



Fit & Healthy Club

As a Fit & Healthy Club Member, adopt the following positive focus and work onward toward your goals:

My Vision: A Fit & Healthy Me!

My Positive Focus: Pursue Good-Health Habits,
and the "Fit & Healthy Me" Will Follow

My Encouragement: Small Choices add up to Big Changes

My Motto: LOSE TO WIN – Toss Out the Bad Habits to Win Health & Fitness

My Commitment:

- Lose the bad habits
- Lose the fat
- Lose the negative thoughts
- Lose the Inches
- Lose the junk

My Reward:

- Energy
- Health
- Wellness
- Fitness
- Confidence

Welcome!

It's time to make choices that help us, and time to give up the choices that are harming us. You have made the choice to join the Fit & Healthy Club. This is an important first step on the road to building good habits that will help you feel better and protect your health. As a natural result, you may also become a more energetic, fit and confident you.

Through the Fit & Healthy Club messages, we will share with you tips and tricks that will help you eat in ways that can make you feel full and satisfied throughout the day rather than deprived. We will suggest simple substitutions and additions that you can make to your diet that will encourage your body to burn away the fat, help boost your mood, and increase your satiety so that you enjoy more satisfaction and battle less with cravings and hunger.

Jump right in or begin with baby steps. You choose your own pace. Every positive choice you make counts. Small choices add up to big changes. Start with a few small changes and then add from there. Say good-bye to yo-yo dieting. Now is the time to begin building lifetime good habits and tossing out the ones that harm us. Let's get started!

A Preview

Dr. Steve and I will be sharing with you the 12 biggest diet mistakes. Often, simple changes in how and what we are eating can have a significant impact on our health and the amount of fat our body stores. We will explain why these habits sabotage the Fit & Healthy You, so that you will be motivated to make changes to your eating and exercising habits. Here is a sneak peak:



Fit & Healthy Club

Dr. Steve's "12 BIGGEST DIETING MISTAKES"

1. Skipping Breakfast
2. Bread, the #1 Diet Killer
3. Drinking Fruit Juice instead of Eating Whole Fruit
4. Not Eating 3 Meals and 2 Snacks per Day
5. Eating "White" – white sugar, bread, rice, pasta & potatoes
6. Drinking Soda – Diet and/or Regular
7. Not Eating Enough of the Good Fats
8. Not Eating Vinegar Every Day
9. Not Eating Enough Spicy Foods
10. Eating High-Sugar and High-Fat Foods
11. Eating Saturated Fat
12. Not Exercising

Testimonials and Letters

"When I first bought and started using the True Essentials, I still had my bad habits to deal with, such as not pushing away from the table, and I was an energy conservationist, meaning that I did not exercise, so the True Essentials newsletters and the MyTelTag messages and other avenues of communication from you, Holly, and Paul helped me keep on top of things. As far as I am concerned, you could send them every day." Jerry

"Thanks very much for your encouragement with the Cleanser program. We finished a few weeks ago, and the results are excellent. I lost 1" around my waist in the first week. We have been using the TE Fruit & Vegetable pack for awhile, but our desire for unhealthy foods in general is radically diminished after finishing the cleansing." Peter & Erin

Getting Started

Let's get started by selecting some good habits. Start a list of your choices. What commitment will you make today? Your commitment may be in the form of, "I will never" or "I will always" or "I will not" or "I'm going to do this less" or "I'm going to do this more." Set some goals for yourself. How many times per day or per week will you make this choice?

Success Tip: Start a good habits and food journal diary. Write down your goals and the commitments you will make to get started with. Track your success – and take notes about the things that help you reach your good habit goals and the things that are your stumbling blocks.

Action Item: Download and print the attached list of "Fit & Healthy Good Habits Worksheet." Make note of the items you are already doing. Select items you will begin doing. Refer to this list often to check your progress and add new commitments. What other ideas can you add? As you build your list of Fit & Healthy commitments, I will also be working to expand the options. Please send your suggestions to holly@fhtm.net.



Fit & Healthy Club

Fit & Healthy Club Good Habit Suggestions:

Drinks to Lose – soda, diet soda, energy drinks, fruit juice, alcohol

I will drink less _____.

I will drink no _____.

