Am I Hungry? E-Newsletter, December 2004

## Start your New Year off right!

**Read Chapter One of Am I Hungry? What To Do When Diets Don't Work - and please pass it on to your friends, family, and patients.**
http://www.amihungry.com/pdf/am_i_hungry_chapter_1.pdf

**Order Am I Hungry? by 01/09/05 and receive a 25% discount.** Simply access the book order page by clicking or pasting this link into your browser http://www.profcs.com/app/adtrack.asp?AdID=111385 and your discount will appear when you check out.

Dear Friends,

Whether you resolve to lose weight, improve your diet, start exercising, or just take better care of yourself, you are far more likely to achieve your goals when you approach them strategically. This issue of Am I Hungry? E-News has ten important steps for setting New You Resolutions that are truly meaningful to you so they are more likely to succeed. Get out a sheet of paper and start resolving!

Wishing you optimal health and joy,

Michelle May, M.D.

## Successful New You Resolutions in Ten Strategic Steps

**1. Consider Your Values First:** When you know what is truly important to you, you will invest your time and effort pursuing goals that are congruent with your principles and values. This will give you a more passionate attitude toward your resolutions.

**2. Assess Your Starting Point:** Take an accurate and detailed assessment of where you presently are relative to the goals you would like to achieve. Be honest with yourself. Whenever possible, use quantifiable data like how many steps you can climb before you feel winded or how many times a week you make less than healthful choices at fast food restaurants. This will help you determine whether the goals you are considering are realistic and essential to your health and happiness.

**3. Dream:** Go for areas that inspire and challenge you. Project yourself into the future and picture your ideal scenario. This image may just give you the motivation you need to propel yourself toward your goals.

**4. Define & Clarify:** Narrow down your goals to those that inspire you the most. Make them so clear that you can see them, feel them, and measure them.

**5. Put it Down on Paper:** Write your goals in positive terms using detailed words and/or pictures and put them in a place where you will see them often. A powerful exercise is to cut out pictures that represent your vision from magazines and glue them on a poster – you will be amazed at how these concrete images will begin to manifest themselves in your life.

**6. Develop a Plan:** Break your resolutions into long-term and short-term goals, including a timeline with deadlines. Use your plan to chart your course but be flexible and open to new opportunities and paths to your goals.

**7. Identify Obstacles and Possible Solutions:** Anticipate barriers and detours. Setbacks are a natural part of change and growth. Be patient and gentle with yourself and seek creative solutions that will keep you moving forward. You will be even more proud of your accomplishments

because you have learned to recover from the mistakes that are inevitable in any worthwhile pursuit.

**8. Create a Support Network:** Consider identifying an accountability partner (or partners) to encourage you toward continued progress. This may be a person you check in with regularly or a person who also wants motivation as they strive toward similar goals. Be sure to make your needs and expectations clear up front so you both meet your needs.

**9. Make it Happen:** Periodically assess your progress, adjusting your approach and/or modifying your goals as necessary. Reward yourself with both small and large incentives along the way. Write these "milestones" on your timeline so you can see how far you've come and visualize where you are headed.

**10. Enjoy the Process:** Keep in mind that the greatest reward is learning more about yourself and knowing that you have done your best!

Join Michelle May, M.D. and Dawn Rutledge, CPT for an interactive and practical session on setting resolutions that work January 8, 2005 from 1:30-3:00 pm in Ahwatukee. Send an email to Info@AmIHungry.com

for more information or reservations.

**Websighting:** Healthfinder® is a free guide to reliable consumer health information, developed by the Department of Health and Human Services and other federal agencies. This site links to carefully selected information and Web sites from over 1,700 health-related government agencies and not-for-profit organizations, includes many online checkups, and offers daily health news in English and Spanish. http://www.healthfinder.gov

## More strategies to help you achieve your New Year's Resolutions:

## Am I Hungry? What To Do When Diets Don't Work

**By Michelle May, M.D. with Lisa Galper, Psy.D. and Janet Carr, M.S., R.D.**

Read Chapter One online and pass it on!
http://www.amihungry.com/pdf/am_i_hungry_chapter_1.pdf

Finally, the antidote to ineffective dieting! Am I Hungry? is a rational, comprehensive, step-by-step guide to weight management. This multi-dimensional team has constructed a beautifully simple system using the innovative Eating Cycle, compelling stories to illustrate important concepts, and evidence-based nutrition and fitness advice that anyone can follow. Each chapter includes practical strategies for re-establishing hunger as the primary cue for eating, balancing eating for enjoyment with eating for health, and finding joy in physical activity. This book will inspire those who struggle with food and weight build sustainable healthy attitudes and behaviors, and more satisfying, fulfilling lives.

**Book Signing:** For those in the Phoenix area, please join Michelle at a workshop and book signing at Changing Hands Bookstore on 01/19/05 at 7:00 p.m. (located on the SW corner of McClintock and Guadalupe.)

## Am I Hungry? Workshops

Join us for an interactive, innovative eight-week workshop. You can change your lifestyle – and your life – in just 90 minutes a week!

- Lose weight and gain life-long weight management skills
- Rediscover simple, yet powerful tools for knowing when, what, and how much to eat

- Stop obsessing about food, eating, and your weight—and free yourself to live the fulfilling life you deserve
- Experience the joy of eating the foods you love *without* guilt
- Learn the truth about nutrition—without confusing, arbitrary rules
- Never again exercise to earn food or punish yourself for eating
- Boost your metabolism and increase your energy and fitness painlessly
- Trust your gut instincts to nourish your mind, body, and spirit

In Phoenix, the sessions will be in person at our new beautiful workshop space in Ahwatukee. We will meet on Mondays from 6:30-8:00 p.m., January 10 – February 28, 2005 The total cost of $440 includes all eight 90-minute workshops, your copy of Am I Hungry?, and a motivational reminder delivered to your e-mail weekly.

For those outside the Phoenix area or those needing more flexibility due to travel or family responsibilities, participate in our interactive, live Am I Hungry? Teleseminars delivered to you by phone in the comfort of your home, office, or even hotel room. We will meet on Wednesdays from 6:00-7:30 p.m. (Mountain time), February 2 – March 23, 2005. The total cost of $325 includes all eight 90-minute workshops, Am I Hungry? workshop materials delivered to your e-mail weekly, and a weekly motivational email reminder. (Long distance charges are not included and are paid to your long-distance carrier.)

To reserve your place for either workshop or receive additional information, send an E-mail to Info@AmIHungry.com

or call 480 704-7811. (Past participants may register for any of our workshops for half price!)

## Am I Hungry? Cruise Aboard Carnival's Ship "The Paradise" to the Mexican Baja, June 2-6, 2005

For four days, you will nourish your body, mind, and spirit while learning to increase your health, energy, and joy—for life!

The Am I Hungry? team will teach you how to completely enjoy your cruise (and your life!) while maintaining a healthy lifestyle. You will learn practical and effective strategies for knowing when, what, and how much to eat—even on an indulgent cruise vacation. You will experience the pleasure of eating the foods you love without guilt and rediscover the joy of physical activity. Treat yourself to a vacation with that will enlighten and inspire you long after your suitcases have been put away.

This four-night vacation includes one night hotel in Long Beach, three-night Mexican Baja cruise (including taxes, port charges, gratuities), and all activities of the Am I Hungry? Seminar.

For more information and to reserve your space, please contact Cyndy at cyndy@sunsationalcruises.com

or call 1-800-239-6252.

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