

***Obesity in the
Workplace is a BIG
Problem!
It Doesn't Have to Be***

Most businesses cannot afford costly programs such as subsidized gym memberships, nor can they afford the indirect costs associated with overweight employees.

As a former C.P.A., I understand the business side of this issue. **A business, especially a service-oriented business, cannot sustain growth and profitability with unhealthy employees.** Your employees are most likely your most expensive asset.

The primary benefit of reducing obesity in your workforce is to have happier and healthier employees. Happier and healthier employees are more productive and have far fewer absences due to health-related problems caused by excessive weight.

As an employer, you can help. As an Ideal Weight Coach, I can too.

**Let's partner together to make a
difference.**

830-837-5940

BEING OVERWEIGHT HURTS

~Emotionally & Physically~

**It hurts not only your employees, it hurts
your company's productivity too.**

It doesn't have to anymore.

**Diets and exercise programs treat the
symptoms of the problem, not the
problem itself.**

**Ideal Weight Coaching uncovers the
underlying issue and helps your
employees create a strategy to correct it.**

**Why is it we never have time to do a job
right, but we always have time to do it
over?**

DO IT RIGHT THIS TIME!

Ideal Weight Coaching

**Anna Manning, MBA, MS
Ideal Weight Coach**

**Contact Information:
Phone - 830-837-5940
E-mail - Anna@IdealWeightCoach.com
Website - www.idealweightcoach.com**

**Anna Manning, MBA, MS
Ideal Weight Coach &
Workshop Facilitator**

**IDEAL WEIGHT
WORKSHOP AND
COACHING
FOR YOUR
EMPLOYEES**



For a Balanced Life

Call Today! 830-837-5940

About the Workshop

The workshop includes six, highly interactive, on-site classes from 60 to 90 minutes each; the length of each session depends on the number of participants. After each session, homework—pre-written in the 110-page workbook included in this program—is assigned.

However, just sitting in a class and listening to someone lecture does not help sustain commitment; therefore, two hours per week of group coaching is included during the course of this program—via a conference line—for participants to process any issues and/or share wins.

Overview of Workshop

Class One: The calculations for each participant's body mass index, resting metabolic rate, ideal weight, and ideal calorie intake are completed and explained. Participants will learn about core beliefs around food, and they will be able to pinpoint some of their subconscious programming behind their weight issue.

Class Two: Participants will learn about cravings: what they might mean, the triggers behind those cravings, and how to deal with them.

Class Three: Participants will learn about the power of the mind and how changing their thoughts can change their eating habits.

Class Four: Participants will learn about the physiology of food: how food can help or hinder their health.

Class Five: Participants will develop strategies for staying the course toward their goal to achieve their ideal weight, and they will learn to plan for daily routines.

Class Six: Participants will process what they have learned and share their progress and personalized strategy.

How is this workshop different?

The hardest belief to change is the belief that we have to eat everything on our plate. As children, many of us created an emotional context around this belief. Albeit subconsciously, many adults have linked leaving food on their plate to wasting food, to not loving our moms, or even worse, to the physical pain of punishment. This belief can be changed.

Participant interaction is the key to success. Therefore, participants are encouraged to ask questions, to explore negative beliefs about food, and to share their strategies on changing those limiting, sabotaging beliefs.

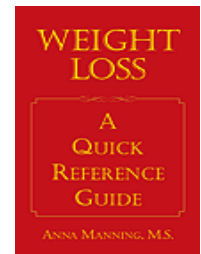
It is through shared stories that participants learn about their own beliefs—some silly, some not so silly—that have created food prisons for them.

Using an understanding of programming around habits and behaviors, I help my clients get to the core of

what causes them to overeat. Through proven coaching practices, my clients are able to stop the automatic eating patterns by replacing automatic reactions to stressors with conscious responses. Once these patterns are stopped, the weight begins to disappear.

About Anna Manning

Anna's education includes an M.B.A. in Organizational Behavior, an M.S. in Management & Administrative Sciences, and a B.S. in Accounting. She is a CEP Graduate of Coach University and an ACCP Graduate of Corporate Coach University. She is the author of *Weight Loss: A Quick Reference Guide*. She is also a graduate of Relationship Coaching Institute and author of *Dating: A Quick Reference Guide*.



She is a member of the International Coach Federation and the San Antonio Professional Coaches Association.

Ideal Weight Coaching

Phone - 830-837-5940

E-mail - Anna@IdealWeightCoach.com

Website - www.idealweightcoach.com