



Lori Andersen
“The Habits of Health System”





Dr. Andersen's
HABITS
of
HEALTH



Presentation from Go Global 2010

The Easy Button

- ❖ Less time consuming
- ❖ Easy to understand
- ❖ Easy for everyone to follow
- ❖ Easy for coaches to coaches to coach
- ❖ Attractive to clients

First Goal

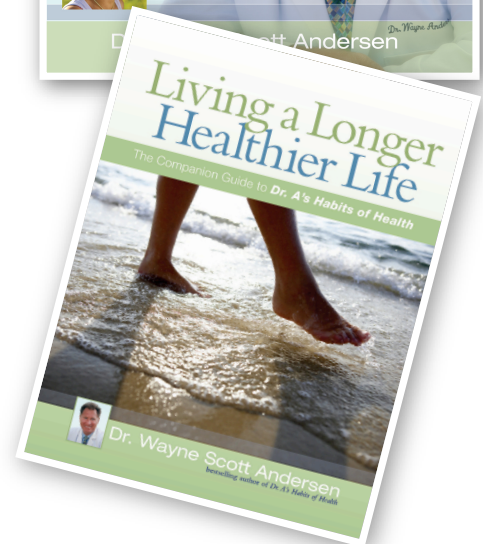
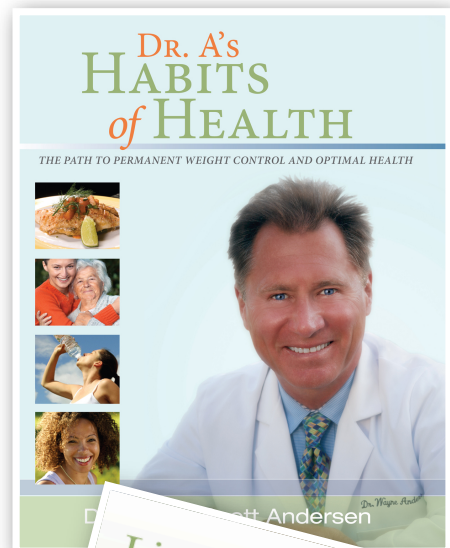
- ❖ This is not a weight loss program
- ❖ You are not a weight loss coach

What to Bring to Presentation

- ❖ Habits of Health System (to show)
- ❖ Ready Set Medifast Brochure
- ❖ Copy of Dr. A's Health Assessment
- ❖ List of support calls and numbers
- ❖ Support in motion website
- ❖ Client Profile sheet

Introduction

- ❖ This is a complete and comprehensive program to help you get your health and your life back....





Three Tools We Will Use

1. I will be your health coach to guide and support you along your journey
2. We will be using the Habits of Health System to give you the tools you will need to be successful in reaching your goals
3. We will be using the Medifast Meal Replacements in the 5 & 1 plan to help with your weight loss

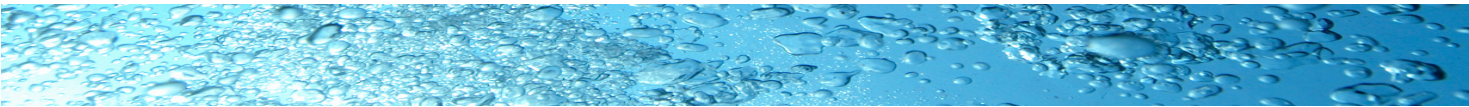
Why Use the HOH System?

- ❖ It Changes Their Orientation
- ❖ Learn about choice, discipline and creating their life around what matters most
- ❖ Begin to understand the magnitude of what they are about to do
- ❖ Gets their head right emotionally and physically
- ❖ Gives them hope, possibilities, empowerment!

Assignments

- ❖ Each week you will have a lesson to complete in the companion guide.
- ❖ This will help you learn how to create the life you want
- ❖ Helps me to be a better coach for you

What's Next

- ❖ Briefly review the “Ready Set Medifast” Brochure with them
 - ❖ Explain all forms of support
 - ❖ Offer your services to help them get started... “How’s that sound? Are your ready to get going?”
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Ordering Scenarios

Best Ordering Scenario

Variety Pack (4 week)	\$299.50
BeSlim Club	<u>5% off</u>
Total	\$284.52

Book Combo	\$ 39.95
Shipping	<u>\$ 8.00</u>
Total	\$ 47.95

Combined Total:	\$332.47
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Ordering Scenario #2

Variety Kit (4 week)	\$299.50
Book combo pack	\$ 39.95
50OFF Coupon	\$ 50.00
Half Shipping	<u>\$ 8.00</u>
Total	\$297.45





Time to Begin Coaching

1. Instruct them to complete Dr. A's Assessment while they are waiting for their food.
2. Suggest they listen to the support call recordings.
3. "Call me when you get your food and review the Quick Start Book"

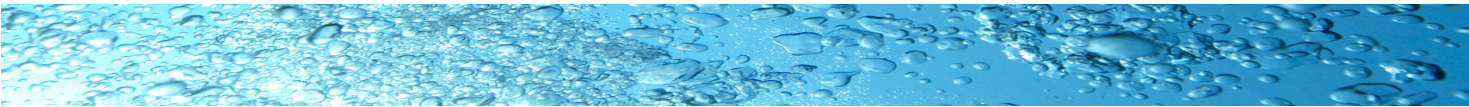
Coaching Assignment Schedule

- ❖ Based on 50 lb Weight loss over 3 months
- ❖ May need to alter the schedule due to your client's needs and progress
- ❖ Know your HOH system "inside-out" so that you can suggest the proper reading and lesson assignments when certain issues arise.

