

[www.AmIHungry.com](http://www.AmIHungry.com)

**Am I Hungry? E-Newsletter  
August 2006**



Go to <http://www.amihungry.com/pdf/newsletter-08-06.pdf> for a formatted PDF version of this newsletter.

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## **FIVE STEPS FORWARD**

By Michelle May, M.D.

I want to personally thank you for your support during the rapid growth of Am I Hungry? I have five exciting developments to share with you in lieu of my usual article this month.

1. Congratulations to our **19 new Am I Hungry?® Facilitators!** Now you can find Am I Hungry? Workshops all over Arizona and in Alaska, Maine, Maryland and Utah. Find a workshop near you on our new private participant portal at <http://www.amihungry.net/> (click on "Find a Facilitator" in the lower right hand corner).
2. Am I Hungry? Workshops are now available as a **DVD set with bonus Workbook.** Read more information below and at <http://amihungry.com/weight-loss-DVDs.shtml>. Use this link to get \$100 off if you buy yours before the end of September <http://www.profc.com/app/netcart.asp?MerchantID=59012&ProductID=31774>.
3. Own your own home exercise program in a bag! Our **new Fit Kit** includes a pedometer, a yoga mat with block and strap, a stability ball with pump and video, and a resistance band – all in a high quality black logo bag. Save \$25 now - <http://amihungry.com/fit-kit.shtml>.
4. I am thrilled to announce that I am **partnering with Axia Health Management** to develop a lifestyle modification program based on Am I Hungry?® (<http://www.axiahealth.com/axia/index.aspx>). Axia has a proven track record of effectively engaging people at every stage of health and has the experience and resources to reach a broad audience with this innovative approach to weight management. Stay tuned for more information about this exciting new program.
5. Health Professionals - **learn practical weight management strategies and earn continuing education credits:** Read my article featured on the cover of Patient Care; read about a family centered approach to lifestyle changes; watch a CME webcast. See more info below.

Watch for a new article next month. If you are in the Ahwatukee area, join me for an 8-week workshop beginning September 11<sup>th</sup> (only a few seats left). Read more and register here: <http://amihungry.com/weight-management-programs.shtml>

Wishing you optimal health and joy!  
Michelle May, M.D.

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## **AM I HUNGRY? WEIGHT MANAGEMENT DVDs WITH BONUS WORKBOOK**

Save \$100 now – use link below!

**End your struggle with food and weight in the privacy of your own home.** If you don't have an Am I Hungry? Workshop near you or if you aren't a "group person," you can still change your life with these eight weight management workshops.

- Michelle May, M.D. facilitates these live, interactive workshops
- Watch REAL participants discover real solutions to their lifelong weight issues
- All 8 Am I Hungry? Workshops on 4 DVDs
- Bonus Workbook and Journal (ONLY available to Workshop participants and with this DVD set)
- Based on the 2nd edition of Am I Hungry? – not available to the general public until 2007
- Packaged in an attractive, durable case
- 2-day Priority Shipping in the United States

Use this link to get \$100 off if you buy yours before the end of September  
<http://www.profcs.com/app/netcart.asp?MerchantID=59012&ProductID=31774>.

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## **HEALTH PROFESSIONALS**

**Patient Care Cover Article:** The cover article for the August 2006 Patient Care journal was written by Michelle May, M.D., "How to Apply a Lifestyle Approach to Counsel Overweight Patients."

The article outlines strategies for the practicing clinician to help the patient who has "tried everything to lose weight." It begins by examining why restrictive diets have not been effective for long-term weight management then focuses on a lifestyle approach for counseling patients. Read the full article at

<http://www.patientcareonline.com/patcare/>

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## **AMERICAN ACADEMY OF FAMILY PHYSICIANS CME WEBCAST & BULLETIN**

Find both at <http://www.aafp.org> (click on AIM under Clinical Care and Research):

**CME Webcast** -- Encouraging "Fitness" for All - Prevention and Management of At-Risk, Overweight and Obese Patients presented by Michelle May, M.D.

**CME Bulletin** -- Be Active, Eat Smart, Feel Good: A Family-Centered Approach to Healthy Lifestyles written by Michelle May, M.D.

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## **CALLING ALL AM I HUNGRY?® FACILITATOR CANDIDATES!**

If you are passionate about helping people make sustainable healthy lifestyle changes, join us for our next Am I Hungry?® Facilitator Training later this fall – send me an email if you want additional information. Get more information at <http://www.amihungry.com/health-professionals.shtml>.

(Please note: Am I Hungry? is a registered trademark and cannot be used in conjunction with your workshops unless you are trained and licensed by Am I Hungry?® If you are already utilizing our materials with your clients, please join us to learn the most effective techniques and access the best tools for helping them become healthier and happier!)

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**Visit our updated website at [www.AmIHungry.com](http://www.AmIHungry.com).**

Sign up for your complimentary subscription to this short, monthly Am I Hungry? E-newsletter and get a bonus copy of "101 Things to Do Besides Eat" to hang on your refrigerator: <http://www.amihungry.com/enews.shtml>.

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