
- Put in a new pool
- A full day of beauty and makeover
- Look for a new job
- A new piece of jewelry
- Pursue a new dream!
- A new car
- Splurge on a new coat
- 2nd Honeymoon
- Exotic vacation

Add your own!

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SOPHIE C. 23 POUNDS LOST

"I read an article by Julia Havey about 3 years ago. Seeing her website address mentioned at the end of the article, I went there and signed up for her daily emails. Although I no longer remember what the first article I read was about, I do remember that I benefited from the article by being encouraged to want to **try** to loose weight.

I had previously tried to loose weight through educating myself about health. However, I really did not know whom to trust for information. I had tried slim fast, weight-loss pills, protein powders and teas, attended my health providers' education class, and diabetes education class for my parents. I lost some weight on all of these programs but always gained it back. When introduced to Julia's Website, I had I good idea of what foods were healthy for me. I knew that I was not going to be successful at losing weight without exercising. The problem was that I had physical problems that I considered my **reasons** for not being able to loose weight.

I have degenerative disk disease; this causes me constant pain in my back. I wake up stiff and very sore every morning. On some mornings, I have difficulty walking. When I am doing well I am capable of running and jumping, however, these activities cause me unneeded wearing on my disks and bones in my back and my doctor advises against it. On several occasions when I lost some weight, I did start running because I knew aerobic exercise would help speed up my weight loss. Each time I did this I re-injured my back to the point I could barely walk. I would become discouraged and stop trying to loose weight because I believed that there was no use trying. I believed that the best goal I could shoot for was to be prepared for a life confined to a wheelchair at a young age and learn to do wheelchair exercises. The reason I wanted to learn to do wheelchair exercises was that I did not want to gain an excessive amount of weight in a wheelchair and feel like a great burden for my children to care for.

Last year my weight climbed again to an all time high of 226 and I could no longer fit into any of my jeans. I continued to read Julia's motivational emails but I was having difficulty following through on the suggestions. In June 2004, Julia wrote that she would guarantee at least 20 lb weight loss for using Vice Busting or my money back. I knew; that if my weight could get under 200 my back pain would be considerably less. This got my attention. Another email soon after, it started like this: *"Feeling hopeless? Out of control? Like the goals that you have for weight loss will never be realized? Is*



your life so complicated” This described me to a tee. I figured that I would order her program and give it my ALL. If I did not lose weight, I would get my money back. If I did loose weight, I would have found the key to successfully loosing weight. Either way it would be worth a try.

As soon as I ordered it I logged on to Julia’s Bulletin Board to read about other people who were Vice Busting. I felt like I had joined a weight loss family. I gladly had my picture taken in my stretch skirt, one of the few articles of clothing left in my closet that would still fit me. I impatiently waited for the program to arrive. Even before it arrived, I felt like I had changed on the inside. I had made a commitment to myself to exchange my unhealthy habits for healthy habits. I knew I would have support from Julia and the people who posted on her bulletin board.

A surprise that occurred while using Julia’s method is that all my six children became health conscious. All of my daughters now enjoy eating healthy. I can now do aerobic exercises for 50 minutes straight regularly, 3-6 days a week (none of the aerobic exercises I choose damage to my back). I love going to the gym. I can challenge my sons to exercise by threatening to do better at exercising than them. I have been influential in encouraging others to maintain healthy food habits. At my church home group when we did a potluck, instead of sweets, I suggested soup and salad and they went for it. Those who were struggling to loose weight were greatly relieved, and those who were not also enjoyed the food.

Now I think like a healthy person. I have also made a commitment to myself to act like a healthy person. To date I have lost 23 lbs. It may not seem like a lot but now I also have tools that assure me that I will reach my weight loss goals. I can now say with confidence that I will reach a healthy weight. Vice Busting is not just about appropriate eating and exercise habits, it is also about healthy life habits. Julia has helped give me confidence the there is also help for my organizationally challenged behaviors. With the encouragement of her program, I have also sought out and receive support for this area of my life.

One quote that has meant a lot to me concerning making lifestyle changes is *“Insanity: doing the same thing over and over again and expecting different results.”* If what you are doing does not work, change what you are doing. If what you are doing is working, keep on doing it. We can all do it because it is about taking one small step at a time.

Thank-you Julia for all of your support.”



SUSAN M. 55 POUNDS LOST

"I was raised in a home that, while we knew we were cared for and loved, there was few outward emotions shown, no touching, holding or talking other than everyday surface discussion. My parents felt it was very important to look like the perfect family and while it was not an awful childhood, it was a lonely and emotionally devoid one. I did not realize until much later in life how I longed to be touched, held and told that I was important and that these were very normal, human needs and it was ok to have them. I realize now that I looked for confirmation of my value by becoming a very intuitive people pleaser and this affected all areas of my life, relationships, employment, money, education and eating. And it was through eating that I found great comfort.

I began overeating at a very early age. While my parents very proudly kept healthy foods, fruits and vegetables in the house, they also brought a lot of junk in as well, candy, cookies, soda, ice cream, crackers, cake, etc. There were five children in this family and the day my mother returned from shopping would turn into a food fest, we would go through the junk food like locust and we all realized very early on that the one who ate the fastest got the most, so it was a very unhealthy way to teach children about food choices.

This was also the 1950's, being raised by parents who had lived through the depression as children, and when you dared not eat all of your dinner, you were told about the "poor starving children of China or Africa". So there were a lot of underlying issues revolving around food in my particular family. I remember one night I didn't like whatever had been served and didn't eat all of it, my father decided that I would sit at the table until I finished what was on my plate. Well, being as stubborn as or more so than he, I sat there all evening. Everyone went to bed and there I sat in the dark, determined I was not eating whatever it was on my plate. My father finally got up and "released" me to go to bed.

I began gaining weight very early on, probably around 8 years old. By this time I was a very introverted child and totally oblivious to my weight or how I looked. This changed when I ran into "Mary Beth" at school. She made sure I was conscious of how I looked, every dumb thing I did or was perceived to have done, she laughed at me, made fun of me and didn't have a problem being verbal about it, making sure everyone in my school knew I was dumb, slow, fat, stupid. She made sure I did not get picked for sports teams until the last possible moment or invited to birthday parties. I belonged to various



groups through my church and really never connected there either, I was always on the edge, belonging through membership, but not through relationship. I hated school, no one came to my rescue and what's more, I didn't even know I needed to be rescued. I had no friends and did poorly in school; I had no idea who I was or where I needed to go to change this. I just knew I was miserable and just accepted all of this as normal.

