

Weighing-In On Your Life

A program designed to optimize the body, weight and energy required for a satisfying and fulfilling Life.

- Are you living the life you envisioned?
- Does your health and weight support your lifestyle?
- Do you find yourself doing for others and rarely for yourself?
- Do you find yourself too busy to eat and to exercise as you would like?
- Do you have the energy to move and to accomplish all you want in a given day?

Awareness, Commitment and Energy

Living the life of your choice takes *Awareness, Commitment and Energy*. Awareness is key to knowing what is meaningful and holds purpose for you. Commitment directs one's goals and aspirations. Energy is required to actually bring forth one's dreams and goals into reality. Living a life in which you can move your inner vision of "who you are and what you stand for" out into the world around you is enormously compelling, satisfying, and worthwhile.

Body Awareness and Somatic Cues

The Weighing-In On Your Life program is based on state-of-the-art research that demonstrates the importance of body awareness and somatic cues for maintaining a healthy weight and body. When one considers the multitude of diet programs that have come on the market in the past decade, it is remarkable to consider the fact that 97 million Americans, more than one-third of the adult population, are currently overweight. Figures for obesity (20% above optimal weight), morbid obesity (body mass index of 40 or higher), and childhood obesity (1 in 5 American children are overweight) are at an all time high and growing yearly. This data

suggests that whether you are following a low-fat, high protein, low-carb or weekly check-in program, focusing solely on what you are eating is not sufficient for maintaining a healthy weight.

Managing Underlying Conditions

We are a very well educated public when it comes to dietary, portion, food, and exercise choices. We are not very well educated when it comes to managing the underlying conditions that make us choose food or lethargy as a means for dealing with our stress or disappointments. When we are not living the life we intend, food and sedation become the means to satisfy and comfort oneself. Do you think food would hold the same value in your life if you were living a more authentically satisfying and fulfilling life? If this question is of interest to you then this program invites your participation.

Fully Express Your "Self"

The Weighing-in On Your Life program will teach you just that, how to weigh-in on your own life and fully express your Self by actualizing your best weight, health, and energy to support your life choices. Participants will learn concrete and research-supported behaviors that will teach:

- How to recognize when food is used as a substitute for true satisfaction.
- The skills for tuning-in to your Self and listening to what your body requires for sustained energy, health, and well-being.
- How to access the optimal physiology and hormones that support healthy weight, lean muscle, and cardiovascular strength.
- Which body organs most impact weight and what is required to keep them operating at optimal function.
- How to manage conflict and upsetting triggers in a manner that supports your autonomy and encourages resolution.
- The art of Self-Mastery

Self-Mastery

Self-Mastery is having the skill to manage all that arises within you. Imagine knowing your truest desires and having the ability to bring them forth into reality. Imagine having the mental clarity, emotional well-being and physical energy that will allow you to fully Weigh-In On Your Life.

