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Am I Hungry? E-Newsletter
February 2007



Go to <http://www.amihungry.com/pdf/newsletter-02-07.pdf> for a formatted PDF version of this newsletter.

HURRY! You only have until January 31st, 2007 to qualify for one of ten \$50 Gift Certificates by giving your valuable opinion about the second edition of Am I Hungry? [Read how right after this month's article.](#)



A GIFT OF LOVE

By Michelle May, M.D.



I couldn't resist taking up a Valentine's Day theme for my article this month. Given that this is a weight management newsletter, you might expect to hear how to eat healthy for your heart or about the health benefits of dark chocolate.

But what I really want to talk about is the greatest gift of love you can give yourself and others: your time.

And it has EVERYTHING to do with weight management. When you strive to live a balanced life, managing your weight becomes so much easier. Food doesn't have to fill you up when your life does.

Family Time: Setting aside time for family activities is critical for your health and the health of your family. The best way to do this on a consistent basis is by carving out time for family meals. Children whose family eats together regularly do better in school, are less likely to use drugs or alcohol and are less likely to suffer from depression or eating disorders. Family mealtime allows you to stay in touch with what's going on in your children's lives, model healthy eating (without lecturing!) and provide an atmosphere of support and togetherness.

Sit down with your family calendar and plan three or more family meals each week. It doesn't have to be fancy or even home-cooked, just consistent and without interruption from the phone or TV. If your children are as busy as you are, this can be a challenge so be creative. Let the children help with the cooking or let them make dinner by themselves. Order pizza on a Friday night and eat on the floor in front of a fire followed by a family movie or game night. Meet up for Saturday lunch after soccer practice and dance class. Or maybe you all sit down for breakfast together. Our family's favorite is Sunday brunch.

Couple Time: As important as family time is, time alone with your partner is essential. Friends of ours who have four children have set aside Tuesday Date Night and have a standing babysitter. An occasional overnight at a local resort or weekend away keeps their relationship centered.

Friend Time: An evening out or spa day with the girls or a golf outing with the guys is well, just plain fun. For example, my husband and I are part of a wine group. Once a month, one of the couples takes a turn hosting the rest of us. They provide the theme, the wine and the food to match. Nothing fancy; just a chance to enjoy each other's company sans kids. We have made several lifelong friends this way.

Me Time: Perhaps the most challenging time to carve out is time for yourself. Without it, life quickly becomes overwhelming and out of balance. You need time alone to decompress, reflect, reenergize and regain your focus. Get up early, get away at lunch, use the kids' naptime or give yourself the last 30 minutes of the day.

Spend your "me time" doing something that fills you back up. That means no work, no TV and no internet. Some ideas: reading, journaling, hiking, yoga, praying, meditating, doing crafts, relaxing in the bath, woodworking, taking a class or renewing an old hobby.

By now you may be thinking, family time, couple time, friend time, me time—when am I going to get anything else done?

Hmmm...if you're too busy to spend time with the people you love, maybe you need to use your very first "me time" to think about how to shuffle your priorities!

Wishing you optimal health and joy!

Michelle May, M.D.
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P.S. Health and Fitness Professionals: If you're passionate about helping people make revolutionary lifestyle changes, learn more about the non-diet approach and see how the Am I Hungry? Weight Management program works. Read more at the end of this e-newsletter.

Your opinion really matters to me...

As I revise Am I Hungry? for the second edition release, I am gathering candid feedback from my current and potential readers. Your indispensable input will influence and reshape the content to best meet my readers' needs.

To thank you for taking a bit of your valuable time to participate in this study, please respond by the Wednesday, January 31, 2007 and qualify for a drawing for one of ten \$50 gift certificates to your choice of the following specialty retailers:

American Express Gift Cards
Barnes & Noble
Bath & Body Works
Best Buy
Blockbuster
Coldwater Creek
Gap, Inc.
Nordstrom
Red Door Spas
Williams Sonoma

To join the review now and qualify for the drawing, simply click on this link:

http://www.authorbound.com/Michelle_May/Am_I_Hungry.html

I am working with Content Connections, an innovative publishing services company. Content Connections' AuthorBound program and their Market Opportunity Analysis (MOA) is a fun and efficient way for you to participate in the publishing process.

I value your feedback immensely so thank you in advance for connecting with me.

Michelle May, M.D.

HEALTH CARE AND FITNESS PROFESSIONALS: JOIN THE NON-DIET REVOLUTION!

We need dynamic, caring independent Am I Hungry? Facilitators all over the country.

If you...

- distrust quick-fix diets because they **cause deprivation, guilt and disappointment**
- want to **become a dynamic, effective agent of change by empowering individuals** to manage their weight through a positive relationship with food and physical activity
- wish to provide a **unique, desperately needed and highly sought after** service to your community
- want to see how becoming a Licensed **Am I Hungry?®** Facilitator will bring you **more joy and fulfillment** and **renew your passion for your work...**

...then please join us for an interactive Q & A teleconference to hear more about Facilitating Am I Hungry? Workshops. The teleconference will be held on Wednesday, February 7 at 5 p.m. Mountain Time. To register for this complimentary call, click (or paste) this link:

<http://www.profcs.com/app/netcart.asp?MerchantID=59012&ProductID=3378136>

(Ignore the credit card fields; this Teleconference is complimentary for people interested in becoming a Facilitator).

Our next Am I Hungry? Facilitator Training will be held in beautiful Phoenix, Arizona March 29-April 1, 2007. This amazing 3-day workshop will teach you how to deliver Am I Hungry? Workshops in your office, community, hospital, corporation or health club. You'll be inspired by accelerated learning techniques, peer-to-peer interaction and MANY great opportunities to practice what you'll teach. (Learn more and register at <http://www.amihungry.com/health-professionals.shtml>). Continuing education credit available.

There is also still time to request a complimentary Am I Hungry? DVD/CD set so you can decide if this program is right for you and your patients or clients:

<http://www.profcs.com/app/netcart.asp?MerchantID=59012&ProductID=3320078>.

PAY IT FORWARD!

If you've ever read anything in this Am I Hungry? e-newsletter that inspired you, please pass it on your friends and family. They'll get a bonus copy of "101 Things to Do Besides Eat" to hang on their refrigerator when they order their own complimentary subscription at: <http://www.amihungry.com/enews.shtml>.

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