As a freshman in high school I discovered volunteering. I would go to the office at my church and help the secretary there. She was a kind, good woman who encouraged me at the office and also to do other things besides work, but for the first time in my life I felt I was valued and fit somewhere and people told me I was valued. I learned everything I could about the workings of the office and was able to fill in the summers when she was on vacation. During this time I met her sister who lived at the church with her family as caretakers. She very gently encouraged me to dress differently, to try new things and to talk about issues and tried to help me with food issues, without hurting my feelings. She was like an older sister who cared that I do well and fit in, by this time I around 200 pounds and totally clueless and resigned that I was always going to be heavy. There was a lot of self-loathing involved here, as I felt powerless and had no idea how to help myself. When I was a junior in high school she became ill with bone cancer, I helped her take care of her child and with tasks around the house and we became even closer. When I was 17 she died. I was devastated by her death; she was the only person in my life besides my grandmother who loved me just as I was and was not afraid to show me. When I told my parents that she had died, they just looked at me and sorrowfully shook their heads, they had no idea how to help me. I cannot ever remember another time in my life since that I ever felt so alone. I remember going to her service alone and was so emotional that a former Sunday school teacher held me throughout the entire service. It was the first time I realized I was capable of that much emotion. It was the first time I wept, crying and showed emotions outside of my bedroom. I began to eat more than ever, I would go to a small restaurant near my home and order hot fudge sundaes and even the waitress there knew I had a eating problem and tried to discourage me from ordering them. It was pretty obvious to everyone I came in contact with that I had food issues, and in my family if you didn't talk about them, they didn't exist so I lived like this was all normal while I was dying inside.

I graduated from high school and went to work the US Postal Service working the 7pm to 3am shift. This was actually a great thing for me; it forced those of us who worked this shift to become very close, almost like family. It also was a very physical job and gradually without even being aware of it, I lost weight, a lot of weight. I remember one day a cousin who I had not seen me



in a while began exclaiming how wonderful I looked and wanted to know what I had done to lose all that weight. I honestly could not tell her, one day my pant didn't fit anymore, like a great dream, it had just come off. When I look back I realize I was happy, I had friends, I was working out on the job. God was doing for me what I could not do for myself.

With the loss of weight, men began showing an interest in me, I didn't know how to handle this, I had never been on a date and I was 19 years old! Needless to say, I didn't have any basis for what a healthy relationship was and when I met a man at a carwash one day and we started going out I thought I had found the "one". We didn't know each other long and got engaged, married and moved to Texas, all within the period of a year. I thought I was going to be married the rest of my life, live a life like my parents, I would stay at home with the kids and he would work and love me forever. Reality hit hard, after about 8 months of me working, while he was either looking for work or working for brief periods of time; I came home to find him our bed with another woman. At least I knew enough to leave and leave for good. This is one thing I was very clear about, fidelity in marriage is extremely important to me.

This was a very lonely time in my life; our marriage had not been healthy and didn't allow for friends, so I now I was left without a support system. Slowly I began to meet people and go out with friends, I dated a bit but was happily living by myself, working and continued fighting the increasing weight battle through any method I could come up with, I never thought about the health risks I was submitting my body to. It was during this time I forced myself to go to a "fat doctor" I had heard about. He belittled his patients as he wrote prescriptions for diet pills. Then I heard about the miracle of acupuncture, and had staples inserted into my ears; this was supposed to suppress hunger each time I pressed on them. I didn't know then that while they may have helped suppress true hunger but not emotional hunger. Over the counter diet aids, special foods, and out of desperation I tried any diet that came along, the grapefruit diet, the egg diet, the soup diet nothing worked for long. And even as I was trying to lose weight, I was already obsessing about gaining it back. I didn't have a clue what to do to help myself, there were times when I didn't think life was worth living, I felt hopeless.

My weight soared to over 250 pounds, I felt like a total failure, I was 32 years old, I was miserable, trapped in an awful marriage, I didn't believe I had any skills anyone would want and I knew I looked terrible, who would want to hire me? I would comfort myself with M&M candy after everyone was



in bed. I would buy 12oz. bags of them and try to limit myself to one bag per evening.

Then one day while on the Internet I came across something called e-diets. It sounded healthy and provided lots of good advice and this eventually led me to someone called Julia Havey. I signed up for Julia's daily emails and just as promised, every day I would get some advise from someone who had been there, she had lost 130 pounds! This was someone I could relate to as I was now up to 262 pounds. While I never dreamt I would ever lose a significant amount of weight I would read her inspirational e-mails every day for several years and in the beginning I didn't believe or was even interested in doing some of the things she suggested, but I kept on reading. I have to admit that some days I wanted to delete her message without looking at it (denial) but my higher power would not let me do that, giving my brain little suggestions, like "go ahead and read it, what can it hurt". I guess that hearing her messages over and over in different ways worked. Some days I would read every word, other days I would just skim them over and other days I would get angry about having to read them, I even thought about getting her to take me off her list, I was sick of listening to all this healthy advice.

I am so glad I didn't do that, because after several years of reading about vice-busting, drinking more water and increasing the exercise, I began to slowly make those changes. And while the water and exercise helped, I had really known that all along, but the vice-busting was a new concept. As I had given up sugar several times over the years I would slip and go back to eating it, each time, forgetting what it did to me and how it made me feel. I would get the instant gratification from the chocolate/sugar but feel sleepy, irritable and guilty and say that I wouldn't do that again, HAH! So, in 2004 I finally just gave up desserts/chocolate/sugar and it was so much easier. Now when I am offered something with sugar in it, I just say "I don't do desserts" and not "I don't eat sugar" it seems that the second statement always required me to answer a plethora of questions, "Are you diabetic?" "Why?" "Don't you know all foods turn into sugar?" and so on. I was always having to justify why, so Julia's advice to give up my vice completely, actually made this easier for me and was actually less painful than I thought it would be.

To date I have lost 55 pounds For the first time in my life I am at a somewhat "normal weight" and have this innate knowledge that I have lost this weight permanently. This journey is nothing short of a miracle, what a freedom I have, I am no longer afraid of gaining it back. I know what works now, exercise, healthy eating lots of water and encouragement through daily e-mails from Julia. I love the benefits I have reaped from this journey;



increased energy, confidence, and the joy of helping others who have seen my struggle and know that if I did it they can to. I went for my mammogram recently and the technician asked how I had lost the weight, after talking with her she hugged me and called me an inspiration!

