



SPECIAL REPORT

S.H.A.P.E

The 5 Principles of Healthy Weight Management

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Harmonic Health and Wellness Program

Are you happy with the way you look in a swimsuit?

Can you run upstairs without getting breathless?

Are you getting your money's worth from that expensive gym membership?

Well get ready ... I'm about to give away some big secrets that will shatter those unhealthy habits that have been holding you back from being the best you can be! Healthy weight management involves: an understanding of healthy eating, how to develop healthier lifestyle habits, a shift in attitude about what releasing weight is and what it is not ... it requires a team of supportive people and an understanding of how to develop an active lifestyle. These all form the acronym S.H.A.P.E. --Sensible Eating, Habits, Attitudes, Partnerships and Exercise. Read on to discover how S.H.A.P.E. will transform your life and your health.

S *Sensible Eating*

.. "Leave your drugs in the chemist's pot if you can heal the patient with food."

Hippocrates- Greek Philosopher

Harmonic Health and Wellness Guidelines for Sensible Eating

What you resist persists! If you want to test that theory, set your favorite dessert before you and try to resist it. This is often why resolutions and diets fail. After years of trying to change unhealthy habits of both myself and others, I've learned to adopt a more realistic and sensible approach towards achieving a healthier lifestyle.

If you ask me: "What should I eat?" I'll answer: "What do you like to eat?" Contrary to the theory behind many diets, food is much more than just fuel for our bodies! Most of us have a very emotional connection to food – we eat for enjoyment, to celebrate, to socialize or sometimes as a cure-all for stress, boredom or tiredness ... notice that I didn't even mention hunger! We add even

more stress to ourselves by either depriving or overindulging – so the **Harmonic Health and Wellness** approach to sensible eating is one of common sense.

By following these simple guidelines, you can learn how to take control of your eating and not let your eating control you. Commit yourself to sensible eating as part of a permanent wellness lifestyle – add years to your life and, more importantly, life to your years!

Plan ahead!

- Always take a list to the grocery store – you’ll save money, time and ensure a more balanced diet
- Keep a food journal to track your eating habits and moods
- Brown-bag it -- you can control calories, sodium, fat and save money too
- Beat those mid-afternoon munchies -- keep fruit, nuts and other healthy snacks handy for emergencies (hint: buy nuts in small quantities so that you aren’t tempted to binge)
- Don’t allow yourself to get too hungry – that’s when we tend to overeat and usually the wrong foods
- Cleanse your body twice a year. Over time, toxins build up and cause harm to your body. Research to find a cleansing program that’s right for you.

Use the K.I.S.S. Principle!

- Food combining is recommended by some programs supposedly to aid digestion, but if food planning becomes too complicated and stressful, you won’t stick with it – so keep it simple
- No one nutrient or food makes people fat! There are literally dozens of diets that eliminate carbs, proteins or fats and yet, as a nation, we are still fat. All foods can be a part of your program with moderation and portion control.
- Weight management is a simple formula: energy in (calories) = energy out (activity). Keep that formula balanced and you will maintain your weight

The Harmonic Health and Wellness approach to Sensible Eating is not about counting calories or fat grams; it’s about following sensible eating principles designed to help your body function as it should.

Balance

A good rule of thumb for balancing your diet is to include a variety of colours and textures. Choose foods that are nutrient dense - i.e. sweet potato vs. white potato; whole fruit vs. juice; romaine vs. iceberg lettuce. By selecting a variety of

colours and textures, you are also selecting more nutrient dense foods and can reduce your food cravings.

Eat consciously

Are you aware when you get full? Are you really hungry when you sit down to eat? We spend much of our lives on 'auto-pilot' and tend to eat out of habit. Before each meal, ask your body what it needs -- develop an awareness of the foods you eat. Are you eating in front of the T.V or at the computer? Are you chewing your food well? How do you feel after a meal: bloated, comfortable, energized or sleepy? This indicates how beneficial the meal was to you.

Learn to eat when you feel a natural hunger in your body. Be aware of unconscious motivations to eat -- emotions such as loneliness, stress, boredom can trigger the need to eat. RELAX as much as possible before eating and try not to rush through your meal.

Eat Natural and Whole Foods

Choose foods that are as natural as possible and grown without pesticides, hormones and other additives. Limit the amount of processed (canned or packaged) foods. A good rule of thumb is to choose foods with a simple ingredient lists instead of the 10 syllable words that are almost impossible to pronounce; the fewer ingredients on the label, the better.

