



Spring is on it's way.

Can you feel it? Spring means **new life**, **exciting possibilities** and **renewed hope**. At The Healthy Weigh, we have an endless supply of all of those!

As I am challenged to offer **new**, **exciting** and **renewed** inspiration to you, I'm thrilled to announce a new program that I believe will do just that ~ The Healthy Weigh's "Team Weight Loss Challenge!" We've been working to create a program that will motivate you need to reach your goal weight (many of you by this summer!)

The last 27 years of my life have been spent helping people in Clark County lose weight and change their lives. If not me, who?... If not now, when? My desire is to see people reach their full potential, physically and emotionally. I believe that the people of Clark County need The Healthy Weigh now, more than ever !

As we move into March 2009, we will be announcing our Healthy Weigh Team Challenge and giving you the opportunity to participate. Some of you will choose to continue your weight loss journey as you have been, others will want to jump on board with our new program! The choice is yours!

New life, exciting possibilities, and renewed hope. That's what's happening at The Healthy Weigh. Come, experience spring, The Healthy Weigh, and be a part of something great!

With love and encouragement,

~ Letha



How Does Your Garden Grow?

You don't need a plot of land to grow fresh vegetables. Many vegetables lend themselves well to container gardening. With some thought to selecting bush or dwarf varieties, almost any vegetable can be adapted to growing in a pot. Vegetables that take up little space, such as carrots, radishes and lettuce, or crops that bear fruits over a long period of time, such as tomatoes and peppers, are perfect for container vegetable gardens.

What you can grow in a container vegetable garden is limited only by the size of the container and your imagination. How about a summer salad container? Plant a tomato, a cucumber and some parsley or chives all in a large (24-30") container. They grow well together and have the same water and sun requirements. By late summer they might not be very pretty, but they'll keep producing into the fall. This makes a great house warming present, too.

Containers and Pots for Vegetable Gardens

Selecting Containers: Containers for your vegetable gardens can be almost anything: flower pots, pails, buckets, wire baskets, bushel baskets, wooden boxes, nursery flats, window planters, washtubs, strawberry pots, plastic bags, large food cans, or any number of other things.

Drainage: No matter what kind of container you choose for your vegetable garden, it should have holes at the base or in the bottom to permit drainage of excess water.

Color Considerations: You should be careful when using dark colored containers because they absorb heat which could possibly damage the plant roots. If you do use dark colored pots, try painting them a lighter color or shading just the container.

Size: The size of the container is important. For larger vegetables like tomatoes and eggplants, you should use a five gallon container for each plant. You can grow these plants in two gallon containers, however you need to give the plants considerably more attention.

Soil and Fertilizer

You can use soil in your container vegetable garden, but the synthetic mixes are much better. Peat-based mixes, containing peat and vermiculite, are excellent. They are relatively sterile and pH adjusted. They also allow the plants to get enough air and water. Mixing in one part compost to two parts planting mix will improve fertility.

Using a slow release or complete organic fertilizer at planting will keep your vegetables fed for the whole growing season.

Watering

Pots and containers always require more frequent watering than plants in the ground. As the season progresses and your plants mature, their root system will expand and require even more water. Don't wait until you see the plants wilting. Check your containers daily to judge the need for water.

Vegetable Varieties Suitable for Container Gardening

Seed companies realize that homeowners have less and less space to devote to vegetable gardens. Every year they come out with new vegetable plant varieties suitable for growing in small spaces and vegetable container gardens. Be on the look out for key words like: bush, compact, and space saver.

March 2009



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 <i>Body Soul Spirit Wk #6 12pm & 6pm</i>	4	5	6	7
8	9	10 <i>What's For Dinner Wk #7 12 pm & 6 pm</i>	11	12 <i>Refresh Class "Be Prepared" 12pm & 6pm</i>	13	14
15	16	17 <i>Let's Get the Party Started Wk #8 12pm & 6pm</i>	18 <i>Back Packs ~ Living in the Balance Wk #1 6pm-7:30pm</i>	19	20	21 <i>When Food is Love 9am-10:30am</i>
22	23	24	25 <i>Back Packs ~ Living in the Balance Wk #2 6pm-7:30pm</i>	26 <i>Refresh Class "Lean on Me" 12pm & 6pm</i>	27	28
29	30	31				

