Celebrate Steps Toward Vibrant Aging!

Your Tour Guide is Bob Wilson, BS, DTR
Celebrate a Diet of Healthy Self-Care

Practice a Diet of Self-love

Stir Up & Savor Nurturing Thoughts & Actions
Searching Deeply for Intertwined Patterns

Get to the ROOT Causes.
Discover Vibrant Aging!

Celebrate Your Personal Steps
How Do You Swallow an Elephant?
One Bite at a Time!
It's never too early... or late... to take 21 STEPS to...

AGING SUCCESSFULLY!

Complete the following self-assessment by marking the number in each step, on a scale from 1 to 5 (1, "not-at-all" to 5, "all-the-time").

Review each step along the way to evaluate how well you are taking care of yourself!

- ARE YOU...
  - making time for solitude?
  - touching nature each week?
  - listening to your inner voice?
  - getting quality rest and sleep?
  - actively managing your stress?
  - finding support, and giving it back?
  - releasing uncomfortable emotions?
  - giving and receiving affection? hugs?
  - getting daily or weekly spiritual nourishment?
  - forgiving yourself when you make a mistake?
  - doing things that give you a sense of fulfillment, joy, and purpose?
  - "cutting your losses" and moving on with your life after a tragedy or setback?
  - taking care of your skin by decreasing sun exposure, using a sunscreen and a good lotion?
  - challenging yourself to develop or learn new skills, languages, hobbies, sports, interests, and/or activities?
  - exercising (with physician's approval) by stretching and regular aerobic exercise, e.g., walking, swimming, or working out?
  - surrounding yourself with optimistic friends, associates, and relatives who possess a healthy sense of humor? nurturing friendships?
  - keeping an active, but varied and balanced schedule which includes leisure time (time for yourself, time to play, time to treat or reward yourself)?
  - sharing yourself by contributing to society, involving yourself in at least one meaningful cause, e.g., government, church/synagogue, community, special projects, etc.?
  - continually evaluating your physical appearance, and changing, when it's appropriate, to meet your specific age's needs, e.g., hair length and styles, clothing length and styles, shoes, etc.?
  - scheduling and keeping regular appointments for physical, visual, dental, emotional and all other needs? monitoring your men's women's health needs? following doctor's recommendations?
  - working on your health by: not smoking; maintaining good nutrition, a healthy weight, and eating something fresh and unprocessed every day; getting adequate calcium, fiber, and water; controlling alcohol, cholesterol, and caffeine intake?

Write a list of goals:

- at least every 3 months to keep a clear, focused direction!

Add up your score

| 21-41 | Change your ways — you can do it! |
| 42-62 | Just so-so — keep working at it! |
| 63-83 | Good work — challenge yourself even more! |
| 84-105 | You're aging successfully — Bravo! Keep it up! |

Total score:
Celebrate Healthy Eating!
Bob’s Healthy Pantry. What’s In It?
Bob’s Bean Drawer
Bob's Refrigerator
Bob’s Refrigerator Door
Bob’s Refrigerator Freezer
Bob’s Everything But the Kitchen Sink Salad
Bob’s Strength-training Lunch Bag!
Lunch Food for the Spirit!
Steamed Green Beans, Onions, and Peppers
Steamed Brussell Sprouts and Peppers
Celebrate with Pineapple & Strawberries Garnish Plate
Celebrate Enjoyable Activities!
MY FAVORITE THINGS....

Music

World

Snow

Life

HUG IT!

Reach out and touch someone.
Walking vigorously for thrill of living

Once obese, Bob Wilson now eats nutritious mini-meals between workouts.

**Name:** Bob Wilson  
**Age:** 48  
**Lives:** Northeast Portland  
**Height:** 5-foot-10  
**Weight:** 155 pounds

**When he's not working out:** He's a motivational speaker, a health educator and part-time nutritionist for Kaiser Permanente.

**When he's working out:** He uses house chores — such as mowing the lawn, gardening and cleaning his house — to burn calories. He also walks five to six times a week around his neighborhood or in the many parks and gardens of Portland.

"I love going on walks with friends and plan them regularly," he says. "Instead of going out for dinner, we get together for activities and perhaps bring along healthy snacks."

He gets his aerobic workout from weekly hikes to scenic places around Washington and Oregon, such as Mount Hood, Mount Jefferson and the Columbia River Gorge.

"We're so blessed to live in such a beautiful spot. It gets me in my aerobic zones for hours, and I don't even have to think about it. I'm just having fun."

As much as he likes getting exercise from everyday life, he goes to the gym three times a week. He does one-hour yoga sessions twice a week and 30-minute strength training on Cybex machines three times a week.

