



Athletic Development

Fitness Consulting

Health & Wellness
Education



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from 2 Good Health!

Well we all know, the New Year usually means change—change for the better. Typically, one of the areas that we all focus on, come January 1, is Fitness. Is that you? Did you find yourself making that habitual New Year resolution to lose weight? Are you on that dreaded diet again?

Well, to be honest, we don't really advocate dieting; for us healthy living is the way to go (making smaller, sustainable changes over your lifetime). But, we certainly do understand the desire to become healthier in the New Year. So, this Jan/Feb edition of our e-newsletter is geared toward helping you to stay motivated on your quest to lose weight and hopefully maintain that healthy weight.

Check out the 2 Good Health Radio Show section to learn about our 2010 special guests who will motivate you to stay the course, like Chaunda Walls who lost over 100 pounds. If you are a woman, you definitely want to check out Your Future Figure on page 2 for free weight loss and management help. Don't forget to click the

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link to get your FREE Weight Loss Success Secrets Report! One more thing, if you want to optimize your weight loss results, you can't afford to miss Metabolism Makeover. Charles has an insane offer just for you. As always check out the Feature Article TITLE HERE for help with your exercise program.

We hope that you will let us help you to stay the course for a healthier life, so that next year you can make a different New Year's resolution.

To Your Health and Success,
Charles & Sheril

Want to Lose Weight? Why You Need to Improve Your Body Image First

By Dr. Charles and Sheril Burrage

A Problem with No Solution?

Attempting weight loss can be extremely frustrating for many in our society. There are more diet plans on the market than we know what to do with, and every one of them claim to have the answer for your weight loss problem. The weight loss industry has made a killing selling pills, programs, and equipment to unsuspecting Americans who are desperate for a solution to their weight loss dilemma. Though that in and of itself is not wrong, it seems that the industry experts are actually just helping to put a band-aid of sorts on the real problem...which is that people don't often have a clue as to what the best plan of action is,

and they go from one "solution" to another with the hopes that the next one will do the trick. They think that if they can just lose that weight, they will start to really feel good about themselves and that their lives will start to change for the better. The major flaw in this plan is that though weight loss can be effective in creating positive body image, if weight actually comes back, will they still feel good about themselves, or will they go down the path of condemnation, fear, and discouragement? It is important to realize that ultimately, the key to long-term weight loss and positive body image lies in an inside-out approach to weight loss that is centered upon improving the person before (or at least, in the process of) losing the weight.

See *Lose Weight* on Page 3



2GH Radio Show

Every Saturday at 10:30 am on WIMO Radio 1300 AM

The 2 Good Health Radio Show is a FREE resource for you to get dependable, up-to-date information about health, fitness, and nutrition. We share tips and information that you can immediately use to improve your overall health and quality of life. Tune in every Saturday at 10:30am on WIMO Radio 1300 AM or online at www.WIMORadio.com.

Tune in in 2010 to hear exciting, motivational guests like:

- **Chaunda Walls** – owner of Bella Fitness who lost over 100 pounds. Let her story encourage you to stay on track to a healthy weight and healthier life.
- **Denise Novicki** – President of Tri2Remember Triathlons. Learn about her organization and how it you can help benefit Alzheimer's research with her.

Also, stay tuned to learn more about special topics that Charles and Sheril will be bringing to you like:

- **From Fat to Fit** (How to turn your body into a fat burning machine)
- **Snack Attack** (snack your way to mind-blowing weight loss)

One more thing. We will be having more contests and prizes on the 2 Good Health show. So make sure you **listen in** and **call in** for your **chance to win** great prizes to improve your health and wellness. Remember, we air LIVE every Saturday

We invite you to call in to the show with your Questions or Comments at **(678) 963-5482**



Check YouTube! For previously aired shows

A Little Twist: Join 2 Good Health on Winder Televisions "[Talk of the Town](#)" Talk Show. It's another opportunity for you to get tips on...you guessed it, those fitness-related New Year's resolutions. The show will air the week of January 18th – 22nd.

Your Future Figure

Weight Loss Solutions & Resources for Today's Woman

O.k. ladies, you know that when it comes to weight loss and maintenance, we have very different needs. So, as you attempt to make good on that New Year's resolution to lose weight *again*, find a friend and some additional help on my [Your Future Figure](#) blog.

You can get a [Free Weight Loss Success Secrets Report](#) by going to Your Future Figure and clicking on the book icon.

This blog also has help for you in multiple areas like: [Body Image](#), [Exercise](#), [Healthy Eating](#), [Motivation](#), [Tips & Tricks](#), and more. You can also find out how I [Sheril] found my future figure and why I did **NOT** resolve to lose weight again this year.

Don't forget, it's a blog, so post your comments, ladies.

