

Ageless Health & Vitality:

3 Simple Steps to Reshape Your Body After 40

Your Notes and Cheat Sheet

Print this out, or type in your answers on your computer. Add your own notes so that you will retain and implement this information more effectively.

Pre-class Reflection:

What are you most hoping to learn or gain from this workshop?

Step #1 is:

What is the 'evil myth' about weight loss?

When it comes to _____ you want to focus on QUALITY rather than QUANTITY.

If you want to drop weight think about _____

instead of _____

How do you know what's the best 'diet' for you?

What are the two food groups that are pretty universal in their effect?

What's the surprising food that is actually your friend when it comes to losing weight?

Post Workshop Brainstorming Exercise:

What high quality foods can you ADD to your current diet/eating plan that could help you actually regulate your weight?

My Notes on Step 1:

Step #2 is:

Emotional eating is basically:

What are you avoiding when you eat when you're not hungry?

Your brain receives a shot of _____ when you eat certain foods.

Urges and Emotions are vibrations in your: _____

The alternative to buffering away your emotions with food is to:

Three qualities you will need to implement this step are:

- 1.
- 2.
- 3.

My Notes on Step 2:

Step #3 is:

Why is this step the most foundational for reshaping your body permanently?

If you ignore this step, what happens?

What are the 4 ways you can get started?

1.

2.

3.

4.

Which of the above can you implement in your life now?

My Notes on Step 3:

Passive learning only goes so far....Take it home!!

What is ONE Action you will take this week to implement one of these steps?