An inspiration! Me, who felt hopeless, insignificant and unworthy, can now help others reach their goals. I have people almost every day want to know what I did to get to this point and I feel honored and excited to share with them the journey and let them know that Julia Havey, my inspiration is still out there helping hundreds like me to do the same. She has been there, she knows the feelings, the pain and misery associated with being overweight and I am so blessed that I was led to this lifestyle through Julia's e-mails. I still have another 45 pounds to lose and it is coming off slower than the first 55, but I hope to accomplish this in 2005, and with my tools I know that I will make it and be healthier than ever."

JUDY C. 70 POUNDS LOST

"Once upon a time, there was a fat, unhappy woman named Judy that wanted desperately to lose weight, get healthy and live happily ever after. She loved her family, was an honest caring person and loved to help others. But she couldn't do many of the things she wanted to do because of her size. Very embarrassed by the way she looked, she avoided going to certain places like parties, class reunions and most importantly, the local gym. She thought she would look like a big fat dope in there, jumping and flailing around, sweating and sure that everyone would be staring at her and wondering why she was there. After all, she must be a lost cause with all that extra baggage, right? And so she never went to the gym or got any exercise, even telling others that she was allergic to exercise, and she continued to get bigger and bigger.

Okay, I am talking about myself. What? You already figured that out? Can't fool you for a minute, can I? So what has changed you ask that has found me writing my story for you to read in this book? Well, one day I met a lady. A gorgeous, slender lady who caught me trying to buy yet another diet book to add to my monstrous collection at home. She was set up signing books at a local bookstore and I was a bit skeptical when she started to talk to me about her book. A BIT skeptical? Actually try a lot skeptical. After all, I had literally tried every current diet out there hadn't I? Yes, I had. I did "The Cabbage Soup Diet", "The Watermelon Diet", and 'The Bullion Diet". Did them. Along with the low carb, the low fat, the popular point counting diet,



and the fat gram counting diet. Did them. The all-liquid diet, the all-pill diet. Did them too. Did they work? Certainly! They all worked for about 3 days and then I would become bored or crave real food or get tired of drinking my meals and go back to my old way of eating and any pounds that I might have lost would come running and screaming for my middle, swiftly re-adhering themselves there plus calling to friends to invite them to join in and latch on.

So why should I believe this woman about her plan and put out the money on another book that would fail to meet with the promises it spouted? To tell the truth, I didn't. But then she began to tell me about herself and how she had lost 130 pounds doing what she described in her book, and a flicker of hope flared in my mind. I told her that whichever book was cheapest was the one that I would buy. I was that close to not purchasing the one tool that was about to change my life forever. That close. I took that book home and hid it from my husband for a few days because I knew what he would say. "What? Another diet book? Yeah, you really need that!" I read it from cover to cover and knew that I had found the program that I could live with for the rest of my life. It was like she had written it for me. The words described me to a T.

Julia told me to start to live the life I wanted NOW, not wait until I had lost the weight, so I went out and joined my local YMCA and committed to working out 3 days a week. I even got my 87-year old mother to go with me and she was delighted to do so after catching my enthusiasm. I did what Julia suggested and started drinking plenty of water, replacing my #1 vice food with a healthy substitute, and moving my body. I started out slowly, only doing what my body would do, but pushing it just a bit farther every day and began to love working out.

I cannot say enough wonderful things about Julia's Vice Busting program. Who would have thought that such a simple plan would lead to such big results? Her plan has you doing things with small steps, nothing sudden. I absolutely hit on the way to lose all of my excess baggage and I want to share it with everyone reading this now. I have now lost a total of 70 pounds and am well on my way to reaching my goal of a 100 pound loss. I work out 5 days a week, me a person that used to tell everyone that I was allergic to exercise, now loves the gym and the way working out makes my body look.

My blood pressure is back into normal ranges as is my glucose. I once tested at 244 for my total cholesterol and now is 159!! My knees once were so bad that I almost couldn't climb the steps into my own house. Now I run up them! I feel so much energy that I have no trouble at all keeping up with my 3-year old granddaughter.



Did all these changes take place all at once? Did I lose 30 pounds in 30 days? Well, no. But I didn't expect to nor would I have wanted to. Permanent change happens gradually, in small steps that lead to big changes over time. By doing things slowly, they become a habit that becomes a lifestyle that you really can live with for the rest of your life. Besides, anything good is worth waiting for and this is definitely worth it!

Julia Havey is a real person that has been where you are now. Having lost 130 pounds she knows the struggles that we face every day. I do not have one doubt in my mind; believe that she has found the answer to our battle with obesity. I also have never met a more caring, honest person. I truly do believe that she has saved my life and I know that she wants to help save yours. And she can. One day at a time. So that every overweight person can live happily ever after!"

ALYSE 61 POUNDS LOST

"From There to Here"

"I'm just not happy." Those were the words that started my journey eight years ago at age 43. It was a journey of fear, sadness, discarding of old beliefs, counseling, dieting, dieting again, and finally arriving.

When my then husband said those words to me, all I could think was I had spent 20 years doing everything to make him happy, how could he not be happy. I found out later that it was not about me at all, he wasn't happy, but there were many other places he was trying to find happiness. When I was served with those divorce papers, however, after months of uncharacteristic begging, the sun rose again. I had a 15-year old son who needed me, a career I was proud of and a life filled with wonderful friends and family.

Months went by and I began to feel lonely. I had never known dating and I had certainly never considered myself attractive. In fact, I spent my entire life to that point getting degrees and great jobs so that people would look past my looks. I thought that if I were "smart enough" being unattractive wouldn't be so important. Besides, I wasn't *that fat*.

I began communicating on the Internet with men I met on dating services and in chat rooms. It was my way of learning to flirt all over again. I



thought if I could win people over with my sense of humor and intelligence, when we met they would look past the fact that I was 50 pounds overweight and “ugly.” I remember the first time a man told me I was beautiful. It was shocking to me and I remember saying, “oh yeah, right.” He told me to never say anything but thank you when someone told me that, because they wouldn’t say it if they didn’t mean it. I will never forget Harold for that lesson.

After months of dating, and not much consideration of my weight except for a new diet every Monday morning, I began to feel like myself again. It was around that time that I also felt like my life was spinning out of control. I began to see a therapist who had worked with my family when our son was young. He made me think about things I hadn’t wanted to confront before then. I began to deal with the pain of betrayal, the challenges of raising a teenage son with Attention Deficit Disorder and depression on my own, and most of all, who the world had convinced me I was, who I really was and who I wanted to become in this phase of my life.