Choose complete food when possible such as whole fruit instead of juice and whole grain products rather than enriched flour. This will ensure higher nutritional value, reduce the glycemic index (how fast carbohydrates travel into the blood stream) and reduce the chances of food sensitivities.

Avoid artificial sweeteners, preservatives, trans fats, saturated fats and hydrogenated oils

Eat food raw when possible or steam, bake or stir fry.

Enjoy Eating

Make eating a pleasurable experience. Obsessing over calories and fats will take the pleasure out of eating. Food is meant to nourish your body not add stress to your life. Given the choice between low fat cheese and regular cheese, choose a small amount of regular cheese. Many of the low fat varieties of foods have higher sugar content and may not necessarily be the better choice.

Sit down, relax and enjoy the eating experience. This improves digestion and nutrient absorption. Consider having 6 small meals per day rather than 3 large ones.

Drink Plenty of Water

Water is essential for absorption and utilization of nutrients, for transportation of chemical messengers (hormones) in the blood and for many metabolic processes. A minimum of 48 ounces is needed to replace water lost through urination, sweat and breathing.

Water also suppresses the appetite naturally and helps the body metabolize stored fat. Studies have shown that a decrease in water intake will cause fat deposits to increase, while an increase in water intake can actually reduce fat deposits.

Drink 8-12 cups of water per day for good health. Herbal teas can also be included in this number. If you drink caffeinated drinks or when you are exercising, increase your water intake.

With a bit of planning and preparation, healthy eating can have a significant effect on your energy level, your weight and your overall mood

H Habits

“We are what we repeatedly do! Excellence then, is not an act, but a habit!” Aristotle

The goal of the **Harmonic Health and Wellness Program** is to assist you to replace non-productive, defeating, negative behaviors with healthy, practical and affirming habits. As we develop healthier habits including sensible eating and more activity, our bodies will naturally release excess weight.

Habits can be formed by external or internal triggers and are often unconscious. Some of the external triggers that can make you want to eat are: food commercials, the smell of popcorn at the movies, watching TV, socializing with friends, busy work schedule, going home to Mom’s cooking.

Internal or emotions such as stress, guilt, depression, boredom and loneliness can trigger undesirable eating habits in many of us.

Recognize these habits and the situations that trigger them and you can begin making steps to deal with them. What are the specific situations, events, times, people or emotions that trigger your non-supportive habits? Do you always have a donut with your morning coffee? Do you always take the stairs instead of the elevator? Take your vitamins in the morning? Drink enough water? Always have mid-afternoon snacks? Always eat while watching TV?

You may feel that the harder you try to lose weight or get in shape, the more your body seems to fight you ... so you may ask yourself, what’s the point? The answer is to shift your focus from weight loss to creating new healthy habits. See if you can apply any of these tips to your life to help you create better health habits.

- **Choose an activity you will enjoy.** You’re much more likely to stick to an activity that you enjoy and is appropriate for your body type and your lifestyle.
- **Vary your routine.** You are less likely to get bored or injured if you change your routine; walk one day ... bicycle the next! Cross training is also great to help balance all the muscle and prevent overuse injuries.
- **Its not ‘all or nothing’.** If you miss a workout, don’t get down on yourself. Just pick yourself up, dust yourself off ... and keep going! You should start to notice changes from exercise in just weeks so don’t get discouraged.

- **Exercise should not hurt.** Gone are the days of “no pain, no gain.” Over-enthusiastic people often start off too hard, experience pain and then stop as a result.
- **Make exercise fun.** Read, listen to music or watch TV, make it a family affair or try a new activity such as rollerblading or tennis.
- **Be consistent.** Make an appointment with yourself -- put it right in your day-timer and treat it as important as other appointments
- **Chart your progress.** Keep a calendar or exercise log to chart your progress
- **Hire a Trainer.** This will get you the results you want; on their own, many people get frustrated and quit.
- **Consider on-line training** such as the **Harmonic Health and Wellness** program to track your progress, establish accountability and keep you motivated.
- **Choose what works for you.** Don't follow someone else's program -- it was tailored for them not you
- **Just do it.** Sometimes you won't feel like exercising, so make it a habit -- try the 21-day rule ... it works!
- **Timing is everything.** Do it first thing in the morning or before you go home from work -- once you get home, it's difficult to leave again.
- **Get a partner.** Exercising with someone else can make it more fun and improve motivation

Take the 21-day challenge. Identify a new healthy habit that you would like to become part of your life. I would love to hear your feedback after 21 days!!! Here's to better health and better habits!!!

