

# Habits of Health Lifestyle



The Path to a **Longer, Healthier** Life

*“Optimal Health is a journey  
taken one step, one habit,  
and one day at a time.”*

— Dr. Wayne S. Andersen

# If you could choose Optimal Health, would you? Of course you would!

## Achieving Optimal Health is Now Possible

Optimal Health is a whole new approach to well-being that is based on creating health with the Take Shape For Life Program. Three unique components (your *Health Coach*, the *Medifast 5 & 1 Plan*®, and the *Habits of Health*) create the foundation and long-term support that will guide you along your journey. As you work toward Optimal Health, you'll learn to make the choices that will help you take charge of your health for the long term. Reaching a healthy weight is just the beginning—there is much more to come.

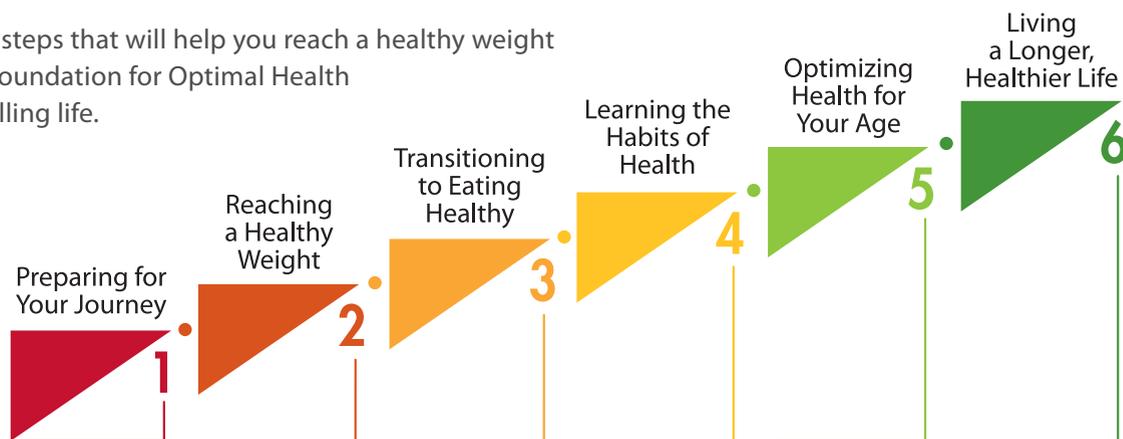


## The Path to a Longer, Healthier Life

Take Shape For Life is more than fast, safe, effective weight loss—it's your key to better health "For Life." Six simple steps will get you headed there.

Take Shape For Life is a thriving, vibrant grass-roots movement of Health Coaches, Health Professionals, and Clients who are redefining the path to health and well-being. Welcome and congratulations on deciding to change your life; we're glad you are joining us!

Here are the six steps that will help you reach a healthy weight and create the foundation for Optimal Health and a more fulfilling life.



STEP

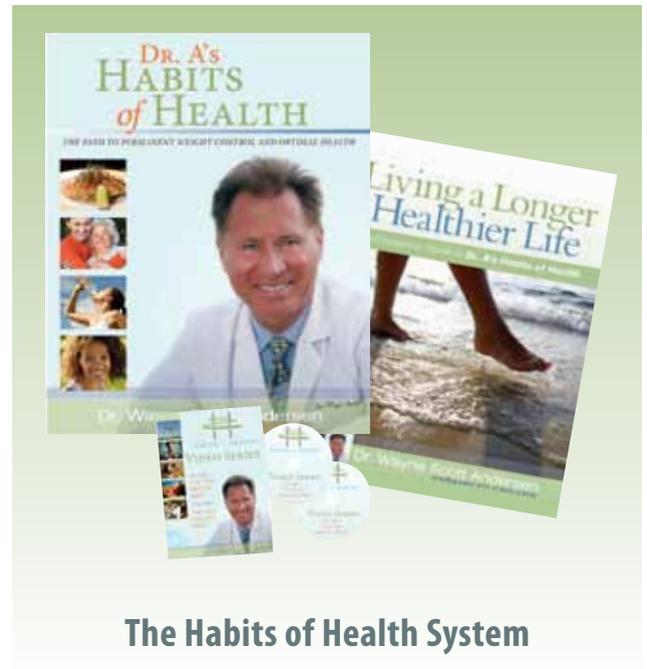
# 1 Make the Decision to Get Healthy—NOW Preparing for Your Journey

## Your Health Coach will guide you:

- In ordering your first month of Medifast Meals.
- In reading the *Quick Start Guide* carefully and discussing any questions you have.
- By recommending that you order the **Habits of Health** lifestyle program. The Habits of Health System includes *Dr. A's Habits of Health*, *Living a Longer Healthier Life*, and Dr. A's Habits of Health Video Series.
- In completing your Health Assessment online or in Chapter 5 in *Dr. A's Habits of Health*.
- By setting your goals for healthy weight and wellness.

