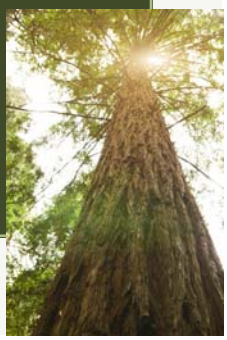
Mind

Dr. Peeke's 10 Power-Mind Principles

- Embrace adversity
- Find your motivational bulls-eye
- Bring joy to yourself
- Bitch, moan & whine, but get the job done
- Shoot for progress, not perfection
- Don't let stress go to your head - or stomach
- Give yourself a license to chill
- Learn to be a master regrouper
- Fight for your right to self-care
- Form your own estrogen squad

> *We are what we repeatedly do. Excellence, then, is not an act but a habit.*
>
> *. . . Aristotle*



Are You Ready for Your Mental & Physical Transformation?

Removing weight and getting mentally and physically **FIT FOR LIFE**, demands focus plus mental and physical energy. If you want to succeed, you can't just plunge in.

You need to make a commitment and prepare yourself. Part of that preparation is determining how ready you are to begin the challenge.

These questions can help you judge whether you're ready to start your mental and physical transformation.

Yes ☐ No ☐ Are you motivated to make long-term lifestyle changes that require eating healthy foods and becoming more physically active?

Yes ☐ No ☐ Have you fully identified the main stresses in your life now and during the next several months?

Yes ☐ No ☐ Do you truly believe that there is no magic bullet, but instead patient work on your part?

Yes ☐ No ☐ Do you believe that you can change your eating habits?

Yes ☐ No ☐ Do you have family, friends or both who will support your weight-loss efforts?

Yes ☐ No ☐ Are you willing to find ways to be more physically active?

Yes ☐ No ☐ Are you realistic about your mental and physical transformation goal?

Yes ☐ No ☐ Are you willing to record your food, physical activity, and mental focus and will you make time to do so?

Yes ☐ No ☐ Are you willing to look at past experiences in starting a healthier lifestyle and other areas of your life to see what has motivated you and kept you working on obstacles to success?

Yes ☐ No ☐ Do you view changing your eating and physical activity habits as a positive experience?

Yes ☐ No ☐ Have you resolved, or are you in the process of resolving any eating disorders or other emotional issues that make it difficult for you to achieve a healthy weight?

Yes ☐ No ☐ Do you believe that achieving your mental and physical transformation is a lifelong process that requires you to change your behavior, eating habits and level of physical activity? Are you ready to make that commitment?

Personal Contract To Become *Fit to Live*

Today I commit to doing the best I can to optimize a healthy lifestyle for myself. I am pledging to do a better job of honoring my mind, body and spirit in my personal and professional activities every day of my life.

I will try my best to minimize or eliminate the self-destructive habits that lead to poor mental and physical health. Starting today, I will pay attention to the quality, quantity and frequency of my meals, as well as strive to get up and move more often throughout each day. I will try to burn 300-400 calories aerobically (10,000 steps walking, 30 minutes elliptical) and additionally get in my weight lifting twice per week.

At the same time, I will try to live a more stress resilient lifestyle by practicing deep breathing when I feel anxious, stressed out, or angry, and use my physical activity to help me stay calm each day.

I commit to living this way, and see every slip or problem I run into not as a failure, or an excuse to denigrate myself, but as a valuable lesson and an opportunity to learn how to be better.

Finally, I acknowledge that this is a lifestyle issue that is life long. This will require my patience, persistence and attention. To all of this I commit my time, energy and effort.

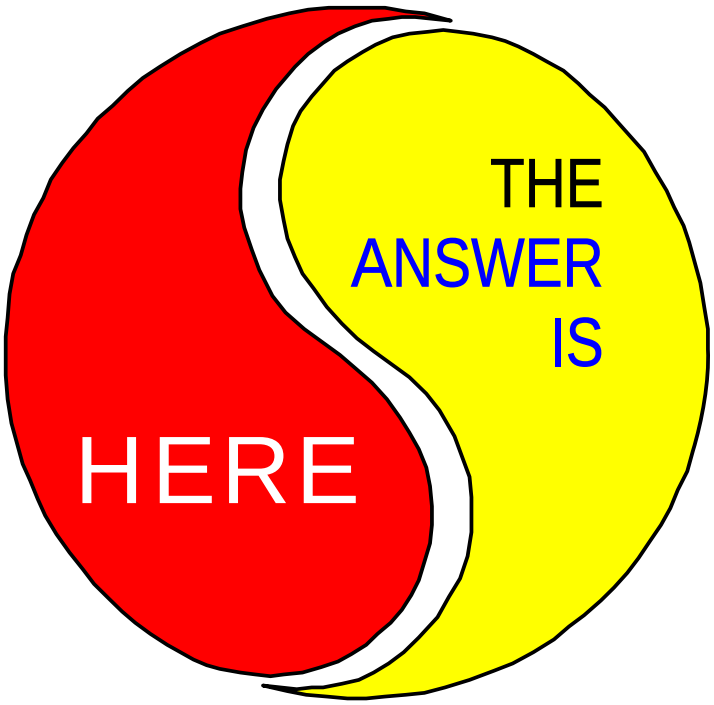
Your signature _____ Date _____

Dr. Peeke's Prescription for

STRESS OVER EATING

Instructions:

Attach to your refrigerator or wherever you store stress-eating food.