A Attitudes

Your attitude determines your altitude

Exercise: do you see it as a painful, necessary evil or a source of life-sustaining, rejuvenating energy? Your attitude towards exercise and life in general, will determine how successful you are in attaining your goals! Whatever you do today -- determine to do it with an open mind and positive attitude. Remember, your attitude determines your altitude!!!

Most of us know that we should exercise and eat a healthy diet, but the reality is that knowing does not always translate into doing. At some point in our lives, if we're honest, we have all hated the thought of exercise. Those skinny over-enthusiastic runners that you see looking fit and healthy are actually in the minority.

Is it really possible to develop a positive attitude towards exercise? Good news ... the answer is yes.

I have taken numerous clients from couch potatoes to avid exercisers. Although the thought of exercising may not always be at the top of their list, they have managed to change their attitude about exercise and as a result have changed their lives. Here are a few suggestions that have worked for my clients.

- See exercise as an important part of a healthy lifestyle; not as a quick fix
- Write out your goals and review them regularly
- Start gradually -- commit to just 5-10 minutes of a particular activity.
- Find an accountability partner to share your challenges and successes
- Practice daily affirmations
- Keep your stress level in check -- we tend to neglect our bodies because we are so busy doing other things
- Focus on the benefits not on the task
- Practice self control -- have a strategy for what you will do when you are feeling tempted; mentally rehearse your reaction (call a friend, drink water, positive affirmation, review your goals)
- Make up your mind to "just do it" -- success at anything takes hard work and effort
- Take responsibility -- "Ninety-nine percent of failures come from people who have the habit of making excuses." George W. Carver

- To thine own self be true -- list your triggers: boredom, loneliness, anger. What will push you to overeat ...what will resign you to the couch instead of going to the gym?
- Focus on the positive; envision yourself reaching your goal (at your ideal weight, crossing the finish line, having lots of energy...)
- Hang in there ... when your motivation is slipping remember that there are no short cuts, quick fixes or effortless successes.
- See every set-back in your program as a means to bring you to a new level of awareness about yourself – look at challenges as stepping stones.
- Read something daily that supports your new level of awareness and motivates you.
- Review your goals and vision daily
- Ask your friends and family to hold you accountable if they hear you speaking in non-supportive ways
- Always speak in a positive way about your own and other people's bodies
- Cultivate a sense of gratitude for everything -- gratitude cultivates positive energy -- write down daily what you are grateful for starting with your own health
- Revel in the mundane about your body -- walking, moving, eating. It's a privilege that not everyone gets to experience
- Watch your 'shoulds', 'musts' and 'cants' which can set you up for defeat. Understand that you do not have to do anything in this world -- you choose and have chosen what you eat and how active you will be.
- Subscribe to the **Harmonic Health and Wellness program** to keep you motivated and informed with all the tools you need to be the best you can be.

Here are two different attitudes about exercise:

“Exercise is my treat to myself. A time away from life's stress where I can feel the power of my body and be aware of its strength and intricacy. It is a way to pamper myself. It is my reward to myself for working so hard. It is a way to celebrate life and movement! This is a special time that I have carved out for

myself and look forward to it every day.”

OR

“I have to work late today so I’ll have to miss my workout again today. It’s probably for the best anyway since I’m too tired to exercise and could use the sleep. The thought of getting out of bed right now to exercise is not very appealing. Why beat myself up on that boring treadmill that goes nowhere. What’s the point anyway?”

The choice is yours. If exercise is a priority, then nothing else will get in the way; you will not see it as a chore and you’ll understand that every time you exercise you are affecting the quality (and probably quantity) of your life. Only you can choose. So change your attitude and change your life!!!!

P Partnerships

TEAM = Together Everyone Achieves More
Author unknown

Got Your Workout Buddy?

How about giving a new title to your family doctor, personal trainer, nutritionist or maybe a friend that you work out with? Consider this ... they are your allies on your journey towards better health!

Partnerships are the alliances and supports you will put in place in order to achieve success in your health and wellness program ... or any other aspect of your life, for that matter. Do you have a workout partner? If not, I strongly encourage you to get one -- many of us have financial planners to keep us accountable, career coaches to help keep us focused on our careers and business consultants to keep our businesses in check. It’s time to add a wellness partner to that roster.

