



# Whole Body Fitness

By Lisa Dougherty

## WBF Lifestyle Weight Management Program (\$1040 value) **\$800**

My goal is for you to have a successful experience in making **positive changes** for a healthier lifestyle in the areas of nutrition and exercise so that you will enjoy the benefits of for the rest of your life.

Creating a **better balance in your life**, along with **learning to eat in a healthy natural way**, with an emphasis on the importance of **daily physical activity** is the focus of this program.

### **This 6-week change of lifestyle program includes:**

- 90 minute - 2 hour meeting to discuss you lifestyle, weight history, eating & exercise habits, health history and what you would specifically like to achieve working with me + review all questionnaires & food diary. \$150
- Complimentary Hydrostatic weighing/body fat composition test & Metabolic Test by **Fitness Wave!** - \$100 value  
Visit their website to learn more about each of these tests!  
[www.getdunked.com](http://www.getdunked.com)
- 90 minute - 2 hour meeting to discuss a **comprehensive approach to weight management** such as exercise programming, basic nutrition, discussion of body composition, nutritional analysis, sample meal plan, food labels, video, balancing priorities & beating barriers to lifestyle change. \$150
- Create a **Personalized Nutrition & Exercise Profile**: based on your age, weight, height, gender, and activity level profile with recommended nutrient standards to conduct analysis & create sample meal plan. Put together the body composition test results & info to discuss. Put together sample exercise program based on your goals and all other "behind the scenes work" for you along the way while we work together! \$180
- 3 day food diary **food intake analysis and assessment** with recommendations \$60
- 4 day personalized sample meal plan with complete nutritional analysis. By evaluating your needs, goals & abilities, I'll match them to a nutritious **sample meal plan** with adequate calories based on your personal tastes & nutritional profile. \$75
- Includes a personalized **Lifestyle Weight Management Resource Manual** (\$75 value)
- Includes a copy of "**Fit of Fat**" by Covert Bailey
- Copy of the book "**Success is an Attitude**" by Keith Harrell
- Includes a copy of Includes a copy of "**Healthy Dining in Orange County**" -filled with easy-to-read nutrition "labels" (calories, fat, cholesterol, carbs, etc.) for hundreds of menu choices in O.C. as well as \$500 in restaurant coupons. (\$20 value) (\$20 value)
- 4 follow-up 30-45 minute **phone counseling meetings** which include discussions on making better food choices, meal strategies, healthy eating made easy, exercise programming, dining out to name a few! \$200
- And **Much** more including recipes, product samples, things to borrow!

[www.wholebodyfitness.biz](http://www.wholebodyfitness.biz)

# Lifestyle Weight Management Program Overview

## 1<sup>st</sup> 90 Minute Meeting

- Discuss lifestyle, weight history, eating & exercise habits, health history, review all questionnaires & food diary. Review Program & how we will work together. Have Body Composition & Metabolic test prior to 2<sup>nd</sup> meeting. **Start reading "Fit or Fat" book.**



## 2<sup>nd</sup> 90 Minute Meeting

- Discuss body composition to determine healthy body weight, metabolic test, food intake analysis, sample meal plan
- Discuss Fit or Fat video, Balancing Priorities and Beating Barriers to Lifestyle Change
- Creating a Lifestyle Defense Plan – how will you meet potential barriers, creating a support system
- Making health a priority – how to integrate it with all your other priorities.
- Identifying potential barriers that have blocked your progress in the past, sources of support
- What is it going to take for you to achieve your goal

## 4 follow up 30-minute Phone Counseling Meetings

1. **10 Steps to Changing Your Eating Behavior, Break the Diet Cycle, Eating for Weight Loss, Rapid Vs Moderate Weight Loss, Dream Achievement Page Goal Setting, *Review Weekly Goals Workbook***
  - making lasting lifestyle changes, redefine health
  - a healthy body comes from healthy eating & what the scale misses
  - building a goal & making an agreement on paper that you can measure, gauge & follow through with!
2. **Non-diet Approach to Healthy Eating, Healthy Eating Made Easy, Making Better Food Choices, Meal Strategies, Energy Boosters, Tracking Your Eating, *Review Weekly Goals Workbook.***
  - staying more active and learning to eat in a more natural way than lifetime dieting
  - putting the basics of eating healthy into practice by gradually creating a balanced diet without giving up all your personal tastes and the 80/20 rule
  - creating a "food plan" for yourself so smart eating habits become second nature
  - strategies for eating out & at home
3. **Guidelines Up Exercise Needs!, Are you Ready to Exercise?, Motivation, Fitting in Fitness, Staying Motivated, Sports Psychology Techniques, Calorie Burning Activities, What does 3500 Mean to You?, *Review Weekly Goals Workbook***
  - Making exercise part of your daily routine & getting out of it what you put into it
  - Staying focused on the process not the results, consistency & persistence are key.
  - Planning your time more wisely – discuss 4 laws of success.
  - Changing your program as you become more skilled
4. **Successful Weight Control, Diet Vs Exercise, Weight Loss Plateaus, Nutrition & Your Health: The New Dietary Guidelines, S.M.A.R.T. Goal Worksheet, *Review Weekly Goals Workbook***
  - Why exercise is important in weight management
  - Assessing how much your eating compared to your activity levels when reaching a weight loss plateau
  - Building a healthy diet (eating a variety of foods) & lifestyle with sensible eating & regular physical activity for a long healthy life
  - Setting clear goals here on out