Dr. Peeke's Prescription for

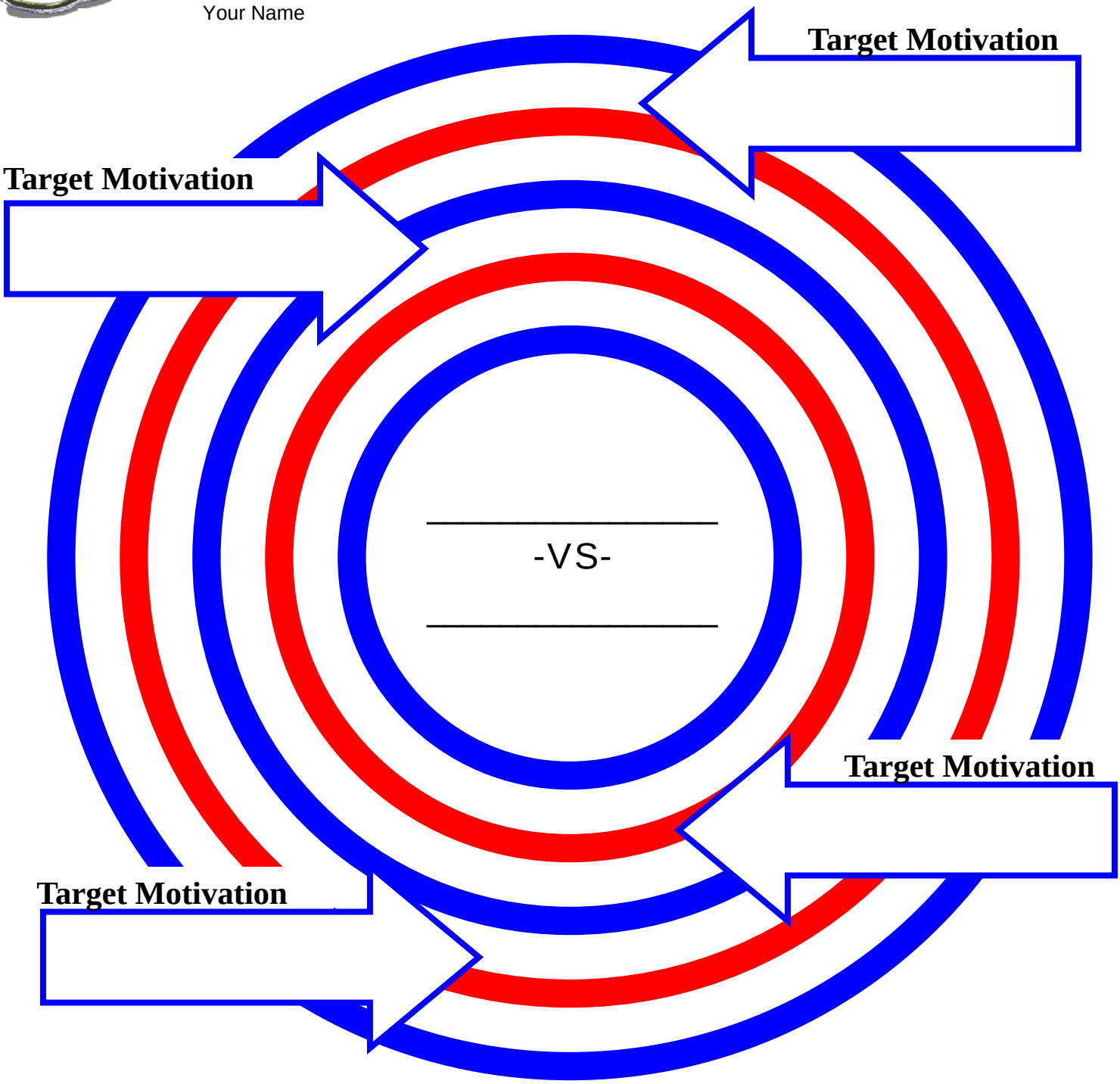
STRESS OVER EATING

Instructions:

Attach to your treadmill, cross-trainer, bike, dashboard on your way to the gym, etc.

PEEKE PERFORMANCE

Target Motivation

_____

Your Name