Metabolism Makeover

O.k. faithful Newsletter readers. Usually, we try to keep our newsletter to the standard 3 pages, with the intention of getting reliable health & wellness information to you in a format that is quick and easy to read.

But, on occasion, we just have to include a fourth page. And, this is one of those times.

On page 4, you will find the most insane offer to improve or maintain your health that you will ever see in your life. In celebration of our transition to more of an online services company and because we are so passionate about maintaining healthy weight and a healthy lifestyle, we are practically giving away "the farm". Read on to page 4 to get your special Metabolism Makeover package to keep your New Year's Resolution going strong.





Lose Weight (cont. from 1)



By reading this article, you will be able to understand how the weight loss industry has contributed to our weight loss problem, not helped it. You will learn why when we resort to the diets, and use unhealthy eating strategies, we're digging a deeper hole for ourselves when it comes to our body image. Lastly, you'll learn why it's critical that you begin working on YOU, and why you should make it your aim to improve YOUR body image BEFORE starting a weight loss plan.

How the Weight Loss Industry Has Contributed to our Obesity Problem?

In the Weight Loss Industry, the impact of good marketing on sales cannot be underestimated. Effective marketing can skyrocket product sales, unfortunately, this is not always a good thing. Our media, along with the 60 billion-a-year weight loss industry have perpetually bombarded our young girls and our women with messages that encourage them to become discontent with their weight and appearance...all to make a profit. It's rare that you hear a message that is geared toward self-improvement for its own sake. They know that that doesn't sell as well as the idea of improving yourself to fit in or to look good for someone else's approval or acceptance. It seems that we buy more self-improvement products (especially those tied to appearance) when our motivation is tied to more extrinsic factors, and the media and weight loss industry know this and are just capitalizing on what they know to turn a hefty profit. The problem is that because this marketing is so strong and prevalent in society, girls and women of all ages are feeling great pressure to conform out of fear of being ridiculed and judged. This pressure is what is perpetuating the quick weight loss mindset in our culture. Women (and men) are resorting to unhealthy and even dangerous eating programs and strategies that ultimately lead them down the road to failure.

Why Dieting and Other Unhealthy Eating Strategies are Setting You Up for Failure?

Though marketed as the "Solution" to all of our weight loss problems, many quick weight loss programs and eating plans have a long history of delivering only disappointing results.

The problem with these diets is that they do not promote safe weight loss, and certainly do not provide long-lasting results. That's what people ultimately want! Typically, with these diets, the weight is lost, but only temporarily, and usually it's just water weight from all-important lean muscle tissue, and very little fat. In addition, our metabolism SLOWS DOWN when we resort to these types of diets which cause us to actually burn fewer calories...not more! That makes us less able to burn as many calories as we did prior to us beginning the diet. So we may end up losing all of the weight we wanted, but the sad truth is that the momentary elation that comes when we lose weight that quickly soon fades. We start to have concerns which then turn to fear and then frustration as the pounds start to creep back until, eventually, we end up where we started (if not heavier).

Why It Is Critical That You Begin Working On YOU...And How To Do It!

One bit of advice I would urge you to heed would be to focus all of your efforts on reducing your exposure to the wrong societal messages. They are everywhere, and you have a tough task ahead of you in trying to do this, but do everything you can to see to it that you're not willingly permitting the wrong types of messages inside your mind. As I mentioned earlier, we are living in a culture where the messages we receive are always going to encourage us to be dissatisfied with ourselves, discontent with who we are. Additionally, if you want to take back your life and improve your body image, then I strongly urge you to become very skeptical of every thought you have that produces discouragement, fear, anxiety, dissatisfaction, envy, and depression. These tend to arise in our lives when our eyes and mind are focused on all the wrong things. How many times have you found yourself on that emotional roller-coaster produced by spending most of the day replaying all of the negative messages you hear and comparing yourself to people around you. Not much fun, and very exhausting!

For the remainder of this article go to <http://hubpages.com/hub/Want-To-Lose-Some-Weight-Why-You-Need-To-Improve-Your-Body-Image-First>



Metabolism Makeover



It's barely two weeks into the New Year, but have you already felt tired and bored of the same exercise routine, the same foods? Have you found yourself thinking "Oh boy, I wish I had a little help here?" Or "If only I had someone to tell me what to do, I could just do it." We understand and have the answer to your New Year fitness resolution woes. It's called the **Metabolism Makeover!**

Metabolism Makeover is an **online body transformation program** that utilizes a total-body approach to weight loss and maintenance. As an enrolled member of Metabolism Makeover, **you will receive the following benefits on a monthly basis:**

