

Welcome to The Healthy Weigh



Spring 2010

Welcome Spring,

I love this time of year. New life seems to be springing up everywhere. Bulbs are popping up through the cold ground, buds are unfolding on bare branches of trees and the sunshine is sneaking out from behind the clouds more often to warm us.

It's easy for me to see comparisons to spring time every day at The Healthy Weigh. Permanent change is a lot like spring time. It happens slowly, it comes out of dark places and it feels so good when it happens! I see a lot of that at The Healthy Weigh.

As we head in to spring, the calendar at The Healthy Weigh will burst forth with new and exciting opportunities for change and growth. From our successful Team Challenge to our fashion and food REFRESH classes, we are always providing ways for our clients to be successful at losing weight and more importantly, keeping it off for life!

This spring comes the introduction of a new "club" at The Healthy Weigh. We are starting a Maintenance Club! This is an exclusive club with its members proudly living on maintenance. Our clients who have lost their weight, been through stabilization and are now on maintenance will be invited to join this club. We will be meeting in April for the first time and defining our purpose further when we are together as a group. With so many Healthy Weigh clients reaching goal weight, I see this as an important addition to the support system we offer our clients.

The Team Challenge will take a short break and start back up again April 13th! We couldn't be more excited about the success and the progress our clients are experiencing on the Team Challenge. Last spring when the challenge started, we hoped that it would be the answer for many of our clients...it has exceeded our expectations! We are determined to continue providing a quality program overflowing with enthusiasm to help make a difference in the lives of our clients.

Spring time is an amazing time of year...full of hope, full of promise and full of change. Spring time at The Healthy Weigh, it's a great time of year! Come, celebrate spring with us.

Always encouraging you,

Letha

March 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4 Backpacks 6:45pm - 8:15pm	5	6
7	8	9	10	11 Backpacks 6:45pm - 8:15pm Refresh Class "What Not to Wear" 12pm & 6pm	12	13
14	15	16	17	18 Backpacks 6:45pm - 8:15pm	19	20 Walk the Waterfront 9am - 10am
21	22	23	24	25 One Day At a Time 6pm - 8pm	26	27
28	29	30	31			

April 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Maintenance Club Meets 6pm - 7pm	2	3
4	5	6 Team Challenge Details Announced! 6pm	7	8 Refresh Class "New Recipes for Spring!" 12pm & 6pm	9	10 Team Challenge Details Announced! 10am - 10:30am
11	12 Team Challenge Program Intro 12pm & 6pm	13 Team Challenge Begins 12pm & 6pm	14	15	16	17
18	19	20 Team Challenge 12pm & 6pm	21	22	23	24
25	26	27 Team Challenge 12pm & 6pm	28	29	30	

May 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Introduction of our new program! 9am - 12pm
2	3	4 Team Challenge 12pm & 6pm	5	6	7	8
9	10	11 Team Challenge 12pm & 6pm	12	13 Refresh Class 12pm & 6pm	14	15
16	17	18 Team Challenge 12pm & 6pm	19	20	21	22 Walk the Waterfront 9am - 10am
23	24	25 Team Challenge 12pm & 6pm	26	27	28	29
30	31					

The Skinny on the Calendar



REFRESH CLASSES: FREE

Free 30 minute classes to renew, reinvigorate and re-motivate you! Bring a friend!

WALK ON THE WATERFRONT: FREE

Join us for a walk on Vancouver's beautiful water front rain or shine! This is a great opportunity to get some exercise and get acquainted with some Healthy Weigh friends. Dress for the weather, bring your dog (if you want to) and meet us in the parking lot of Beaches restaurant.

ONE DAY AT A TIME: \$20

Have you struggled to reach your goal weight, even at The Healthy Weigh? Recognizing that the fight is difficult, "One Day at a Time" will provide three important truths to permanent weight loss.

MAINTENANCE CLUB MEETS: FREE

For our clients who have completed the weight loss and stabilization portions of the program, and are now on maintenance. Join us as we meet for the first time and brainstorm about the possibilities of our new support system.

TEAM CHALLENGE DETAILS ANNOUNCED: FREE

This 30 minute information class is for anyone interested in knowing more or participating in the up coming Team Challenge. Come and bring a friend.

TEAM CHALLENGE PROGRAM INTRODUCTION CLASS:

This class is for any one who is participating in the Team Weight Loss Challenge. It is a 45 minute class to explain The Healthy Weigh nutritional plan and program in detail.

TEAM WEIGHT LOSS CHALLENGE BEGINS:

Join teams participating in the Team Challenge for your first weigh in! Challenges and prizes will be given out!

SEARCH FOR SIGNIFICANCE: \$250.00

This 9 week Bible study/support group addresses 4 false beliefs that keep us from having a healthy self-esteem. Check with Glenda for more information. Limit 12 clients.

EXCITING INTRODUCTION OF OUR NEW PROGRAM FOR PERMANENT WEIGHT LOSS: FREE

You won't want to miss this free 3 hour class to hear the exciting details of our new and improved program! Letha will be sharing valuable information and introducing new materials. Seating is limited to 50 and class is open to clients only

Need some inspiration?

Check out www.healthyweigh.com for:

- Letha's Blog
- Client Blog
- eNewsletters
- Recipes
- And more!

Join us on Facebook!



Go to [Facebook.com](https://www.facebook.com) and search for The Healthy Weigh to become a fan.

The Healthy Weigh

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Hours:

M, W: By Appointment Only
T, Th: 7 am - 7 pm