Over the next two years, Dr. Smith and I began to address all the demons. And slowly but surely this flower began to bloom. In May, 2003, I met yet another man on the internet. His personal ad said, “I love to fish and would love to learn to cook.” I responded by saying, “if you’ll teach me to fish, I’ll teach you to cook.” We met a few days later. I learned that Neal was a marathon runner. All I could imagine were skinny, flat-chested girls running beside him. Turns out, he did not look like a typical marathon runner, but all his previous relationships were in fact with girls like I had imagined. We began to see each other everyday. What we found was a cultural, spiritual and intellectual bond that looked way beyond size or weight. Neal didn’t look like any man I had ever been attracted to and I certainly wasn’t the runner he had always been drawn to. It was also around that time that I discovered my diet within, thanks to Julia Havey. I read the book in one monumental afternoon. I had seen her motivational messages at e diets, one of a million diets I had attempted. But something about Julia was different. I suspect it was that she was real. There were two things that stood out in the book for me. One was busting my vices and the other was eating the same thing for lunch everyday.

Four months later, on my 50th birthday, the final stage of my reemergence began. Neal was having major surgery and I knew that once he came to my home to recuperate, he would likely never leave again. I knew that good health and fitness was important to him, but I also knew that I had fallen in love with a man I wanted to be with for a very long time and I had to be healthy to do that. I consulted a doctor who specializes in weight loss. He



was not your typical diet doctor. He is a psychiatrist who treats the entire addiction. I talked with him about vice busting. He helped me identify potatoes as my vice. I often said that if there were no other food on earth but potatoes I could live a long and happy life. I don't feel the same way about other starches, just potatoes. So I decided that I would start there. I wasn't going to eliminate any food groups from my diet, only particular foods. I also considered diet cola to be a vice. I was sure that the chemicals weren't good for me and then I read all the things that caffeine can do to you. I was drinking four to five cans of diet cola each day; I stopped completely at that moment. I haven't had a major headache since, after almost daily headaches I assumed were stress related.

I began implementing Vice Busting. Many of things I worked on were things I had addressed with a therapist, but things that needed to be reinforced on a daily basis, Julia's journal and CD's did this for me. I began to envision the possibilities. I began to imagine the joy of being fit and healthy so that I could do the things that sounded so exciting to me, from hiking in the mountains to wind surfing in the gulf. Of course, that would require a bathing suit, but I was even beginning to believe I could jump over that hurdle.

One year, a beautiful wedding on the beach, four new step-children, and 61 pounds later, I have discovered myself. I work out three days a week at the gym, I completed my doctoral dissertation on leadership, and I have participated in several 5 k races. My darling step-daughter, at age 16, usually finishes in the top 100, my husband in the middle, and me, well, I meet my goal each and every time by finishing and not finishing last! As we begin to plan our next vacation, we are thinking about a marathon in northern California, and since I say all the time I don't even like to drive 26 miles, Neal will complete the marathon on foot, I will ride the same trail by bike.

Through all of this I have learned, it's not about finishing, it's about starting!"



TERRY P. 50 POUNDS LOST

"I once had a face. And a waist. My legs looked good in skirts. I wore sleeveless tops on summer days. Slim styles looked great on me. I knew what size I wore in everything-of course! and if I wanted a treat, I'd try on new clothes and indulge myself. Shopping was a pleasure.

If ever I needed to lose a little weight, I could just eat more sensibly and take a few walks. The pounds slipped off easily. At 5' 11" I looked fabulous at 140 and quite nice at 150.

And then menopause hit. Suddenly, the dial on my old-fashioned non-digital scale started to rotate to the left and the needle pointed to ten pounds heavier, then twenty, then thirty, then forty, fifty and SIXTY more pounds! My entire life changed as my body bulged into a new, fat form I didn't even recognize. I stared at the mirror at a little tiny head on a big, ballooned body.

I didn't know how to cope with so many humiliating changes so suddenly! I had to discover whole new ways of sitting and moving. I couldn't cross my legs without holding onto the crossed foot. My thighs rubbed together when I walked so I could no longer set off on a nice, spontaneous stroll. I had to remember to put on my walking shorts or my legs would chafe painfully. It was hard to roll over in bed-I felt like one of those giant manatees (sea lion-type creatures) that loll on the beach in the sun. I "heaved" over rather than rolled. I had to "lurch" out of chairs and make sure I didn't "plop" into them when I sat down. And oh dear heaven, I hoped I didn't drop anything in public. I discovered I couldn't squat down and get back up. I had to lean way over, bend my legs to pick up what I dropped, then straighten my legs with my stomach drooping down, then straighten up. And I didn't dare do anything like wave at someone, because huge flaps of pudgy flab under my arms kept waving after I stopped!

I remember hiding behind a stack of books in a bookstore when an old acquaintance walked in. I didn't want to meet anyone new, either, because I wasn't really "me." I felt like wearing a huge sign that said, "I don't really look like this!"

I had to resign from the church worship team because I couldn't play my guitar and sing at the same time. It got me out of breath to strum.

When I joined the cast of a play, we were asked to do a brief polka onstage and I discovered I was physically incapable of doing it. The director had to



choreograph my solo to have almost no movement, because I would get out of breath and couldn't sing.

When I tried the usual quick fixes (no desserts, a few weeks of protein and vegetables, a little walking), the scale stuck exactly where it was: a titanic, insulting, terrifying 208 pounds. I couldn't even comprehend that I could be two hundred ANYthing.

My life was a humiliation, an embarrassment and a living nightmare. Did I try to lose weight? Of course!

~I joined a gym, their regime made me feel inadequate and hopeless. I ended up permanently injuring my shoulder by trying too hard. Believe it or not, I maintained a two-year membership without losing weight. It was just so humiliating to see myself in all those mirrors so I didn't go often enough and gradually lost heart and didn't go at all. I just paid the monthly fee and felt like a big, fat failure. Barbie-doll women would lead the classes, perkily leading everyone in complex, endless routines I couldn't keep up with. "Go at your own pace" meant you did about three steps and stopped, gasping for breath, as everyone around you went on. It was too ridiculous. I felt too far-gone to even qualify to be there.

~I joined a weight loss club for moral support and the companionship was nice, but basically, we all stayed fat together! I tried Weight Watchers and felt punished and overcome by all the measuring, weighing and portion counting.

