

# Welcome to The Healthy Weigh



## Winter 2009-2010

It's been an amazing year at The Healthy Weigh. As our nation has faced difficulties and hardships, our clients at The Healthy Weigh have forged ahead with positive attitudes and healthy choices to take control of their lives and their health. We have experienced more weight loss and more clients reaching their goal weight than in our company's history!

One of the highlights of 2009 was our new program, the Team Challenge. Between our Spring and Fall Challenges, 81 teams participated. Although two teams ended up with the grand prize of \$1000, the other 79 would tell you that they too, experienced a big win during the Team Challenge! Over 2500 pounds were lost during the two challenges. The fun we had and the weight our teams lost made the Team Challenge exceptional! We're excited to begin a new Team Challenge January 12th!

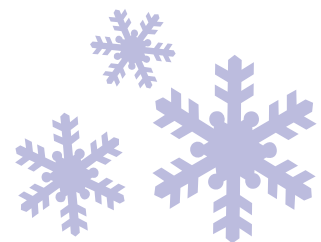
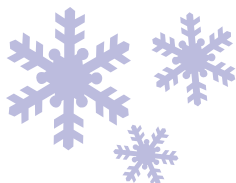
As we look ahead to the year 2010...we are thrilled to continue to offer classes, workshops and support groups that will make a difference in the lives of our clients emotionally and physically. We believe that The Healthy Weigh is unparalleled with what it offers to accomplish that work.

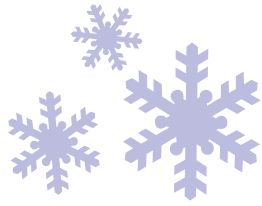
Amazing things are happening at The Healthy Weigh and I am grateful to be a part of it. I'm looking forward to spending life with you in 2010.

With love to all of you and your families this holiday season and into 2010.

Always encouraging you,

Letha





# December 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1</b> Perfect Attendance Begins	<b>2</b>	<b>3</b> Table Talk	<b>4</b>	<b>5</b>
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b> Refresh Class "Your Word for 2010" 12 & 6 pm	<b>11</b>	<b>12</b>
<b>13</b>	<b>14</b>	<b>15</b> Toy Drive Ends  Wear a Christmas sweater or socks!	<b>16</b>	<b>17</b> Table Talk	<b>18</b>	<b>19</b>
<b>20</b>	<b>21</b>	<b>22</b> Perfect Attendance Ends	<b>23</b> Clinic Closed	<b>24</b> Clinic Closed	<b>25</b> Merry Christmas!	<b>26</b>
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b> Table Talk		



# January 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7 Table Talk	8	9 Team Challenge Informational Meeting 10 am
10	11 Program Introduction Class 12 & 6 pm	12 Team Challenge Begins 12 & 6 pm	13	14 Refresh Class "Be Prepared" 12 & 6 pm	15	16
17	18	19 Team Challenge Weigh-in 12 & 6 pm	20	21 Table Talk	22	23 Battle of the Sexes: 9- 12 pm
24	25	26 Team Challenge Weigh-in 12 & 6 pm	27	28 Table Talk	29	30
31						

# February 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 Team Challenge Weigh-in 12 & 6 pm	3	4 Table Talk	5	6 Manners & Etiquette: 10 - 12 pm
7	8	9 Team Challenge Weigh-in 12 & 6 pm	10	11 Refresh Class "Restaurant Eating ... No Big Thing." 12 & 6 pm	12	13
14	15	16 Team Challenge Weigh-in 12 & 6 pm	17	18 Table Talk  Backpacks ~ Living in the Balance: 6:45 - 8:15 pm	19	20
21	22	23 Team Challenge Weigh-in 12 & 6 pm	24	25 Table Talk  Backpacks ~ Living in the Balance: 6:45 - 8:15 pm	26	27
28						

# The Skinny on the Calendar



## REFRESH CLASSES: FREE

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

## TABLE TALK: FREE

Join us on Thursdays at established times for a 20 minute round table discussion with Glenda or Letha and other Healthy Weigh clients. This discussion will take the place of your Thursday one on one visit. You will be weighed in.

