



**jump start
your day**

**be
inspired**



**increase
mental alertness**



**feel
more
energetic**



VN Member Webinar

July 7th, 2010

How to Stay Motivated & Inspired with Your Health



**eliminate
sugar cravings**



**create
healthy habits**



**sleep
soundly**

**manage
stress**





July's Theme

Creating Your **Health System**



Webinar Topic

The 10 Key Concepts in Staying Motivated & Inspired With Your Health



Thinks of This Analogy.....

- **Everything in Life is a Process....Think of Your Home**
 - **Venice Nutrition is a 3 Step Plan**
 1. ***Know Your “Why”*** – Similar to **Choosing the Location of Your Home**
 2. ***Develop Your Health Structure*** – Similar to **Choosing your Flooring, Kitchen, Furniture...etc, everything that Makes up Your Home**
 3. ***Balance Your Quadrant*** – Similar to **Maintaining Your House & Adjusting**



Concept I

- **Pace Yourself-**

- **5 Strategies :**

- 1. Understand How to work the 3 Parts of the Program**

- 1. Solidify, Evolve and Mold Your Health Structure**

- 2. Keep It Simple**

- 3. Confirm Realistic Time Frames for Your goals**

- 4. Maintain Consistency**

- 5. Believe You WILL Cross the Finish Line**



Concept 2

- **Accept You Will Plateau**

- **6 Strategies For You To Break Through Plateaus**

1. **Prepare for a Plateau now**
2. **Choose High Quality Foods and Meals**
3. **Diversify Exercise and Increase Intensity Levels**
4. **Eat More Frequently**
5. **Minimize Stress**
6. **Ask yourself, Do you Really Want to Raise your Game?**



Concept 3

- **Acknowledge Little Victories**
 - **3 Guidelines to Follow** when setting Immediate Goals
 1. **Choose One Healthy Action Per Day, that will Strengthen Your Health Structure**
 2. **End of day, Acknowledge Achieving the Goal**
 3. **Each New Action Becomes a Permanent Part of Your Health Structure**



Concept 4

- **Stay Present**
 - **Remember to.....**
 - **Live in the Moment**
 - **Enjoy Food, Exercise, and Entire Experience on the ProgramNOW**
 - **This Mindset is the Only Way to Make the Program a Part of Your World**



Concept 5

- **Create Positive Escapes**

- **3 Steps:**

1. **Make a List of the 10 things you Enjoy Doing**
(Positive Escapes – any action that takes you closer to achieving your health goals)
2. **Limit Your Negative Escapes – any action that takes you further from achieving your health goals**
3. **Replace all Negative Escapes with Positive Escapes**



Concept 6

- **Evaluate Cost vs. Payoff**
 - **3 Steps for You to Follow:**
 1. **Evaluate Cost of Action**
 2. **Evaluate Payoff of Action**
 3. **Compare Cost vs. Payoff and Make a Choice**



Concept 7

- **Know Perfection is a Myth**
 - **You WILL....**
 - **Fall off Plan**
 - **Have Moments of Frustration**
 - **And Know that Your HEALTH SUCCESS is Determined by How Quickly you Get BACK ON Plan**



Concept 8

- **Learn From Your Challenges**
 - **Focus on.....**
 - **Analyzing what Caused the Challenge**
 - **Then Creating a Solution**



Concept 9

- **Be Unattached to the Outcome**
 - **4 Ways** You know you are **Attached to the Outcome**
 1. **You Weigh Everyday and Weight Determines Your Mood**
 2. **You Get Depressed if You are Not Getting Fast Enough Results**
 3. **Not Enjoying Food or Exercise**
 4. **Attempting to Be Perfect on the Program**



Concept 10

- **Have Fun**

- **3 Questions You Should Ask Yourself**

- **Am I Enjoying My Program?**

- **What is NOT Fun in My Program?**

- **What CAN I Do to Make My Program More Fun?**



Four Success Stories....

Bill Murphy, Shana Nozick, Jennifer Oppenheimer , Eric Standridge and Bonnie Kieffer all learned how to Stay Motivated & Inspired with their Health. They also Created a System that Worked into Their World.....



Your Takeaway.....

- **Making Your Health a Priority is NOT the Easiest Thing....and What You Get from it is EVERYTHING!**
- **Anything You want to Be Great At....Takes Work....Just like a Business, A Home, A Relationship & Your Health**