~I tried a jogging club and was so embarrassed at thudding around a track while everyone else flew by! I just didn't fit in and the only words I heard from anyone were "move over" into the slow track lane so they could pass.

~I tried a Pilates tape and realized it was an excellent thing but needed careful coaching, and I didn't have the nerve to face another roomful of mirrors in a gym class.

~I tried a yoga class and the teacher had a totally sculpted body as the result of a lifetime of exercise. It was supposedly for beginners, but the poses were difficult, and one had all 208 pounds of me teetering on one leg and flailing around the other leg and both arms in the air, hoping I didn't fall over in a blubbery heap and break my hip, but too proud to stop and say, "I just can't do this."



I was disheartened and getting desperate because I couldn't make any of the exercise options a permanent part of my life. Would I be like this for the rest of my life? I couldn't bear the thought.

The overall effort of changing ALL my lifelong eating habits and ALL my lifelong exercise approaches to weight loss was overwhelming.

And then I came across Julia Havey on the Internet. She was so down-to-earth! So funny and so real! I became intrigued by her story and I ordered her book. Then came..."The Four Month Challenge!" They were the four months that changed my life. I tried Julia's Vice Busting approach to health and found my body RESPONDING (!!!). The angels sang! The crowds applauded! The scale dropped! The energy went up! The pounds came off!

How did this happen? Well, she asked me to rethink my attitude with descriptive adjectives and then she asked me to drink water. She did NOT tell me to stick to blah-blah calories and go to a gym at least three times a week and do 45 minutes of aerobics when three minutes made me a sweating, panting mess. After the positive attitude and the water, she asked me to do one exercise-type thing for exactly as long as I felt I could. So I walked for a few minutes. Then she asked the BIG ONE - bust one vice.

Vice Busting was new and almost unthinkable. I was used to temporarily cutting out or cutting back, but "busting?" I tried it, scared to death. I realized sugar was the ultimate culprit and with Julia going before me with her wonderful example-and that four-month challenge spurring me on—I cut out sugar.

Amazed, I began to experience the changes she had promised. I no longer felt listless and dull. My energy level hummed along nicely, like a smooth-running engine. I began to want water and fruit. My body LOVED the change from sugar and sitting. It LOVED good food and craved more of it. It LOVED walking and wanted to walk more. And...

I LOVED Julia for introducing me gradually and gently to a totally new lifestyle! Her daily encouraging e-mails kept me focused, focused, focused and encouraged and empowered and engaged in the process.

As I went out and replaced my baggy, embarrassing over-sized wardrobe with actual sizes (goodbye 1X, hello size 18, then 16, then...)it was so terrific to turn sideways and admire my flat stomach! I could cross my legs, I could climb stairs, I could move easily again! And I could see my face in the mirror again. I was like coming back from a long, lonely absence from myself.



When I met her in person and felt the full power of her personal joy, I could see why she was the one person in all the world who could help so many of us logging along down the road of life, dragging our fat-baggage with us.

Perhaps it's because she doesn't run down the road ahead of us saying, "Just tag along behind me at 'your own pace'." Perhaps it's because she walks with us every step of the way, every day.

In book form, I have her *The Vice Busting Diet*. I can listen to her steady, encouraging voice on tape or CD anytime I need a boost. I wish she lived next door, but she almost does, and I will thank her from the heart, every day of my life, for helping me become myself again.

I have more steps on my journey, but I'm not afraid and failing anymore. I am doing it. Thank you, Julia."

JANET S. 37 POUNDS LOST

Morbidly overweight, age 47, and I weighed 263 pounds on a 5 foot four frame. My family doctor, either out of disgust or as a challenge, told me he guessed I was just going to stay fat. The words stung and I thought, "I guess so".

My daughter was in school for a year in Scotland and she invited me to spend a month at spring break trekking through Europe. I was delighted to accept but became obsessed with the dread of requesting seat belt extenders on the 5 flights I would take during the trip (as the regular seat belts would not fit around my girth). I dreaded sitting so close to people I did not know as the seats are sized for normal sized people. Moreover, I knew I could only accept beverages on each flight as the food tray holders had no place to rest as I had no lap. I had a wonderful time in Europe. We walked miles. When I returned I weighed 245 pounds. I had gone from a size 4x to a 3x, and felt hope that I could lose more weight. Shortly after I returned, I was in an automobile accident, and spent several months in bed recuperating. While lying there I decided to join Weight Watchers. I left my bed to go to the chiropractor and to weekly Weight Watchers meetings.

Within three months I weighed 214 pounds. I was ecstatic about having lost the weight, but due to the lack of exercise and quick weight loss, I lost much muscle mass in my upper legs.



I quit Weight Watchers. The lectures weren't personalized and I had not learned to eat healthy foods...only to make sure that I stayed in a points range. Moreover, I thought I could do it on my own. For the next two years I yo-yo'd between 214 and 225 pounds. My problem was that I was a transitional eater-grabbing something to eat when I came in the door from work, as well as a late night binger. I lost the same ten pounds over and over again over that two-year period. I was disgusted with myself and weary from the weight fluctuation. I felt like a failure.

I joined an Internet diet site and learned of Julia's Vice Busting approach and her The Vice Busting Diet program. I ordered it last May. It was different than anything I had purchased before to assist with weight loss. It started with identifying a vice, mine was late night eating, and gradually eliminating other vices, adding goals and working through worksheets which caused me to think about myself and what I needed to do. I began drinking 8-10 glasses of water per day. I began to lose weight. I became more active by watching less TV (part of vice busting) and walking outside. By November, with Julia's urging, I joined a gym. My husband teases that he tried to get me to do these things for years, but as soon as Julia said it I did it! After only one month, I could see bicep muscles.

I am eating healthier than I ever have in my life and enjoying the workouts at the gym. I look forward to each day. Gone are the feelings of dread of eating out as I would fear that I might not fit into a booth.

I now weigh 188 pounds. The lowest that I have weighed since 1987. I am stronger, leaner and firmer. I plan to lose 20 to 40 more pounds. I know that I can do this with vice busting and exercise. I am now a size large to X-large, but still carry weight around my middle that I am working to reduce as my body mass index is still too high.

The Vice Busting Diet did indeed help me to change my life. It was not an all or nothing drastic change, but a plan for slowly identifying vices and working on each of them. The topics and work pages helped me think about weight loss, goals for life, health improvements and what had led me to morbid obesity. The work that I put into those pages was life changing. While I have followed many other weight loss programs, until I received the The Vice Busting Diet plan I had never personalized a plan to succeed. Success is sweet."