April 2009



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 <i>Back Packs ~ Living in the Balance Wk #3 6pm-7:30pm</i>	2	3	4
5	6	7	8 <i>Back Packs ~ Living in the Balance Wk #4 6pm-7:30pm</i>	9 <i>Refresh Class "How Does Your Garden Grow?" 12pm & 6pm</i>	10	11
12	13	14 <i>Weight Loss Team Challenge 6 pm</i>	15 <i>Back Packs ~ Living in the Balance Wk #5 6pm-7:30pm</i>	16	17	18 <i>Weight Loss Team Challenge 10am</i>
19	20 <i>Weight Loss Team Challenge Program Introduction Class 6pm</i>	21 <i>Weight Loss Team Challenge Weigh-in 6pm</i>	22	23 <i>Refresh Class "Motivation is in the Doing" 12pm & 6 pm</i>	24	25
26	27	28 <i>Weight Loss Team Challenge Weigh-in 6pm</i>	29	30		



May 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 <i>Breaking Free from Emotional Eating</i> 9am-12pm
3	4	5 <i>Weight Loss Team Challenge Weigh-in</i> 6pm	6	7	8	9 <i>Change Your Thinking ~ Change Your Life!</i> 10am-11am
10	11	12 <i>Weight Loss Team Challenge Weigh-in</i> 6pm	13	14 <i>Refresh Class "Git 'er Done"</i> 12pm & 6pm	15	16
17	18	19 <i>Weight Loss Team Challenge Weigh-in</i> 6pm	20	21	22	23 <i>Change Your Thinking ~ Change Your Life!</i> 10am-11am
24	25 <i>Clinic Closed Memorial Day</i>	26 <i>Weight Loss Team Challenge Weigh-in</i> 6pm	27	28 <i>Refresh Class "Fill 'er Up"</i> 12pm & 6pm	29	30
31						

The Skinny on the Calendar



REFRESH CLASSES: FREE

Free 30 minute classes every second and fourth Thursday of the month to renew, reinvigorate and re-motivate you! Bring a friend!

BE PREPARED CLASS: FREE

People don't plan to fail, they fail to plan. A "must attend" class to guarantee your success on our nutritional program

BACK PACKS~ LIVING IN THE BALANCE: \$125.00

This 5 week class is an in-depth study of personal responsibility, self-control and emotional ownership. All the things we can control will be addressed and examined in light of living in the balance. We will be discussing unhealthy extremes from over responsibility to powerlessness.

WHEN FOOD IS LOVE: FREE

This class is a more comprehensive discussion of our February Refresh Class. This Saturday morning workshop taught by Glenda and Letha will help you understand your relationship with food. Come and bring a friend.

TEAM WEIGHT LOSS CHALLENGE: FREE

Come to this 30 minute exciting class to hear all about your opportunity to participate in The Healthy Weigh *Team Weight Loss Challenge*. Bring a Friend!

PROGRAM INTRODUCTION CLASS:

This class is for any one who is participating in the *Team Weight Loss Challenge*. It is a 30 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!

BREAKING FREE FROM EMOTIONAL EATING: \$35.00

Join us to hear about what Glenda recently learned at a "Breaking Free from Emotional Eating" seminar. You'll learn about the emotions that trigger emotional eating, self nurturing methods instead of eating, and much more.

CHANGE YOUR THINKING - CHANGE YOUR LIFE: FREE

An introduction to our outstanding workshop series. Whether you've attended the workshop series or not, this is a high energy hour to inspire you to live your best life!

TEAM WEIGHT LOSS CHALLENGE FINALE:

Be a part of this exciting evening when we award the grand prize to the biggest loser team in The Healthy Weigh's *Team Weight Loss Challenge*!

Coming soon!



