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Am I Hungry? E-Newsletter
March 2006



Go to <http://www.amihungry.com/pdf/newsletter-04-06.pdf> for a formatted PDF version of this newsletter.

[Am I Hungry?® Facilitator Training](#)

June 8-11, 2006

Point South Mountain Resort in Phoenix, Arizona

If you are a health professional who believes in empowering people to take charge of their life, become a trained and licensed facilitator of the award-winning Am I Hungry?® weight management program. **Space is EXTREMELY limited - DO NOT DELAY!** Click or paste this link for all the details: <http://www.amihungry.com/pdf/facilitator-training.pdf>

Change Your Tune

Someone recently asked me, "Why do people eat too much – don't they know it's bad for them?" Of course they do; they are bombarded with that message on a daily basis, fueled by the media looking for headlines to keep people tuned in. So why don't people listen? They do.

And here's what they hear:

- You shouldn't eat that - it causes heart disease or cancer
- If you eat something bad you have to be good for the rest of the week
- When you eat too much you have to pay for it with exercise
- It's sinfully delicious
- You should use willpower and resist eating unhealthy foods
- You have to exercise ninety minutes a day if you want to lose weight
- If you don't change your lifestyle, you'll die

How inspiring! Humans aren't very motivated by threats - and they eventually rebel against rules. To make matters worse, we are taught that if we can't follow the rules, we are lazy and lack willpower. How encouraging.

The bottom line: you'll be far more motivated to do things that feel good than to avoid pain or future consequences. Health and fitness professionals need to change their tune if they want people to keep listening – and start dancing!

- Eating more healthfully gives you energy and vitality
- There are no good or bad foods when you use balance, variety and moderation to guide you
- Physical activity raises your “feel good” and “calm” chemicals
- Eating is just one of many ways to add pleasure and excitement to your life
- You are in charge of making decisions for yourself – and you don’t have to be perfect to be healthy
- Increase your physical activity gradually and consistently - both through your daily activities and by finding exercise that you enjoy
- When you change your lifestyle, you’ll live longer and feel better

If you are in the Phoenix area, join us on June 10th for inspiration, motivation, practical strategies and lunch. If you’re a health professional and want to learn how to motivate and guide your patients and clients, join us for Am I Hungry?® Facilitator Training June 8-11. There is more info on both opportunities below.

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

Am I Hungry? Intensive and Mindful Eating Lunch

No rules, no deprivation, no sneak eating.

Just practical strategies that you can live with – forever!

Saturday, June 10, 2006, 10:30 a.m. to 1:30 p.m.

Point South Mountain Resort

Phoenix, Arizona

\$67 for Workshop AND Lunch

Space is limited –please [Register](#) before May 19th

Click or paste this link to register:

<http://www.profcsc.com/app/netcart.asp?MerchantID=59012&ProductID=2900482>

[Am I Hungry?® Facilitator Training](#)

June 8-11, 2006

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Become a trained and licensed facilitator of the award-winning Am I Hungry?® weight management program. You can conduct Am I Hungry?® Workshops for your patients and clients in your office, community, health center, local corporations, health clubs, spas - opportunities are abundant! **Click or paste this link for all the details:**

<http://www.amihungry.com/pdf/facilitator-training.pdf>

Space is EXTREMELY limited - DO NOT DELAY. Save \$50 when you register by May 1st!

(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!)

Break-Through Seminars and Support
Monthly in Phoenix. Next one, Wednesday May 24, 2006, 6:30 - 8:30 p.m.

Hey, Am I Hungry? Grads. The rung of a ladder isn't for just standing on. Take the next step up. Join us for problem solving, laughter, tears, and growth. Please [register](#) online: <http://www.profcs.com/app/netcart.asp?MerchantID=59012&ProductID=2900531>

Mother's or Father's Day gift idea - [The 5 Year Journal](#). In just three lines, summarize your day, track your goals and intentions or create a gratitude, health, prayer or dream journal. <http://www.the5yearjournal.com/salesletter.htm>

Thank you for subscribing to this E-newsletter. Please pass it on!

Sign up to receive this Am I Hungry? E-newsletter once a month and get your complimentary copy of "101 Things to Do Besides Eat" at <http://www.amihungry.com/enews.shtml>.

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