ANGELA S. 56 POUNDS

I was skinny, but after having my two children, my weight ballooned to almost 200 pounds. I was so tired of yo-yo dieting, I almost gave up. I thought I would be fat forever. I stumbled on Julia's website in February 2003. I noticed that she encouraged lifestyle changes, not quick fixes. I figured since I had tried everything else already, I would give her a try.

I started her Vice Busting method to change and used her The Vice Busting Diet journal that day. I haven't looked back since.

I have transformed into a completely different person, inside and out. I busted my vices of sugar and processed food. After losing 56 pounds, I went from a size 18 to a 4! I exercise, eat right, drink water and actually like myself now. Thank you Julia!"

LORIE C. 63 POUNDS LOST

WHY LIFE CHANGER/VICE BUSTING WORKS

Normal, that's all it is. The Vice Busting Diet is just being a normal person, Vice Busting teaches you to eat like a normal person, therefore becoming a normal weight. Most people don't want to be "just normal", but I think any person who struggles with weight would love to be a normal weight for their height.

Life Changer/vice busting appealed to me because years ago I swore I would not spend big bucks to lose weight, when all I had to do was eat healthy and exercise. No amount of money could do that for me. I had a significant amount of money invested in Nutri-System, only to gain it all back, Weight Watchers, and even had staples in my ears (a form of acupuncture) so I wouldn't be hungry. Well, hunger isn't the name of the game for most overweight people.

I was surfing the web looking for a miracle cure and reading about weight loss. I did a lot of reading about it, but took no action. Well, I found eDiets.com and Julia's book advertised. It must have been fate because, for some reason or another, I had been given a credit at Amazon.com (probably for signing up for something about weight loss) and I wanted to order a Yoga stretching tape. I decided to use the balance left after purchasing the Yoga tapes to buy Julia's book. Her book appealed to me at first because she lost



her weight in a way I believed in and I had the same amount of weight to lose. She gave me hope.

Julia's approach, "Vice Busting", is totally different from all other diets, so different in fact, it's not a diet. Julia gives you direction and makes you answer some very important questions about yourself. I've learned a lot about myself in the last nine months that I have been following Vice Busting. One thing is that you can't be perfect all the time; nobody is, but I've always come back because I know it's the right way to live your life. The holidays are a wonderful time, and that time involves foods you don't normally eat year round. So I didn't lose for a while, but I still came back to Julia and am looking forward to getting another chunk off before the next holiday season rolls around.

Vice busting is a technique that helped me when I was on a rough road in my journey. I first decided to give up sweets and failed almost immediately. I re-thought and said that I know I won't give up all sweets the rest of my life, but I could give up that nasty bridge mix. I have stayed off the bridge mix and use giving up sweets as part of my challenge. Julia's 'Personal challenges' are also a technique suggested that has helped me. I challenge myself with food, exercise, and a combination of food and exercise. About nine months ago my challenge was to walk 15 minutes 3 days of the week. I then rewarded myself (with non-food items). Looking back, I now walk 30 minutes 5-7 days, lap swim occasionally, and have begun weight training. I've come a long way baby!! But, I'm only half way there. I had lost 63 pounds, gained 10, and have 5 of it back off, the motivation is back thanks! In the past I might have thrown in the towel and eaten back 63 pounds with that nasty bridge mix—but Julia taught me to bust it forever from my life!

So in summary the difference between Vice Busting and other diets is just that, it's not a diet, it's a way of life. Julia gave me direction and enforced the way of losing weight that I always knew was the right way.

VALERIE M. 185 POUNDS LOST

Webster defines success as A degree or measure of succeeding or a favorable or desired outcome. Growing up, I always felt like I had success in all areas of my life except personal acceptance. As a small child I was not overweight at all. I began playing T-ball at 4 and was always active. Raised in a loving family with good morals, I was like most kids in my neighborhood--until about the age of ten when something began to go wrong. I began gaining weight quickly. By the age of twelve, I was labeled



“different” from other kids my age. The kids in my class began to pick on me and by 7th grade I was labeled the “fat kid”. I continued to play ball and all other activities as before, but the weight still continued to rise. I only had a few friends and never a boyfriend. In 7th grade, it seemed all that mattered in life was having a boyfriend and being pretty, and I had neither. What was wrong with me I asked God? Why had he picked me to be this way? I guess he thought that I could handle it!

Junior High was pretty hard for me because in the whole school there were maybe only seven “fat” kids making us the easiest target for ridicule. Of course I had a couple of good friends, but the popular parties and the Friday night skating was not on my agenda. Oh well, right?...I did not want to do that anyway. I am happy with who I am! As long as I kept that attitude, things would be okay!

Come to find out, junior high was a breeze compared to high school. I had gained even more weight and was up to probably about 200 pounds and a size 20 in woman s clothing. Since there were no uniforms at school, and they only sell old lady clothes in a size twenty, once again I was the target of cruel jokes. Being a freshman and being different in the same year was more than I wanted to handle. I was making more friends now because I did have a good personality, but a boyfriend....HA!! I would go home at night and wonder what was wrong with me? Why don t the boys like me? I am nice and sweet and funny.... then it would hit me I’M FAT! But still, I was okay with that. I didn’t mind being everyone’s “best friend”. Boyfriends are more trouble than they worth anyway, right? I always thought that if I told myself that I didn’t care then I could make others believe it did not bother me either.

In life, I am an overachiever. I have to be the best at whatever I am doing. I was still playing softball, even at 220 pounds, and I was good, real good. My sophomore year my mother had to cut my uniform pants down the side and add an insert just so the pants would fit me. Talk about embarrassing! That is when I first decided I needed to go on the first of over probably 100 diets. I lost a few pounds, sure, but I could not stick to it so I gave up quickly. I gained back more weight than I had lost. If I could not succeed, then I would not even try. That was my stupid philosophy on life!

Junior year came, and I got a date! He was kind, he was sweet, and most importantly he liked me for me! Finally together, we decided it would be forever. We talked marriage, kids—the whole nine yards. Being in love made me want to try this diet thing again...and again...and again...By the time I had graduated, I had dieted my way up to 250 pounds and a size 24



Women's. A year and a half after high school, we were still together, size 26 and all. After all, he liked that right? He was okay with me being 250 pounds. He did not mind the stares that we got when we went out in public. He didn't care at all when we had to change from the booth they sat us in to the table so I could sit down. He was perfect in every way. He went home to New Orleans for the summer (3 hours from my home), and he never came back. He called to tell me there was someone else. He said he still wanted to be friends! I thought to my self as tears rolled down my face FRIENDS.....I had enough of those already, what about LOVE...doesn't that mean anything?

