

Are You Ready to Commit to a Healthy Diet?

Are you ready for a new life?

Are you ready to commit fully to improving your health once and for all?

If you are not sure, take the short quiz below and choose the answers that most closely represent your thoughts.

1. When I consider the pros and cons of making a strong commitment to improving my health, it seems that...

- A. Eating healthy means giving up a LOT.
- B. I have a lot to gain by improving my health, and the “minuses” of committing to a lifestyle plan that will help me do that seem pretty insignificant.
- C. They’re about equal.

2. I am excited to change my diet and improve my health. Now is a good time to start because...

- A. Well, it’s not, really. Between my family and my work, I don’t have five minutes for myself. But I suppose now is as good a time as any.
- B. I am finally motivated to take charge of my life. I will make time for eating right and exercising—and my family and friends will support me.
- C. I have a whole month to reach my goal weight before [fill in your special event] arrives.

3. Taking a brisk walk (or doing some other exercise) for 30 minutes each day sounds...

- A. Like a luxury I can’t afford. I’m already so busy I don’t know how I could possibly fit 30 minutes of exercise into my jam-packed schedule.
- B. Manageable, definitely. I may even be able to exercise longer on some days.
- C. Like something I should do. I’ll try my best to fit it in.

4. Keeping a food journal to track my meals and other lifestyle choices sounds...

- A. Like a waste of time. I don’t think I would actually do it.
- B. Interesting. I am curious to know exactly what and how much I’m eating. I can commit to this.
- C. A bit tedious. Do I have to do it every day?

5. The idea of cooking a few new healthy recipes a week is...

- A. Overwhelming. I might be able to find time on weekends, but weeknights are too busy for cooking.
- B. Exciting! I enjoy cooking and think flavorful, nutritious recipes will help me stay focused on my weight-loss goals.
- C. Reasonable. Even though I’m busy, I would like to start cooking at home more.

6. I'm looking for a new approach to losing weight because...

- A. My partner (or doctor) keeps getting on my case about being too heavy and I need to try something.
- B. I'm done with fad diets. I want to make changes that will help me to lose weight and keep me healthy for life.
- C. I've tried all of the "old" ones and they haven't worked.

What's the verdict?

If you chose mostly A's, you're NOT QUITE READY

It sounds like your life is a little stressful right now. Experts agree it's best to embark on a difficult challenge, when you have time and people in your life to support you. Otherwise, you may be setting yourself up to fail. Consider again how important it is to you to make some changes in your diet and lifestyle. Consider how your life would change if you did lose that weight and reclaimed your energy again. If this is truly important to you, are you willing to make the time for yourself?

If you chose mostly B's, you're READY!

You realize that balancing your weight and restoring your health is not a luxury and you understand its value and benefits that it will have in your life once you do feel more energetic and lose those last 5-15 lbs. You are aware that it will take some investment on your behalf but you are willing to make the time for preparing some healthy meals rather than rely on drive through regret? The timing is right for you to take charge of your life.

Well If you do belong in this category, let me tell you, you are in for a treat! During the Healthy and Fit Blueprint 8 week program you will get all the education, motivation and accountability to get you going and keep you going for months and years to come! Your entire relationship to food will change and so will your life and a lot of restrictive beliefs you might have held about food and health!

So get started on the next step. Sign up to reserve your seat.

If you chose mostly C's, you're ALMOST READY

You sincerely want to lose weight and get healthy and have spent time thinking about what it will take to do it. Still, you're not sure if you are ready (or able) to commit to putting in the effort that will help ensure your success. Maybe writing down everything you eat seems like a pain or you have a job that makes getting into a regular exercise schedule very difficult. Maybe you are not sure what is the right way to start and which diet to actually follow.

However, even if you are not ready to fully commit to a lifestyle overhaul doesn't mean that you can't start making small changes that can have a huge impact on your overall health! Even

by learning small strategies and tricks of planning your meals or reworking your schedule so you can fit in exercise, learning 10 new recipes or 5 new foods that you were not familiar with before can transform your life and your health .

That is one of the big advantages of the **Healthy & Fit Blueprint Program!** You learn how to fit and implement these small changes into your everyday schedule without feeling overwhelmed by following a strict, restrictive diet that will leave you in more disarray and confusion than when you started!

You will learn to set small goals, take baby steps in creating small changes that in turn will lead to a significant transformation! The impact of learning even 10 new tricks and tools for healthier eating, change just 4-5 unhealthy habits that are not serving you, can be huge in the quality of your life. As they say, Rome was not build in a day. Being healthy and losing weight is not a sprint. It is more of a marathon, a journey and a lifestyle.

So No matter what category you fall under, you still have to make the decision to move forward and take control of your own health. No one else can take that decision for you. You need to feel the urge, the drive and the thirst to make those changes, NOT for everyone else but for yourself! Stop the self- defeating thoughts and sabotaging patterns and make your health goals a reality not just a wishful dream.

To your Health,
Dina