Recommended readings: Chapters 1 – 5 in *Dr. A's Habits of Health* and Lessons 1 – 7 in *Living a Longer Healthier Life*.

Virtually everything you need to know to get started right!



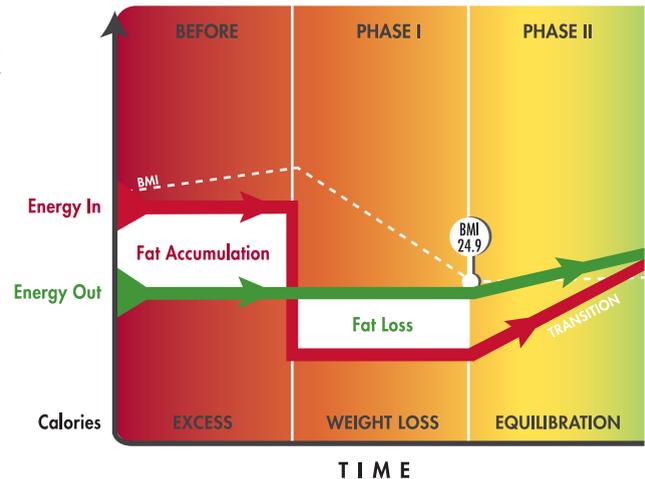
The Habits of Health System

## STEP 2 Reach a Healthy Weight (Weeks to Months)

### To lose weight effectively:

- Follow the Medifast 5 & 1 Plan® as outlined in the *Quick Start Guide*.
- Discuss any challenges with your Health Coach.
- Participate in weekly Support Calls as outlined in the *Quick Start Guide*.
- Register and participate on the Support in Motion website.
- Learn about the BeSlim® lifestyle.

Recommended readings: Chapters 6 – 7 in *Dr. A's Habits of Health* and Lesson 8 in *Living a Longer Healthier Life*.



We lost 176 lbs\*



*"John lost 50 lbs, I lost 126 lbs, and we have maintained our healthy weight ever since. Following the principles in Dr. A's Habits of Health, we are thrilled to know that we have the health and energy we need to travel and enjoy playing with our grandchildren."*

–Cheryl & John Tooke



\*Results vary. Clients can expect to lose 2-5 lbs per week for the first two weeks and 1-2 lbs per week thereafter.

### BeSlim® Lifestyle

At this point it's essential to learn the BeSlim® lifestyle and the behavior modifications that will support lasting change and improved health.

When he was creating Take Shape For Life's program, Dr. Wayne Andersen investigated behaviors of the people most successful at long-term weight control, and uncovered core habits that these men and women incorporated into their routine.

The BeSlim® lifestyle is composed of six of these core behaviors that have been proven to help maintain a healthy weight. They are easy to remember using the acronym "BESLIM."



# B

## REAKFAST

- Breakfast really is the most important meal of the day; don't skip it.
- High-quality fuel gives you the energy and clarity you need to handle whatever your day brings.
- Medifast Meals make it easy to have a fast, filling, and nutritious breakfast every day.



# E

## XERCISE

- Exercise increases your metabolism so you burn more fuel.
- Purposeful movement helps your bones and muscles get stronger, your joints become more flexible, and your posture improve.
- Regular exercise helps you manage stress better and increases both your mental clarity and your resistance to disease.



# S

## UPPORT

- Research shows that personalized support is a key factor in the success of a healthy lifestyle.
- A Health Coach provides encouragement, education, and tools to help their Clients achieve their healthy weight goals.
- In addition, the Take Shape For Life Bio-Network, which includes doctors, nurses, and dietitians, can answer questions and provide professional insights on healthy living.



# L

## OW-FAT MEALS 5 TO 6 TIMES A DAY

- Eating frequently, controlling your portion sizes and your total calorie intake, and limiting excess fat are essential for Optimal Health.
- Take Shape For Life makes this possible even for the busiest of Clients with a simple plan and pre-portioned, highly nutritious Medifast Meals.



# I

## NDIVIDUAL PLAN

- An informed, individualized eating plan, including Medifast Meals, can help you stay on course with your weight-loss and other health goals.
- Your Health Coach will help you address your triggers and unhealthy behaviors to help you replace them with the Habits of Health.



