



It's been a Sensational Summer at The Healthy Weigh! We have celebrated summer in style. Walks on the water front, picnics at the clinic and showing up to weigh in with summer accouterments are just a few of the activities that our clients have participated in. Whether they were on the Frog team or the Sunshine team, they represented well. As I write this article, the outcome of the Sensational Summer contest is still yet to be determined!

As the Frogs and the Sunshines are waiting for the final outcome of their contest, so are the clients with the greatest % of weight loss for the summer months. The clients at The Healthy Weigh have lost a tremendous amount of weight this summer and four of our clients will be rewarded monetarily for their great effort!

As summer is coming to a close, I look in to the fall of 2009, with great anticipation and excitement. We are kicking off our second Team Challenge on September 22nd and I can't wait! The spring Team Challenge exceeded my expectations both with fun and weight loss. Our clients lost more weight during the team challenge than in any 10 week period I've experienced in my 28 year career. I do expect the fall Team Challenge teams to beat that record and have even more fun!

The Healthy Weigh's fall calendar is full of opportunities for learning and securing permanent weight loss. Glenda and I look forward to repeating some "old" classes and teaching some new ones too. We hope that you will take advantage of all that we have to offer this fall.

As summer '09 comes to a close, I look back inspired by what our clients have done. Congratulations in advance to our Sensational Summer winners. I know that they will look back on these few months and say, "It was a Sensational Summer at the Healthy Weigh!"

Here's to a Fabulous Fall!

Always encouraging you,

~ Letha

# September 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1</b> <i>Changing Your Beliefs</i> 6pm	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>6</b>	<b>7</b>	<b>8</b> <i>Team Challenge Information Class</i> 6pm	<b>9</b>	<b>10</b> <i>Refresh Class</i> 12pm & 6pm	<b>11</b>	<b>12</b> <i>Team Challenge Information Class</i> 10am
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
<b>20</b>	<b>21</b> <i>Team Challenge Program Introduction</i> 12pm & 6pm	<b>22</b> <i>Team Challenge Begins!</i> 12pm & 6pm	<b>23</b>	<b>24</b> <i>Refresh Class</i> 12pm & 6pm	<b>25</b>	<b>26</b>
<b>27</b>	<b>28</b>	<b>29</b> <i>Team Challenge Weigh-in</i> 12pm & 6pm	<b>30</b> <i>Backpacks ~ Living in the Balance</i> 6pm - 7:30pm			

# October 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6 <i>Team Challenge Weigh-in 12pm &amp; 6pm</i>	7	8 <i>Refresh Class 12pm &amp; 6pm</i>	9	10
11	12	13 <i>Team Challenge Weigh-in 12pm &amp; 6pm</i>	14 <i>Search for Significance ~ 9am - 11am Backpacks ~ Living in the Balance 6pm - 7:30pm</i>	15	16	17 <i>Coping Skills ~ Feeling Your Way Through Life 9am - 12:00</i>
18	19	20 <i>Team Challenge Weigh-in 12pm &amp; 6pm</i>	21 <i>Search for Significance ~ 9am - 11am Backpacks ~ Living in the Balance 6pm - 7:30pm</i>	22 <i>Refresh Class 12pm &amp; 6pm</i>	23	24
25	26	27 <i>Team Challenge Weigh-in 12pm &amp; 6pm</i>	28 <i>Search for Significance ~ 9am - 11am Backpacks ~ Living in the Balance 6pm - 7:30pm</i>	28	30	31

# November 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 <i>Team Challenge Weigh-in 12pm &amp; 6pm</i>	4 <i>Search for Significance ~ 9am - 11am Backpacks ~ Living in the Balance 6pm - 7:30pm</i>	5	6	7 <i>Vision Workshop 2010 10am - 12:00</i>
8	9	10 <i>Team Challenge Weigh-in 12pm &amp; 6pm</i>	11 <i>Search for Significance ~ 9am - 11am</i>	12 <i>Refresh Class 12pm &amp; 6pm</i>	13	14
15	16	17 <i>Team Challenge Weigh-in 12pm &amp; 6pm</i>	18 <i>Search for Significance ~ 9am - 11am</i>	19	20	21
22	23 <i>Special Weigh-in Day</i>	24 <i>Team Challenge Weigh-in 12pm &amp; 6pm</i>	25 <i>Special Weigh-in Day Search for Significance ~ 9am - 11am</i>	26 <i>Happy Thanksgiving!</i>	27	28
29	30					

# The Skinny on the Calendar



## **REFRESH CLASSES: FREE**

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

## **TEAM WEIGHT LOSS CHALLENGE INTRODUCTION: 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!

## **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!

## **BACK PACKS~ LIVING IN THE BALANCE: \$ 150.00**

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.

## **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.

## **COPING SKILLS~FEELING YOUR WAY THROUGH LIFE: FREE**

Do you lack the coping skills to deal with life's difficult situations? Join Letha and Glenda for this 3 hour class to better understand the importance of having and using effective coping skills.

## **VISION WORKSHOP 2010: \$75.00**

Spend quality time on a Saturday with Letha and Glenda preparing and planning for the best year of your life! Lunch is included!

## **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!

### **Need some inspiration?**

Check out [www.healthyweigh.com](http://www.healthyweigh.com) for:

Letha's Blog  
Client Blog  
eNewsletters  
Recipes  
And more!

### **Join us on Facebook!**



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

## **The Healthy Weigh**

9120 NE Vancouver Mall Loop, Suite 130  
Vancouver, WA 98662

360-256-9506

[www.healthyweigh.com](http://www.healthyweigh.com)

Hours:

M, W: 10 am - 4 pm

T, Th: 7 am - 7 pm