Dr. A's Perfect Scenario

- ❖ Complete Lessons 1-7 in the first 7 days on the program
- ❖ That's only reading chapters 1-5
- ❖ Get's their head in the correct orientation to follow the program and reach their healthy weight and beyond
- ❖ May be too much to ask for some....If so, then...

Week One

- ❖ Read forward and Preface of Book
 - ❖ Complete Lessons 1-3
 - ❖ Chapters 1,2 in HOH
 - ❖ Recognize bad habits
 - ❖ How to create new habits
 - ❖ How to break a negative behavioral chain
 - ❖ How to stop bad/unhealthy habits
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Week Two

- ❖ Lesson 4
- ❖ Chapter 5
- ❖ Current Health Assessment
- ❖ Lesson 5
- ❖ How to set goals
- ❖ What is structural tension
- ❖ Determine Current Reality to create structural tension

Week Three

- ❖ Lesson 6 and 7
- ❖ Chapter 4
- ❖ Primary, secondary, and fundamental choice
- ❖ Organize choices around what matters most
- ❖ Learn how to create structural tension chart (pg 31)
- ❖ Apply primary and secondary choices to daily life

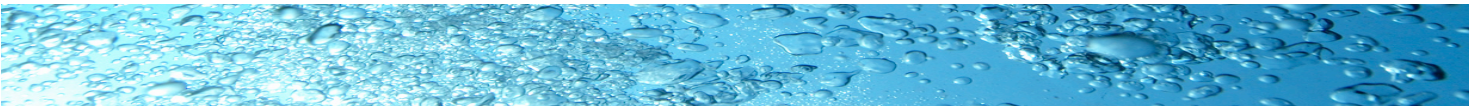
Structural Tension Chart

Healthy Weight

S	_____	
E	_____	C
C	_____	H
O	_____	O
N	_____	I
D	_____	C
A	_____	E
R	_____	S
Y	_____	



Current Reality





Week Four

- ❖ Lesson 8
- ❖ Chapters 6 and 7
- ❖ Core principles of weight loss
- ❖ Get environment ready for weight loss
- ❖ Importance of keeping a journal, planning your day
- ❖ Handle cravings
- ❖ Create weight loss structural tension chart

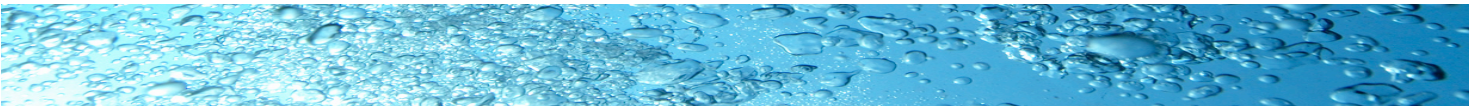
Week Five

- ❖ Lesson 9
- ❖ Eating for weight control
- ❖ Chapters 8,9, and 10
- ❖ Healthy foods to choose
- ❖ Energy management
- ❖ Nine inch plate
- ❖ Color coded shopping system

Week Six

- ❖ Lesson 10
- ❖ Eating healthy for Life
- ❖ Chapters 11-12
- ❖ Preparation for transition

Week Seven

- ❖ Lesson 11
 - ❖ Habits of active living
 - ❖ Chapters 13-15
 - ❖ Calorie burn for long term weight control
 - ❖ NEAT System
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Week Eight

- ❖ Lesson 12
- ❖ Chapter 16
- ❖ Habits of Motion
- ❖ EAT Walking Program
- ❖ EAT Resistance Program
- ❖ Structural Tension chart for exercise

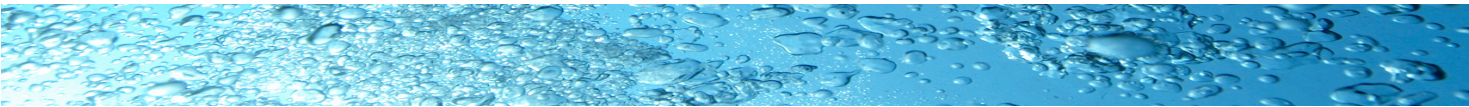
Week Nine

- ❖ Lesson 13
- ❖ Chapter 17 on sleep
- ❖ Optimize your environment
- ❖ Importance of sleep
- ❖ Evaluate the quality of your sleep

Week Ten

- ❖ Lesson 14
- ❖ Chapter 18
- ❖ Support
- ❖ Share the HOH
- ❖ Healthy role models
- ❖ Structural tension chart

Week Eleven

- ❖ Lesson 15
 - ❖ Chapter 19
 - ❖ Inflammation/premature aging
 - ❖ Health immune system
 - ❖ How to beat inflammation
 - ❖ Influences of bad health
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Week Twelve

- ❖ Lesson 16
- ❖ Chapter 20
- ❖ Learn that optimal health is life long journey
- ❖ Develop individual nutrition plan

Transition

- ❖ Lesson 17
- ❖ Chapter 21
- ❖ Assess current reality
- ❖ Where are you in terms of fullfillness
- ❖ Enrich your Life
- ❖ Teachable moment

Question to Ask

- ❖ Did you complete the lesson?
- ❖ What did you learn?
- ❖ Do you see yourself incorporating what you've learned into your life?
- ❖ Do you have any questions about the lesson?

The End

