



Wisdom & Wellness
Weight Program



Wisdom & Wellness Weight Program



Dear Friend,

Many people do not feel comfortable with their weight or know they need to lose weight to improve their health. We know that high blood pressure and diabetes can lower life expectancy.

With lower weight, people may be able to lower their blood pressure, and healthier food may lower their glucose count. These can lead to longer living.

Our Wisdom & Wellness Weight Program provides a support community for people wanting to lose weight and keep it off.

You can learn more about our program by reading the following pages. Feel free to contact me with any questions.

Best regards,
Sandy Hinden



Wisdom & Wellness Weight Program



Membership

\$100 per year

Individual Orientation Session

Member Mug

Mindful Meditations

Interactive Workbook

Weekly Online Meetings



Wisdom & Wellness Weight Program

I Like Myself

I Am Kind to Myself

I Take Care of Myself

I Keep It Simple

I Make Wiser Choices

I Take the Next Best Step

I Have Serene Peace



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Weekly Meditation

Wednesdays, 8:00 PM, ET
On Zoom



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Meeting Format

Check-In

Methods

Check-Out

Name

Location

Weight Progress

Feelings

Needs

Review a Method

Questions

Clarifications

Name

Feelings

Goals



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Mindful Meditation & Affirmations

Morning

I like myself
I am kind to myself
I take care of myself
I keep it simple
I return to wellbeing
I hydrate

Afternoon

I return to mindfulness
I have self-forgiveness
I have self-compassion
I have self-appreciation
I let go of attachments
I release past patterns
I release what I don't need

Evening

I make wiser choices
I take the next best step
I create healthy patterns
I have serene peace
I am gently happy
I am grateful

The 7 Patterns

Weight Pattern

Food Pattern

Sleep Pattern

Physical Pattern

Feeling Pattern

Thinking Pattern

Media Pattern

- Your weight is on the surface.

- Below that are other patterns of food, sleep, physical activities, feelings, thinking, and media consumption.

- It's not only about what you are eating, but also *what's eating at you?*

Day	Date	LBS	Notes
Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			



As the world became crazier and crazier, I became heavier and heavier. Why?



There's a good chance the feeling of heaviness is linked to how you are coping with the world's craziness. Here are some possibilities:

Stress: A chaotic world can be very stressful. Stress can lead to changes in appetite, making you crave sugary or fatty foods which can cause weight gain.

Comfort Eating: When feeling overwhelmed, some people turn to food for comfort. This can be a temporary fix but can lead to weight gain in the long run.

Reduced Activity: Feeling down or anxious might make you less motivated to exercise. Less activity can contribute to weight gain.

Sleep Issues: Stress can disrupt sleep. Poor sleep can mess with hormones that regulate hunger and fullness, making you crave more food.

It's important to note that weight gain isn't the only way stress manifests. Here are some things to consider:

Is your mood lower than usual? Are you having trouble sleeping? Do you feel constantly on edge?

Here are some things you can do to feel lighter, even if the world feels crazy:

Healthy Eating: Focus on whole foods like fruits, vegetables, and whole grains.

Exercise: Even small amounts of activity can improve your mood and reduce stress.

Mindfulness: Practices like meditation or yoga can help you manage stress and improve your overall well-being.

Social Connection: Connect with loved ones who care about you and support you.

Remember, you're not alone in feeling this way. By taking care of yourself, you can feel better equipped to handle whatever the world throws your way.



Affirmations



- **I get a good night's rest.**
- **I return to my daily program.**
- **I have deep compassion and forgiveness for my difficulties and disappointments.**
- **I have serenity to accept what I can't change and courage to change what I can.**
- **I do a clearing and create an opening for new possibilities.**
- **I return to my program and take good care of my feelings and needs.**
- **I am grateful and kind to myself and others when appropriate.**
- **I am patient, compassionate, and kind to myself.**
- **I return to serenity and mindfulness.**
- **I have compassion, and positive ideas, and limit media use to feel more peace.**
- **With more peace and wellness, I eat less food.**



I Like Myself

I Am Kind to Myself

I Take Care of Myself

I Keep It Simple

I Make Wiser Choices

I Take the Next Best Step

I Have Serene Peace



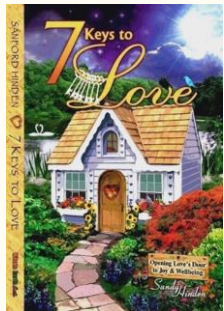
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About



Wisdom & Wellness Weight Program



- Sandy Hinden provides coaching and programs for emotional intelligence, relationships, communication skill-building, and habit improvement to help people feel more peace and love, be wiser, gain wellness, and enjoy life more.
- Sandy was director of *Community Partners for Coordinated Services* for *Suffolk Community Council*, executive director of the *Dix Hills Performing Arts Center*, and founder and president of the *Long Island Men's Center*.
- He wrote and published *7 Keys to Love – Opening Love's Door to Joy & Wellbeing*.
- Sandy created and works on *Wisocracy* for wise democracy, peace, wisdom, and wellbeing.
- He is the creator of the *Wisdom & Love Healthy Weight Club*.

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**“Sandy's whole-systems thinking is empowering and enlightening.
I would recommend any educational materials he creates as of superior value.”**

Meg Rivers

Senior Production Specialist at HBO / HBO Max

**“Sanford Hinden is one of the most humane,
compassionate, loving human beings I have ever met.
He speaks and acts from deep wisdom about what people need –
and what the world needs now. I trust him and have learned immensely from him.”**

Ronald Gross

**Founder/Director, Conversations New York
Co-chair, University Seminar on Innovation,
Columbia University**



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