



Your Health, Your Well Being

Allergy Season...Relief Naturally
Resolutions...how are they going?

March 2015

Allergy Relief...Naturally!

We are well into March and that means warmer weather (hooray!) and of course, pollens and allergens. If you're further south, you are already well aware that things are blooming! If you are in the more Northern climates, this is a great time to learn more about natural approaches to allergies and decide what may work best for you. I will share more about allergies and what you can do in the April newsletter, so for now, if you want to get ahead of allergies, please give me a shout directly at 608-467-0008 or email me at coachanke@gmail.com. This will give us some time to talk and find out what's going to fit best into your budget and lifestyle, and most importantly what's important to you! I'm looking forward to spring and hearing from you!



Has Your Resolution Stuck This Year?

For many of us, this is the time of year when that weight loss resolution has yet again thwarted our efforts. If you've tried something that you thought would work but hasn't, maybe Shaklee has the answer for you in their Shaklee 180 program. I can tell you from personal experience, that it works. Period. If you would like to give your weight loss goal another try before the summer season starts, then try this 100% guaranteed approach to a healthier weight. And I will be there to help you along the way with coaching, accountability and support.



92% of all resolutions fail, at least according to the Journal of Clinical Psychology (which likely did some research before arriving at that number). That is really a daunting uphill climb if you think about it that way. But when it comes to losing weight, there are 5 key

things you can do to increase the odds that you'll succeed for the long term.

1. **Make your resolution known.** Go public. Tell your family, post it online, or at least whisper it in your best friend's ear. When we know that other people know, it increases the drive to succeed. Failing publicly is harder than failing privately, and succeeding publicly is way sweeter than succeeding privately. Getting others in the loop is a great way to give ourselves a boost.
2. **Stay accountable.** If you can find a buddy-or a group of buddies-that are going through the same process, you can be of immense help to each other. Report in regularly and honestly. Deal with obstacles-if you're having them, they likely are, too. Encouragement is a huge motivator-having buddies is a great place to both give and receive it.
3. **Reward yourself.** Break the big goal into smaller, more manageable pieces, and find a way to reward yourself every step along the way. It's a big deal-you deserve it! And striving for that next reward (maybe a new, smaller pair of pants?) can help provide energy and motivation to keep going.
4. **Find a program, not just products.** Because losing weight is more than just a physical task, having more than just "swallow this" in your arsenal can really boost your success rate. When it's about shaping your life rather than just counting calories or measuring portions, it becomes more attainable, and you become more congruent in how you live and pursue your goals. And since this is a Shaklee newsletter, I'm contractually obligated to point out that with Shaklee 180, you get a program along with the amazing products-and you have a forum to find a buddy or 5.
5. **Think long-term.** Having success that will last through the years is really about having a lifestyle that supports that success. The ups and downs of yo-yo dieting can be eliminated when we really embrace the changes we're making as part of our resolution success. We don't always have to be as stringent, but we also can't go back to our old lifestyle and expect different results than we got back then. Healthy choices, reasonable portions, exercise, sleep, laughter and fun... by making changes as we go, and by sticking with them when we have hit our goal, we can live the resolution, not just dream it!

Shaklee 180 Isn't Just About Losing Weight and Inches

"When I first started using the Shaklee 180 products, I started to lose weight, and I've lost 46 pounds total. I went from being very tired and weak all of the time-I would go to the gym and work out and would be exhausted for the rest of the day-and from having that be the "normal" in my life, to being able to function well and live a more complete life.



There are a lot of changes that come with losing so much weight. It's definitely an emotional process to work through. When I started to do the Shaklee 180 and I started to

feel better, and I started to be stronger, I knew that I didn't need to be afraid any more. Now I work out like a normal person. I go out to lunch with my girlfriends-I'm not afraid of what the restaurant has. I live without fear. I think that there is no other thing in my life that's bigger than that."

--Thanks! to Viki

Closing Thoughts

"Sow the seeds of happiness in others, and you will reap a joyful harvest."

~Dr. Forrest C. Shaklee Sr. , Thoughtsmanship

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