



Greetings from 2 Good Health!

Happy, Healthy New Year to you!

We, here at 2 Good Health, are very excited as we look down the road at 2009. And, the way we see it, our excitement should be to your benefit. So, we have added some new services to our already vast line up to make it even better for you.

Nutrition – In response to many client requests, we have officially added an exceptional, unique line of natural, whole-food supplements. Natural supplementation will help to nourish all of your bodies' systems, thereby improving the efficiency of its processes.

Wellness Coaching – As an added benefit to your training, meal planning, or any other 2GH service, you will now get this additional service at NO COST to you.

Client Appreciation Week – Our way of expressing our appreciation to ALL clients (past, present, and

Myth Buster #2 – Full Steam Ahead?

Why “Quick Weight Loss” Diets are Doomed from the Start!

By Charles W. Burrage, Jr.

You've probably seen and heard all of the TV and Radio Ads this month about making those New Year's Resolutions come true by taking off that Holiday Weight (and all the other weight that may have accumulated throughout the year ☺). Well, I must say that these advertisements are quite enticing. Don't you think? Who wouldn't want to...

- Drop 2 Sizes in 2 weeks
- Lose up to 10 pounds in the first week!
- Be Slim and Trim for the Summer!

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future). During Valentine's Day Week, this reward program is worth 20% off to you.

Read on in this newsletter to see details for these new services and programs.

We hope that your year is off to a good start. And, if not, maybe we can help by helping you to improve your health.

2 Your Health,
Charles and Sheril

A HAPPY
NEW YEAR

It's easy to lose weight. I've done it hundreds of times.

(adapted from a Mark Twain quote)





Client Appreciation Week

(for past, present, and future clients)

As a way to **thank you** for choosing our services, 2 Good Health is announcing our first Client Appreciation Week.

Client Appreciation Week will be the week of Valentine's Day (February 8 – 14, 2009).

As a gift for scheduling an initial consultation (free of charge) for a new service, you will receive a **20% discount**.

For example, if you are a current training client, and are interested in nutritional services or products, you can schedule a consultation for nutrition, then your **20% discount** would be good toward the new nutrition service or product.

That's it. Very simple. Call or Email today.

770-881-7733 OR info@2goodhealthllc.com

The Doctor Speaks

2 Good Health will be conducting free Health & Wellness Education seminars to help you with your New Year's resolution.

If you are frequently tired, suffer from digestive problems, suffer from muscle and joint aches and pains, or only eat 1 or 2 complete meals a day, then you may be deficient in nutrition. Come get all your questions answered at these locations:

"5 Steps to Optimal Nutrition"

Winder Library

Monday, February 2 at 6:30pm

Jefferson Library

Tuesday, February 24 at 5:30pm

Ladies' Night (Sheril speaks ☺)

(Weight Loss & Weight Management)

2 Good Health Home Office

Tuesday, February 17 at 7:00pm

Call or Email for More Info.

Nutritional Nuggets

Do you suffer from indigestion? Heartburn? Lactose intolerance? Does thinking about your favorite meal or dessert scare your tummy?

If you answered "YES" to any of these, then you may benefit from supplementing digestive enzymes with your meals.

Supplementing digestive enzymes replenishes the enzymes that our body creates that are necessary for proper digestion and nutrient utilization of foods you eat.

Many different enzymes are needed to digest carbohydrates, proteins, and fats. And they are all in *Digest-A-Meal*.

To learn more about this all natural, whole-food digestive supplement, contact us at 770-881-7733 or view detailed product information at <http://www.2GoodHealthLLC.com>

It's not too late to have *Digest-A-Meal* at your holiday dinner table.

Wellness Coaching

NEW

What is Wellness Coaching?

Wellness coaching is Answers, Encouragement, and that little extra that can make the difference between successfully reaching your health & fitness goals and failure.

For example, let's say you hire a trainer at a facility. Then, once you leave your trainer, you have a question about *what type of food you should eat*, or about a particular *exercise technique*, or you need help with a *meal plan*. Most trainers are no longer available once you leave their facility, but **2 Good Health Wellness Coaching** allows you to call or email your inquiries and we will answer them for you, within 48 hours.

All 2GH clients receive this added bonus for FREE.



Diets

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1. **Does the weight loss program have an exit strategy or a plan to maintain the weight that is lost?** Many Quick Weight Loss Programs are designed to help you lose weight quickly...how about that! Sounds like they're doing their job quite well! Doesn't it? Well, that depends upon whether you want to just lose weight or lose weight and **KEEP IT OFF!!** When we attempt to lose weight quickly, we might be lacking a longer-term view of how weight loss should **BEST** be lost. I don't really know of too many people who want to lose weight, then gain it all back within a year of reaching their weight loss goal. That leads to another very important question...
2. **Can this program provide you with the flexibility needed to lose weight in a safe and healthy manner, while not adding too many unrealistic restrictions to your life?** Many programs will guarantee weight loss through strict adherence to food plans, shakes, drugs, or other weight loss protocols indefinitely, but fail to consider the long-term implications that result when we are asked to change our normal way of life (ie, personal dietary or fitness habits) too quickly and for too significant a period of time. Many of us have developed routines, preferences, and other lifestyle and nutritional habits that are extremely difficult to break. As a result, we typically respond better, long-term, to change plans that are gradual and progressive, allowing for small and measurable change toward one's ultimate goal facilitating long-term success. This leads us to the third question...

3. **Are you committed to the LONG-TERM as it pertains to weight loss, or are you of the "Quick Fix" mentality?** Be honest with yourself! The answer to this question, will ultimately determine your approach to weight loss, and most importantly, will determine your chances of success. If you tend to use methods that are severely restrictive or that don't necessarily consider your current lifestyle, situation, or special circumstances, then **WE NEED TO TALK!**

If you find that the weight loss program you are currently using does not, at a minimum, meet the three previous considerations, then you may be in some trouble. If so, please call or email me so that we can meet to discuss a plan in which you can succeed at both short and long-term weight loss and weight management, and which **IMPROVES** your health rather than causing you to suffer both physically and emotionally. My hope is that together we can help you to become your best...All Year-round! And remember, all of my consultations are **TOTALLY FREE!!** Your Success Is My Success! Call me **TODAY** and let me help you succeed.

770-881-7733