I will eat less _____.

I will eat no _____.

Drinks to Gain – water, water, water, Energizer Tea, Protein Shake

I will drink more _____.

I will drink Energizer Tea at least _____ times per day/week (circle one).

I will drink at least _____ glasses of water per day.

I will drink at least _____ Protein Shakes per day/week (circle one).

Foods to Add – fruits, vegetables, whole grains, nuts, seeds, legumes

I will eat _____ fruits and _____ vegetables per day (optimal goal = 9 to 11)

I will eat an apple every day (yes/no). I will eat _____ apples per week.

I will eat a grapefruit every day (yes/no). I will eat _____ grapefruits per week.

I will eat 1.5 T vinegar each day (yes/no).

I will eat 25-30 grams of protein each morning (yes/no).

I will eat 25-35 grams of fiber every day (yes/no).

I will eat snacks from the following list (yes/no):

2T Nuts/Peanuts: almonds, walnuts, peanuts, cashews, pecans, pistachios

Carrots, Celery, cherry tomatoes, snap peas, cucumber slices

1" Cube of Feta, Swiss or Mozzarella

2T-4T Humus

Whole Fruit/Veg – orange, banana, apple, grapefruit, tomato, avocado

Dried Fruit – ¼ to 1/3 C

Whey or Vegan Protein Shake

Salad – lettuce (no iceberg), fruit, vegetables, olives, nuts, sunflower seeds, lean protein, with a no-added-sugar dressing such as olive oil & vinegar.

Foods to substitute:

I will use (extra virgin) olive oil as my number one choice. (yes/no)

I will eat less butter and less saturated/animal-sourced fats. (yes/no)

I will use other seasonings in place of salt. (yes/no)

I will use olive oil, grape seed oil, walnut oil, safflower oil. (yes/no)

I will eat more fresh foods in place of packaged, processed foods. (yes/no)

I will eat red potatoes instead of other types. (yes/no)



Fit & Healthy Club

Fit & Healthy Club Good Habit Suggestions (continued):

Foods to avoid:

I will eat fast food only _____ times per week OR only _____ times per month.

I will buy less packaged food. (yes/no) I will eat less candy/sweets. (yes/no)

I will review the label on every package before I put it in my cart. (yes/no)

I will only buy bread if it has 3 to 5 grams of fiber per serving. (yes/no)

I will only buy cereal if it has 5 grams of fiber per serving. (yes/no)

I will avoid foods with high fructose corn syrup and corn syrup.

I will review labels to identify the added sugars and reject them. (yes/no)

I will not eat foods and drinks made with artificial sweeteners. (yes/no)

I will avoid foods that contain artificial colors and preservatives. (yes/no)

I will manage stress by taking time out for: (circle or fill in)

Stretching Deep Breathing Yoga/Meditation/Prayer Smiling

Taking Walks Exercise Enjoying a Hobby _____

Sleeping at least _____ hours/night _____

Spending more time playing with my children/grandchildren. (yes/no)

Sitting and eating at the table with my family. (yes/no)

Spending _____ evenings per week with people instead of electronics.

I will begin moving my body more:

I will watch less tv. (yes/no) I will work on the computer less. (yes/no)

I will watch tv no more than _____ hours per day/week. (circle one)

I will work on the computer at home no more than _____ hours per day.

I will walk/run/cycle _____ times per week for at least _____ minutes per walk.

I will go to the gym _____ times per week. I will subscribe to FABS. (yes/no)

I will work out or play sports for _____ minutes, at least _____ times per week.

I will start a new active hobby: _____

(dance, bowling, playing ping pong/pool, gardening, archery, cycling, tennis)

I will take the stairs instead of the elevator.

I will cleanse my body and reduce my exposure to future toxins:

I will use sulfate-free, petroleum-free, personal care products, such as Envy. (yes/no)

I will minimize overall cleanser/chemical use in my home and yard. (yes/no).

I will purchase health-friendly household products. (yes/no)

I will use True Essentials cleansers regularly: Mineral pH, Olive Leaf, Bowel, Lung, Liver

I will use the True Essentials Cleanser Pack twice per year starting _____.

I will _____ smoke less, _____ quit smoking, _____ avoid being second-hand smoke. (check one)