Your total health involves not only your physical body but also mental, emotional, spiritual, psychological and social well-being. Build your network of wellness partners – find a naturopath to offer an alternative to traditional medicine, add a massage therapist to your monthly schedule, visit a nutritionist to make sure you are properly fuelling your body and of course, find a personal trainer to keep you focused on your goals.

Another way to increase your chances of success is to find a work-out partner. Working out with a fitness partner keeps you accountable, gives you inspiration and provides you with the security that you're not alone on the road to fitness.

It has been proven that the people who most often adhere to exercise programs are those that work out with a partner. Each offers a support system to the other; one partner may have an excuse not to exercise that day and the other partner is the motivator. A partner also provides the incentive to work harder, at a higher intensity level and for a longer period of time and very importantly, reduces the boredom factor.

Don't try to do it alone ... let your friends and family know about your efforts and let them encourage you. Better yet, get them to join you in your workouts. Be the one who encourages healthier snacks at meetings. The more that people know what you are trying to achieve, the better they will be able to support and encourage you.

For even more accountability, the [Harmonic Health and Wellness Program](#) teaches you how to gain more accountability through daily recording of your food intake; tracking your weekly goals and weekly exercise.

E ***Exercise***

"You see, in life, lots of people know what to do, but few people actually do what they know. Knowing is not enough! You must take action."

Anthony Robbins

Everyone is looking for the magic bullet ... what if I told you that you already have it! Exercise is the one major thing you can do to improve the quality (and quantity) of your life! Get moving today -- and change your life forever!!!

How much exercise do I need to improve my health? 60 minutes? 30 minutes?
Is gardening considered exercise?
How about walking the dog?
How hard do I have to push myself?

The 2005 ACSM (American College of Sports Medicine) Guidelines show that as little as 20 minutes per day will give you some health benefits! Even better news -- exercise can be accumulated in two to ten-minute bouts. The Guidelines highlight minimums and maximums for the various types of exercise: aerobic, strength training and flexibility.

The New 2005 ACSM Guidelines for Exercise

F	I	T	T
Frequency	Intensity	Time	Type of exercise
3-5 days/week	55-90% of maximum heart rate	20-60 min. accumulated in 10 min. segments	Aerobic
2-3 non-consecutive days/week	One set of 3-20 reps. (3-5), (8-10), (12-15)	20-30 minutes	Strength training
2-3 days/ week ideal 5-7 days/ week	hold 15-30 seconds repeat 2-4x	Hold each stretch 10-30 seconds	Stretching

Aerobic Exercise

Your exercise routine should include a variety of cardiovascular exercise such as walking, running, swimming, tennis or cycling. These activities benefit your heart and lungs, help manage your weight and provide protection against certain diseases.

Weight Training

Weight training or resistance exercises are great for developing muscle tone, increasing or restoring bone density, improving posture, helping you look and feel better, injury prevention and increasing your metabolism. You can use your own body weight (push ups), bands, free weights or machines.

Flexibility

Stretching should also be part of your regular fitness routine. Whether it's a few stretches when you wake up in the morning, a yoga class or post-workout stretch, be sure to stretch each muscle that you use. Good flexibility reduces muscle soreness, improves posture, increases blood flow and nutrients to the tissues and improves balance and co-ordination.

Find activities that you enjoy which fit into your lifestyle. By accumulating at least 20-60 minutes of physical activity most days of the week, you can live a healthier lifestyle, decrease your risk of many diseases and injuries, manage your weight, decrease pain and promote physiological well being.

There You Have It! Sensible eating, Habits, Attitudes, Partnerships and Exercise. These five components work together harmonically to help you achieve and maintain your healthy weight and healthier life. I hope that this information was valuable to you. If you would like to put some of these tips and information to work for you then visit www.harmonichealthandwellness.com to sign up for our 12 week on-line weight release program. Here are some of the program highlights:

- Weekly down-loadable pod-cast so you can listen to the lesson plans whenever you like —better yet, learn while you exercise.
- Daily motivational messages delivered to your inbox
- Tools to record your daily food intake and keep track of your weekly goals
- State of the art animated exercise programs
- Meet like minded people in a global forum
- Effective cleansing and detox. program
- Healthy weight loss and increased energy
- Our iron-clad satisfaction guarantee or your money back!!

If you have any questions please do not hesitate to contact me at cathy@activeimage.ca.

Committed to your health and wellness,

