

FIVE PHASE ROAD MAP

Sharing
with
Loved Ones
and Giving
Back

5 Sharing WITH LOVED ONES & GIVING BACK

Sufficient sleep, exercise, healthy food, friendship, and peace of mind are necessities, not luxuries.

- Mark Halperin

When you see results and feel the difference, you'll want to share with others and encourage them to make changes and enjoy the same benefits.

In fact, people will ask you how you lost weight or got more energy.

You might have improved a condition or even used diet to fight cancer or diabetes.

That gets people's attention.

Most of us will find that even if we view ourselves as healthy, we can still make our diet better, eat more variety, get more activity, and slow down.

With all the great information from Food, Health, and You, everyone can learn *something*.

Why Share?

We learned earlier that a pamphlet about health benefits doesn't motivate people into action.





But seeing your results might!

Hopefully you shared your journey while fast tracking your health changes, and got support from the people in your life.

Along with helping you, that allowed them to see how your small action steps really added up.

They'll be ready to get on board and try it for themselves.

How to Share

It's easy to share when people ask you how you're getting such crazy results.

Your personal story will be powerful. Imagine sharing it at a celebration party.

It doesn't stop there either.

Others will ask how you learned about the method you're using, and how you've learned so much about health.

We have an epidemic of "modern day diseases" right now, due to diet, the industrial methods used to produce commercial food, and misinformation.

Your family, friends, and coworkers might not be aware of the danger of sugar, artificial sweeteners, pesticides, hormones in meat, soy, hurried eating, and stress

You can talk about the benefits of buying natural, organic meat and produce, slowing down and enjoying a meal, and eating macro balanced meals.

Most people have heard that the Mediterranean Diet has health benefits.

Any plant based diet actually does, and people who live to be 100 usually eat an abundance of plants and good fats.

Giving Back

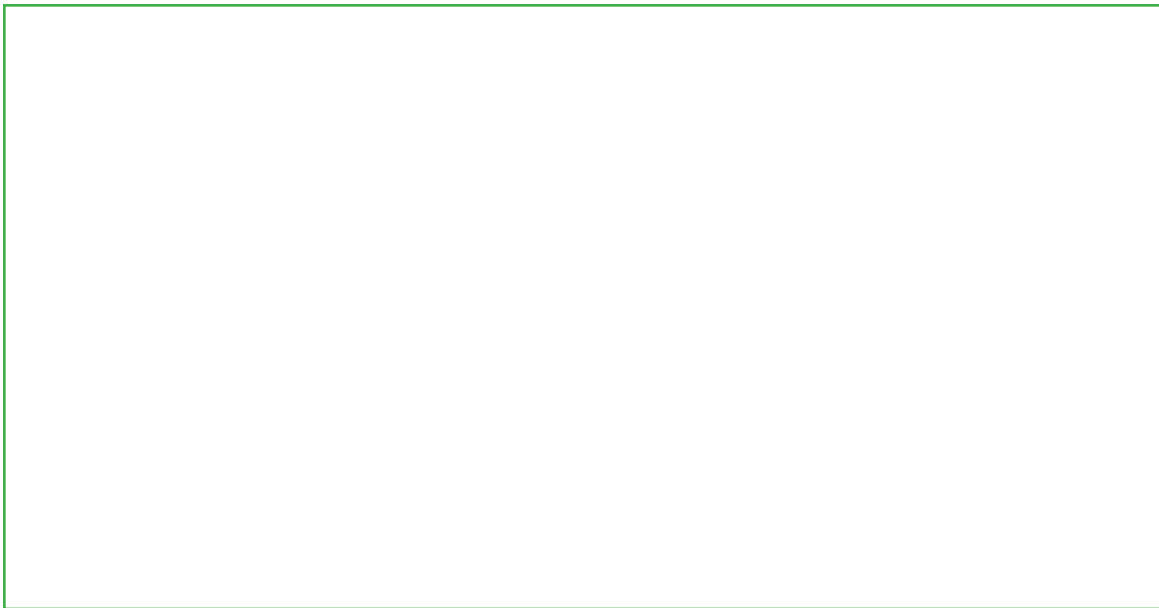
If any of your family or friends want to start their own health journey, you can be there to help and even mentor them.

You could even form a group that meets weekly or biweekly to support each other in healthy lifestyle choices—and the meeting could be a walking meeting or healthy meal together.

Many people discover they love an active lifestyle and end up teaching a class, leading a cycling group, or giving back in some other way.

Inviting others and developing relationships is a great way to improve your health, keep yourself excited about life, and help others make healthy choices too.

My ideas for helping others on their own path to better health:



Post Journey Self Health Assessment

Awesome Job! You've put in the time and effort to fast track your desired health changes.

Below you'll find the assessment you took when you first began.

Now it's time to retake it and see how you've improved.

Please rate the following items on a scale of 1 – 10.

1 is disagree, or not satisfied at all with that item, and 10 is agree or very happy about the given item.

After each item, add your improvement, such as +4 or +7 to see results.

- ___ I can fall asleep in a reasonable amount of time.
- ___ I sleep for most of the night, not waking up often.
- ___ I am happy with the amount of sleep I get every night.
- ___ I feel refreshed in the morning.
- ___ I am happy with the amount of activity in my normal life.
- ___ I am happy with the number of times I exercise or workout each week.
- ___ I get time outside to breathe fresh air and spend time in nature.
- ___ I feel my diet helps me feel good physically, mentally, and emotionally.
- ___ I don't have problems with brain fog. I have mental clarity instead.
- ___ I'm mostly free of stomach and digestive issues.
- ___ I don't get sick often from colds, stomach flu, or just feeling bad.
- ___ I rarely get headaches.
- ___ When I feel down, I don't get stuck there.

Post Journey Self Health Assessment

- ___ I manage stress so it doesn't affect my health.
- ___ I monitor and control my sugar intake, and know hidden sources of added sugar.
- ___ I am happy with my weight.
- ___ I know if I need to avoid gluten and/or don't have gluten issues.
- ___ I use information from Food, Health, and You to create macro balanced meals with half vegetables, and one quarter each protein and carbs. (Or your diet is close to that in general)
- ___ I feel energetic.
- ___ I'm mostly free of joint pain.
- ___ My physical health doesn't get in the way of enjoying activities or life.