The last thing he said to me before we hung up still haunts me today I am not attracted to you anymore. I went home that night and cried and cried. After taking my bath that night, I looked in a mirror--a good hard look in that mirror. 260 pounds...I'm NOT attracted to me anymore, so how could anyone lese be? So guess what came next? The diet begins again on Monday. Usually NEVER even making it through the week without having to start over next Monday, I was totally excited when at the end of month one, I was forty pounds lighter!!! I could not wait to reach my goal weight so that I could have a quarter-pounder with cheese...YUMMMMMM...I could taste it now...BUT I would have to wait....I could not have one until I finished my diet! I obsessed with writing everything down, counting every gram of everything that I put into my mouth. Made for a pretty boring day always writing every move, but hey, it was working!!

Finally the urge for that quarter-pounder overwhelmed me, and I would have just one...One today...One tomorrow...one more pound...one more larger pant size...one more miserable life AGAIN, as I "one-more'd" my way back to 260 pounds, then to 280. At 25 years old and almost 300 pounds, things began to get worse.

Clothes in stores only go to a size 26, and they were beginning to get tight, so I was introduced into the world of catalog shopping. \$70.00 for one pair of pants limits the amount of outfits that you can own, but I guess owning a lot of clothes when you can really go many places is not that important. Want to go to Astroworld? Nah...I am scared of the rides. Want to go on vacation to Texas? NO I gotta work. Wanna go to the mountains? NO I cannot afford that. I spent the next year of my life being content with weighing 300 pounds and always finding excuses of why "NO" was always my answer. Finally at age twenty-six and wearing a size 30 jeans, I finally decided to live a little and said yes to a trip to the local fair. I waited in line for twenty-five minutes to ride the sea-dragon just to get on and not have the bar close over my body. I was told that I would have to get off because I was



too large to ride--one of the most embarrassing moments in my entire life. Everything was coming together after 26 years of pretending that I was okay with being overweight., after years of listening to the rude comments made by strangers, the insults thrown my way every day of my life, not being able to go to certain restaurants because I could not fit into the booths, ordering clothes out of a catalog that if I got any larger would not fit either, years of being lonely with out a boyfriend, years of sitting at home while my friends had fun because I was too large to the things that I so longed for. Simple things for others like taking a bath were becoming difficult. I sat back and reflected all these years of pain that had been building up inside and decided that it was time to go on another diet.

Monday I would start my new life. Only four more days until I would change my life forever, so I set out to eat EVERYTHING that I wanted to remember how good it tasted so I would not feel deprived once Monday arrived. Monday came and went and on Wednesday after messing up, I would have to start fresh again on Monday. Back to making sure I got to eat everything I would not be allowed to eat once Monday rolled around again. My life turned into a pattern of waiting for Monday s to arrive as I climbed the scales and topped out at 349 pounds and wearing a size 32 Women's. That proverbial Monday never arrived, and I was more miserable than ever. Things were harder to do than ever. I woke up each morning wondering why I should even get up? I was giving nothing back to the world and it surely was not giving anything to me. If it were not for my awesome friends, and my loving family, I probably would have wanted to end it all. I gave up the dieting idea and decided that I would just be lonely and everybody's best friend for the rest of my life. Oh how I longed for that white picket fence. How much I wanted someone to come home and tap me on the nose just because they were glad I was there. All dreams. No reality. None of this would ever happen to me. I did not even like me, so how could I expect anyone else to like me in that way. I was through. Through trying to lose weight. Through trying to find a boyfriend. Through trying to change the person that I was. I was a 350-pound, 27-year-old female with good morals, a great family and the best friends, and that was good enough for me.

Then it happened. I was not even looking for it, but it happened. In September 2001, I received an eDiets.com article about a lady who had lost 130 pounds and wanted to tell me how I could do this too. I laughed out loud and wanted to tell her that I already knew everything there was to know about dieting and there was no way that she could help me! I ignored the email and continued my happy life (HA). The next week, I received yet another newsletter by this woman—this persistent woman named Julia



Havey. JUNK MAIL. How did my name get on her junk mail list? This time, however, I opened it, I read it, and what an impact. Hummmmmmm! Those dieting wheels in my head began warming up. I did not know much about what she was saying yet, but a part of me wanted to know more. A small part, but never the less, I was somewhat interested.

As I began searching the web for more information on this Julia Havey person, I without realizing it, was thinking less about what was for lunch and more about what this person had to say. Something about how she says things made me listen. I guess one of the most important facts that she teaches is that we are not our bodies. Well, if I was NOT this 350-pound fat girl, then who was I? The time for self-discovery began. I knew I was nice, considerate, funny, caring, and a whole lot more, but never could I use such adjectives to describe myself. Fat was what I was. Well not anymore. I was not that person and as I read more and more everyday about learning what I was, the more and more I wanted to be that new person. I knew change was hard and after so many failures, I was afraid to even try.

After awhile, I learned that I really really wanted this. I wanted this more than I had ever wanted anything before. I was going to do this. I was going to lose this weight. I realized that I was worth losing this weight for. Not for my parents, not for the boyfriend I longed for, not for my friends, but for ME because I was worth it.

As I continued reading everything that Julia wrote, more and more of sank in. I realized that dieting had gotten me to the point in my life where I am, at 350 pounds, and that definitely was not the answer. Something about this lifestyle change method interested me, and so my journey would soon begin.

It took me a few weeks to really get it in my head that this was what I really wanted to do, but once I figured it out; there was no turning back. My parents always told me that I was one of the most stubborn people that they knew, and for once I decided to turn that trait into a positive rather than a negative asset. Changing everything at once always resulted in failure, and I did not think that I could have stood to fail again, so I paid close attention to the small steps of self-improvement through self-motivation.

That overachiever in me also said that if Julia could lose 130 pounds then I could lose more. For the first time in my life my goal was not to lose 200 pounds, but to change my life one step at a time. I know now that this was



my first step towards success. I began by drinking water. A pretty simple step, but a very important step I soon figured out. Easy enough; but not enough to get me all the way to my goals, but a good first step. As I slowly added an exercise regime to my plan, the weight was starting to come off. I began making conscious eating decisions, and they were getting healthier and healthier. My number one vice, and the hardest thing to eliminate was chocolate, but I figured a small price to pay for this lasting weight loss that I knew was in my future.