## CHRISTMAS TOY DRIVE: PRICELESS

Join forces with The Healthy Weigh and The Giving Closet (a ministry from Vancouver First Church of God) by donating board games to children in need. Please deliver your games right here on or before December 15<sup>th</sup>.

## TEAM CHALLENGE INFORMATIONAL MEETING: FREE

If you need more information about The Healthy's Weigh Team Challenge come hear the details and get your questions answered.

## 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 will be given and prizes will be awarded!

## BATTLE OF THE SEXES: FREE

Regardless of where you find yourself dealing with conflict, this class will help you take ownership of your roll in the interaction, as well helping you understand the perspective of the other person. Join Glenda for this Saturday morning workshop.

**MANNERS AND ETIQUETTE FOR THE YOUNG AND YOUNG AT HEART: \$25** This 2 hour class is for our clients and the young people in their lives. We will look at table manners and mealtime etiquette as well as social etiquette.

## 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 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.

### 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](https://www.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: By Appointment Only  
T, Th: 7 am - 7 pm

## Team Challenge...Changing Lives!

Something very exciting is happening at The Healthy Weigh and I'm hoping that you'll be a part of it this year!

Last spring, we launched a new program called The Healthy Weigh Team Challenge. It was our own version of The Biggest Loser. We had 37 teams participate in our 10 week program. Our clients lost more weight during the Team Challenge than I've seen in any 10 week period of my 28 years of helping people lose weight. Our clients had fun, enjoyed the excitement of a competition based weight loss challenge, and most importantly lost significant weight! The question most often asked during the 10 week challenge was... "Are you going to do this again?" So we did...this fall we ran our second round of the Team Challenge and had even more success than the first time!

That's why I'm writing, because we **are** going to do it again! Our next 10 week Team Challenge begins Tuesday, January 12<sup>th</sup>!

Here's how it works! You and a partner (a brother, a co-worker, a friend) join as a team. You come up with a team name and you show up to lose a lot of weight! We meet Tuesdays at NOON or 6PM for a group weigh-in. Each week, we have weekly winners and weekly challenges. At the end of the 10 weeks, the team with the greatest percentage of weight loss, based on their starting weight, wins the grand prize of \$1000.00!

I learned a lot observing this amazing weight loss challenge:

Competition works!  
Team accountability makes a difference!  
Group meetings raise the level of commitment!

If you want to lose 20 to 40 pounds by spring and actually have fun while you're doing it, you've got to consider The Healthy Weigh Team Challenge. Come, be a part of something very exciting...and bring a friend! You'll be so glad you did.

### Cranberry Chutney

12 oz. Fresh Cranberries  
1 medium orange  
Few packages of Splenda

Rinse cranberries and put in a blender, cut off ends of the orange. Chop orange, peel and all in 4 or 5 pieces and put in blender...add splenda and blend until consistency is like chutney.

½ cup equals one fruit.

Serve as a side dish with turkey or chicken. Try it with your cottage cheese or in your yogurt!

The Healthy Weigh is very excited to announce  
the launch of a new program ....

"TABLE TALK"

ON THURSDAY'S YOU HAVE A CHOICE...

In lieu of your regular one-on-one clinic visit on Thursdays, you will have the opportunity to be involved in a round table discussion facilitated by Letha or Glenda. Each participant will sign in at the front desk as usual, and then meet in the classroom for their private weigh-in and 20 minute discussion. Clients' questions and suggestions related to The Healthy Weigh's program will determine the agenda for the day. The facilitator for the day will have a secondary agenda prepared if necessary.

It is our desire to provide a safe and confidential environment for individuals to share real issues and be encouraged on their weight loss journey.

DATES: "TABLE TALK" WILL BE HELD ON the 1st, 3rd, 4th, and 5th Thursdays each month BEGINNING THURSDAY, DEC. 3rd.

TIMES: 8:15 - 8:35 AM  
10:15 - 10:35 AM  
12:15 - 12:35 PM  
4:15 - 4:35 PM  
6:15 - 6:35 PM

Discussions will begin and end on time. Plan to join us and be part of something great!