- ⇒ **A total-body customized and individualized cardiovascular and resistance training fitness program** tailored to your unique needs. This includes all cardio and resistance-training exercises for your entire body...including trouble spots like the abdominals, thighs, and low-back
- ⇒ **A fully-customized and flexible daily menu plan** that enables you to eat with confidence...knowing that you're eating all the right foods, and helping rev up your metabolism at the same time. You will know how often to eat, how much to eat, and exactly which foods you should be eating each and every day
- ⇒ **On-going one-on-one weight loss mentoring, accountability, and coaching**...all designed to keep you progressing toward your goal, without a hitch. This is a critical component of the Metabolism Makeover program
- ⇒ **Educational resources** sent directly to your email inbox like clockwork so that you can improve your knowledge enabling you to grow personally as well as physically
- ⇒ **Unlimited email and telephone access** to your very own fitness professional so that you can get every single one of your questions answered...as soon as you ask it. No more wondering if you're doing the right things to get the results you want
- ⇒ **A customized supplement program** (supplements not included) that will help ensure that all your core nutritional needs are met, complement your menu plan, and help accelerate your weight loss efforts
- ⇒ **FREE Bi-Monthly Fitness & Nutrition e-Newsletter** so you can keep up with the latest research in the Fitness, Nutrition, and Weight Loss Industries
- ⇒ **FREE Access to Informative Fitness, Nutrition, & Weight Loss Audio, Videos, and Conference Calls** where you'll be able to learn important wellness-related concepts and principles that will help you in your quest to become your very best!



Metabolism Makeover (cont.)

What makes Metabolism Makeover so great is that **every month** you'll receive a **totally new fitness program and a completely individualized menu plan**...and you don't have to do a thing, except check your email inbox (and of course, print out and implement your customized program). And the best part of this program is that no matter where you are in the Country, Metabolism Makeover is **IDEALLY SUITED** for you! The **online format** of this program allows you to benefit as if we were face-to-face and with just as much value as if we were sitting right across the table from one another.

Does that sound like something that could keep you motivated and on track toward a healthier weight and lifestyle? We sure hope so. So, to answer the question, we know you are thinking right now, here's our special New Year offer to you.

How Much Does All of This Cost?

Allow me to share a few numbers with you to put things in perspective. If you are going to workout with a personal trainer at your local gym twice a week, that will cost you a minimum of **\$100.00** per week or **\$400.00** per month, if not more. And that's just the cost of a couple workouts – no detailed program design, no nutrition or supplementation counseling and no educational materials. With the 2 Good Health Metabolism Makeover program, you will receive tons more value than you could ever get working with a fitness trainer, and it will cost you significantly less than what they would charge you. If you think about it, what trainer will give you everything you're getting here? Let me quickly re-cap what you would receive as a Metabolism Makeover program participant so you can see exactly why this is such a phenomenal opportunity for you as you explore ways to achieve the body you desire.

If I were to offer you this program as a regular client, it would cost you...

- ⇒ \$49.00 – Monthly Fitness Program
- ⇒ \$99.00 – Monthly Menu Plan
- ⇒ \$25.00 – Monthly Supplement Program
- ⇒ \$25.00 – Initial Start-Up Fee & Screening

Total \$198.00

The good news is that because it's a New Year and well, we are feeling very generous, that's not the amount you'll pay. In fact, because we really want you to succeed with your weight loss efforts, you'll only pay a fraction of the normal cost of this program. If you enroll today you'll only pay **\$5** for the first month, then only **\$39/month**.*



Metabolism Makeover (cont.)

In all honesty, I won't be able to offer this program at this cost for much longer, so today, as an exclusive special offer just for our faithful readers, I am making all of these services available to you at this seriously discounted price—only **\$5** for the first month, then only **\$39/month**.*

This is a completely **RISK FREE** offer. If at the end of your first month, you do not like the results you are getting, we will refund your \$5, No Questions Asked. But, if you like your **Metabolism Makeover** results, then we welcome you to take advantage of the Low \$39/month rate.

Simply put, the offer you see above is the absolute lowest rate at which you will ever receive fitness and nutritional services of this type. You can look, but I am certain you won't find a better deal or a better value.

If you're ready to get started achieving your weight loss goals with the Metabolism Makeover program, and ready for the extreme motivation that comes with knowing you are enrolled in a top-notch body transformation program, then don't wait! Contact us to register **TODAY!**

A month from now, you are going to look in the mirror and the image you see staring back at you will be the result of what you decide today. You can either stand there face to face with the reflection that looks more or less the same as it does now, OR you can be looking at a body that has already experienced a dramatic change...The choice is yours.

The time to start achieving the body you never thought you could have is NOW!

To get started today at the heavily discounted \$5 first month, then \$39.00/month rate, simply email us at

info@2GoodHealthLLC.com

If you absolutely can't wait to get started, you're welcome to call us at 770-881-7733. We would love to talk with you and help keep you on the path to weight loss success!

* Offer available through January 2010. Rate will apply for the life of your continuous programming.