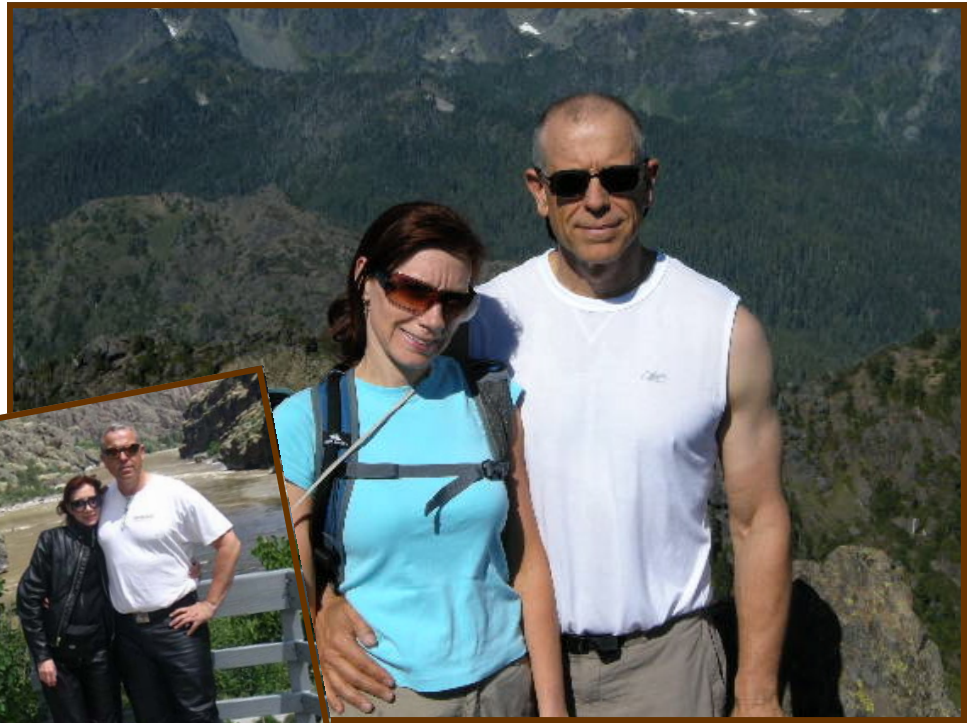
Client Testimonial

When I came to The Healthy Weigh last spring I had no expectation of success. I had tried every diet on the market, lost hundreds of pounds, and of course regained them all. A friend referred me to The Healthy Weigh. OK, it was Barry, Letha's Husband. I guess I went to not disappoint my friend. I'd go, and fail, and be done with it.

Letha and Darcy were not having any of that "failure" attitude from me. They just kept acting like I could succeed. I used the food journals, did what they said, kept up the exercise, and a few months later I was buying new jeans and punching holes in my belts.



David before - 280 pounds



David after - 220 pounds

About the time I was getting leaner than I have been in decades, I moved out of the area. Certainly I would fail then! Nope. It has been six months since I moved and things are going very well. I still use my food journals and call in to THW to check in whenever I want to hear a cheerful voice and an encouraging word.

I exercise intensely and consistently with a plan. I use the food journal. I still weigh and measure sometimes to keep myself honest. I never let others tell me what or when to eat. I study exercise and nutrition articles like my life depends on it, because it does. I have never felt better, looked better, (according to my wife and kids), or been more comfortable in my skin.

The Healthy Weigh has helped me take back my life. BTW, I started at 280 and 28% body fat. Today I am 220 and 11%. Not bad :-)

David Delong

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Hours:
M, W: 10 am - 4 pm
T, Th: 7 am - 7 pm

Lower Your Cholesterol and Your Blood Pressure

On Your Coffee Break!



No time to exercise? Can't fit a workout into your busy schedule? Those kinds of excuses may be running out. A new study shows squeezing as little as three brisk, 10-minute walks into your day can provide a real boost to both your body and your brain.

The study shows people who got their recommended 30 minutes a day of exercise in three short bouts spread throughout the day reaped just as many healthy benefits as those who took a single 30-minute walk. Researchers say those findings may provide the motivation needed to get more sedentary people off the couch and on their feet to start and, more importantly, stick with an exercise program.

"People drop out of exercise programs based on regular 30-minute activity period," says study author Marie Murphy, PhD, of the University of Ulster in Jordanstown, Northern Ireland, in a news release. "Exercising in shorter time periods throughout the day could be more attractive and encourage individuals to participate more readily."

For their study, researchers compared the physical and mental healthy effects of following an exercise plan consisting of three 10-minute brisk walks per day vs. one 30-minute walk per day in a group of sedentary, moderately overweight men and women in their mid-40s. The participants followed both plans for a period of six weeks, with a two-week interval between them, and were instructed to not modify their diet or healthy behavior in any other way.

The researchers measured the participants' weight, body fat distribution, blood pressure, cholesterol, heart rate, and oxygen use. They also evaluated feelings of tension and anxiety.

The researchers found both exercise patterns improved the fitness levels of the men and women and both similarly reduced feelings of tension and anxiety. Although neither walking program produced measurable weight loss, they did help redistribute fat away from the center of the body, which is thought to lower the risk of heart disease.

In addition, both plans led to small but significant drops in blood pressure and improvements in cholesterol levels, with an increase in HDL "good" cholesterol. Oxygen use increased in both programs, but the biggest increases were seen during the short bouts of exercise.

Since previous studies have shown that time and effort involved are two of the most commonly reported stumbling blocks to starting and staying with exercise program, researchers say these findings are hopeful. "From a public health perspective, prescribing short bouts of walking for sedentary individuals may provide a useful stepping stone toward more traditional approaches to exercise," write the study authors.