# M

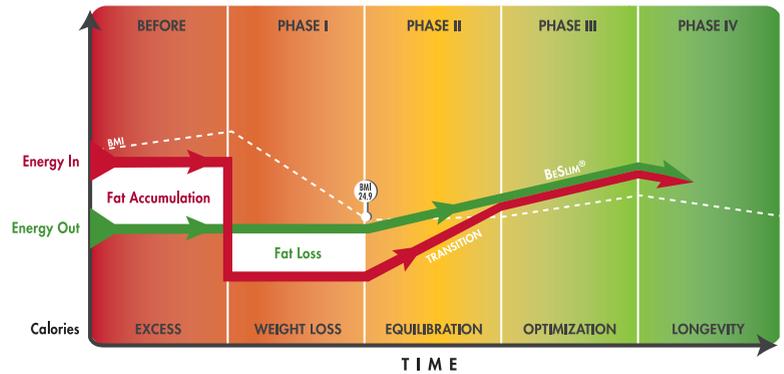
## ONITORING

- Up to 85% of people who lose weight gain it back, but it doesn't happen overnight.
- The most effective way to keep what you've worked so hard to achieve is to frequently monitor your weight and size.
- Weighing yourself regularly is one solution; an even better method is trying on a pair of snug jeans once a week to make sure they still fit.

## STEP 3 Transition to Healthy Eating (Weeks to Months)

### Making a transition requires a plan:

- Start and carefully follow the transition plan as described in the *Quick Start Guide*.
- Work with your Health Coach to calculate the target calorie intake level you need in order to maintain your new healthy weight (chapter 12 in *Dr. A's Habits of Health*).
- Increase your physical activity with Habits of Motion as outlined in *Dr. A's Habits of Health* (ask your Health Coach for more information about exercise).
- Continue to learn and live the BeSlim® lifestyle.



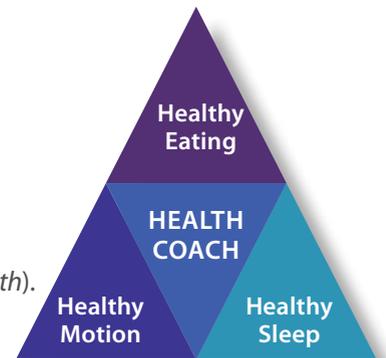
Recommended readings: Chapters 8 – 12 in *Dr. A's Habits of Health* and Lessons 9 – 10 in *Living a Longer Healthier Life*.

## STEP 4 Creating Long-Term Health with the Habits of Health (Weeks to Months)

### BeSlim is now part of your daily routine and:

- You are learning how to progress your Habits of Motion (chapters 13 – 16 in *Dr. A's Habits of Health*).
- You are learning how to sleep better (chapter 17 in *Dr. A's Habits of Health*).
- You are working with your Health Coach to establish the support system necessary to maintain your new healthy habits (chapter 18 in *Dr. A's Habits of Health*).

Recommended readings: Chapters 13 – 18 in *Dr. A's Habits of Health* and Lessons 11 – 14 in *Living a Longer Healthier Life*.



Triad of Maintaining a Healthy Weight

STEP

## 5 Optimizing Health for Your Age

(Months to Years)

### Developing an Optimization Strategy:

- You have reached and are maintaining a healthy weight.
- You are now exercising (such as walking and weight training) for at least 30 minutes each day.
- You are developing an anti-inflammatory strategy to minimize cardiovascular risk (chapter 19 in *Dr. A's Habits of Health*).
- You are optimizing your nutritional intake and utilizing recommended supplementation to support your health, such as including Essential1®: Heart Health (chapter 20 in *Dr. A's Habits of Health*). For more information and advice, please contact the Take Shape For Life Nutrition Support Team.
- You are effectively managing stress and working with your Health Coach to ensure you are organizing your life around what matters most to you (chapter 21 in *Dr. A's Habits of Health*)!

Recommended readings: Chapters 19 – 21 in *Dr. A's Habits of Health* and Lessons 15 – 17 in *Living a Longer Healthier Life*.

STEP

## 6 Living a Longer, Healthier Life

(Months to Years)

### You are almost there:

- You are developing your personal longevity strategy.
- You are reaching for Ultra Health.
- You are learning how to develop ultimate energy control (chapter 24 in *Dr. A's Habits of Health*).
- You are learning to protect your brain function to support your healthy body (chapter 25 in *Dr. A's Habits of Health*).
- You continue to work with your Health Coach to help you lead a longer, healthier life and **THRIVE!**

Recommended readings: Chapters 22 – 26 in *Dr. A's Habits of Health*.

We lost 67 lbs\*



*"I began my journey to Optimal Health in 2003, suffering with symptoms from low thyroid and inflammatory disease that ruled my life. I had given up hope. After three months of doing the 5 & 1 Plan, I went from a size 12 to a 0 petite. Along the way, I have incorporated strategies from Dr. A's Habits of Health into my life. I'm now living the 'Ultra Health Phase' of his book and I am blessed with a life beyond my wildest dreams!"*

–Lisa & Jaime Castro

\*Results vary. Clients can expect to lose 2-5 lbs per week for the first two weeks and 1-2 lbs per week thereafter.



## Nancy lost 135 lbs

\*Results vary. Clients can expect to lose 2-5 lbs per week for the first two weeks and 1-2 lbs per week thereafter.



*"Most people say they get their life back, but now I have a life I've never experienced before!"*



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