Each day began at 7 a.m. when I woke up and thanked God for the chance to make today a better day. Breakfast consisted of either two fat free waffles with fat free spray butter and an orange, or a whole grain bagel with a piece of fruit, or else two egg whites on a wheat tortilla with fruit. Every day I ate one of these three things. As I began to tell people that I was changing my life (not dieting), I got a lot of "I hope so's" and "go for it's". No one really believed that I would do it. I mean why would they when I have not succeeded so many times before.

Midmorning snacks were usually an apple or a hand full of pretzels. I carried my water bottle all the time and this usually helped tremendously with the hunger. Lunch was usually either a grilled chicken breast with brown rice and a vegetable, or a grilled BK broiler without mayo from Burger King. People always asked if I was starving and the honest answer to that was no I was not! I really believe that food is an addiction, and like with any other addiction, 90% of it is in your head. For the first time in my life, my head was in the right place. I KNEW I was going to succeed. I told my parents "This is it, I am going to change my life forever this time!" When I asked them later if they had believed me when I said that, they answered, "Honestly, NO!!!" That was okay with me that no one believed I would do it, because me believing was the most important.

At suppertime, I either had baked fish or baked chicken with vegetables and either whole grain wheat noodles or rice. I stayed away from white carbohydrates and bread as much as I could. I did not totally deprive myself of everything and even had slip-ups once in awhile. Everyone is human, but each night when I went to bed, I thanked God for the chance to make me better, and I forgave myself for anything that I might have done that day to not totally continue on my path of self-improvement. I did not mess up and wait for Monday to come around again. If I messed up, I began again right that very second. This was not some diet that I was on, so there was no way for me to get off of it. It had become a lifestyle change that was totally changing my life!



Each week when I weighed and had lost 11 pounds, 8 pounds, 9 pounds, the more and more I knew that this was it. I stuck to it and continued to stay motivated by Julia's inspirational newsletters and her positive attitude. Her positive attitude kept me positive. It was not always easy and there were many obstacles, but each one that I overcame put me that much closer to success, and that was my goal...to succeed. Four short months into it, I had lost around 80 pounds. How awesome was that? I still weighed 270 pounds but I could shop at regular stores again. One of my many smaller triumphs. I did not set a goal at the beginning to lose 200 pounds. Now that is overwhelming! Instead, I set smaller goals each week that were easily attainable. This made it easy to reach my goals.

When people really began noticing my weight loss, and strangers, customers in my store, began commenting, this only fueled the fire! I wanted to succeed even more. I continued eating basically the same things everyday making sure to include lots of water, fruits, and vegetables. People always wanted to know how I could eat the same thing everyday. SIMPLE. I did not let food have any emphasis in my life except that I have to eat to survive. Food is for nourishment and not for pleasure. You put the same gas in your car week after week and it serves its purpose. As long as I am refueling my body, it will continue to serve its purpose. For me that purpose is to live the fullest, happiest, healthiest life possible.

I had it all figured out, and I wanted to shout it from the rooftops. Others knew by now that I was serious and this was for real. By month seven, 150 pounds, YES 150 pounds were gone, and I had hit the 200-pound mark. I had not been that weight since junior high school. I was so happy and for the first time in my dieting career (I had almost made a career out of dieting), I was not waiting to hit my goal weight so that I could get to McDonald's for that tasty hamburger. I wanted to hit my goal weight to have found success and for no other reason. I wanted to succeed!

I have not mentioned my exercise details yet, but they were and still are the highlight of every day. When I first began, I joined a water aerobics class at a local college. I made a commitment to myself to go everyday at 5:30 and exercise for this one-hour class. I was the largest in the class, but that did not bother me. I was doing whatever I had to do to reach my goals. I later added in walking, around the block, on a good day, but still I did the best that I could do each day. Each week I was able to do just a little more and eventually worked my way up to where I am today. I workout on the elliptical machine for 30 minutes, then I run (YES I RUN) 30 minutes or 3 miles 5 days



a week. I do water aerobics the other two days of the week. Three to four days of the week I also do a weight lifting routine. I love the gym and look forward to this time of each day. You have to make the time in your life to include exercise and quit making excuses as to why you cannot exercise. I spent many years telling myself that I did not have the time to go to a gym, or walk, or anything else because my day was too full already. Once I sat down and really reflected on a day in my life, I saw just how much spare time I had, but I spent all of that time trying to figure out ways and plans to stay hidden and keep myself from being out in the cruel harsh world.

Currently I am 176 pounds lighter and wearing a size 12. I love everyday that I am allowed to live. I cannot wait to wake up every morning and talk about thanking God for a chance to change my life. Julia calls her whole program "The Vice Busting Diet", but I had no idea just how much my life would change. I had made a list of five things that I really wanted to do WHEN I lost this weight and they included...

1. Ride in an airplane
2. Find that white picket fence
3. Act in a play
4. Love myself
5. Help others reach their weight loss goals.

Recently, I got a chance to ride in an airplane (for the first time) to meet Julia Havey. It was one of the best experiences of my life. She is not only my mentor, but now also my friend (she keeps swearing to me that she isn't "famous" and that we are friends!). Her passion to want to help others succeed led me to want to help others as well to reach their weight loss goals. I have begun reaching out and showing others that it is possible. I am also going to be in a play this summer and I honestly truly love myself. That means that I have completed four out of the five things that I wanted, and so much more. The only dream that has not come true for me yet is that whole white picket fence scenario that everyone dreams of. Because of my new confidence level that that came along with my new healthy lifestyle, I also truly believe that I will find someone to love me, but for now just loving myself is good enough for me.

The last few years of my life have been a journey to improve myself through self-motivation. That is what I have done. I have improved my quality of life in at least 1000 ways. Everything about living is better. Sure I still have bad days, we all do, but when that happens, I simply pop in an audiocassette



tape of Julia and she quickly reminds me of why I am so great and why this healthy lifestyle is the only way to live.

I have used Julia Havey's Vice Busting approach, read her book, "Awaken the Diet Within", her The Vice Busting Diet workbook, her inspirational newsletters, audiotapes, as well as her friendship to help transform me from a 350 pound unhappy fat person to someone who can't wait to see what she gets to do today that she has never done before. I can't wait to get up each day to face a chance of making yet another one of my dreams come true. I am not sure it gets any better than this, but each day proves to be just a little bit better. So by Webster's definition of a favorable or desirable outcome, I would say I have succeeded!

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