**MY WORKOUT**

*He sticks with it because: I feel much better. I think much better.*

Blending in regular physical exercise has helped him maintain his 200-pound-plus weight loss for more than 26 years.

**Fitness history:** He developed a compulsive eating disorder as a child. Overeating was his way of coping with emotional distress rooted in family problems. He turned to food for comfort as home and school life became more painful. By the eighth grade, he weighed about 400 pounds.

"My food habits were always to the extreme: bags of potato chips, quarts of pop, six candy bars at a time, whole pizzas, quarts of ice cream." He called it his "see-food" diet, eating everything in sight.

His first experience of losing weight came in his high school senior year as an exchange student to Costa Rica. He had dysentery for 2½ months and lost 50 pounds. "I wouldn't recommend that method," he says.

He later joined a more conventional weight-loss program, Weight Watchers, through which he learned what to eat and how to cook low-calorie meals. He shed 118 pounds in seven months.

He then became a registered dietician. He wanted to know how his body worked and then help others make the same changes. "I tell people not to believe everything I say but to try it out for themselves. I tell them it'll take them a while to come up with their own bizarre eating plan."

**Mealtimes:** "I normally eat small mini-meals." A typical breakfast includes cottage cheese, fruit and a piece of whole-grain toast. Lunch may be a simple sandwich and a medley of raw vegetables such as broccoli, carrots and mushrooms. Dinner may be a large salad with low-fat dressing, canned kidney beans and crackers. Although he likes to snack throughout the day, he eats healthful foods such as a cup of yogurt with fresh fruit, candied ginger or a fruit juice bar. "I eat constantly, and I never get bored. I've found all kinds of ways to sneak fruits and vegetables into my diet."

**Goal:** "The main goal is fun. What kind of things can people do to put some fun back in their lives? And after that, the goal is to help extend your health span, not just your life span."

**Final words:** A healthful lifestyle is great. Yes, it takes time to exercise and make healthy meals, but it's worth it."

— Theresa Chu

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**Mind set: Physical fitness is to the human body what fine tuning is to an engine. It enables us to perform up to our potential. Fitness is a condition that helps us look, feel and do our best.**

**Bob Ellis/ The Oregonian**

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**If you’d like to share your workout with readers — or know of someone whose workout you’d like to read about — send name, age, daytime phone number and workout details to: My Workout, The Oregonian, Health, Medicine & Science Team, 1300 S.W. Broadway, Portland, OR 97201; or send a fax to 503-294-4150.**
Celebrate Self-Nurturing!
MY FAVORITE THINGS.....

Music

World

Snow

Life

HUG IT!

Reach out and touch someone.
I vow to plant a garden on Earth of loving kindness for all beings.
M A Y 1 2

PERMISSION TO PLAY! Yeah!
WRITE YOURSELF A PERMISSION SLIP

IT'S OK TO PLAY!!!
IT'S WONDERFUL! FUN!!

Book resources:
1. MAX MAKES A MILLION by Maira Kalman
2. 365 DAYS OF CREATIVE PLAY by Sheila Ellison
3. REALITY CHECK by John Grimes and Judith Gray

Find brand new ways to play
Celebrate Emotional & Mental Well-Being!
Building a Wall Around Myself

FRUSTRATION —— ANGER —— SELF-HATE

M I S E R Y  M I S E R Y

RESENTMENTS ——— SELF-DISGUST

Oh, the pain of being fat...
When a Baby Cries, You Pay Attention

Embrace Your Pain & Confusion as a Loving Mother Would Toward Her Child
Oh Bobby, I love you...

as you ARE and as you ARE NOT.
Am I Eating to Fix ...

Painful Emotions or Situations?
Bob Wilson... an Ecosystem.

(Polarities)

[Image of a diagram with various elements connected by lines.]

- Wounded Past
- Blotto Man
- Changeling Stuffs
- Mr. Perfectionist
- Mr. Over-Dry
- Mr. Resto

- Holy Meditation Monk
- Fix-It Man
- "I Can Help"

- Mr. Spontaneous Freedom
- Mr. Disciplined Super布鲁特

- Heart + Loving Caring + Teresa
- Mr. Nature
- Mr. Creative & Artistic
- Mr. Muzic & Song

* Acceptance: I am here on Earth as a "Human Being" called Bob Wilson.
Be a Gardener to Your Own Mind
Choose to Cultivate Health

Prepare the Soil
Trim & Weed

Experience Increasing Vitality!
Water the Seeds of Happiness in Myself
12/31/93 - Friday - Step I, II, III

I am abundantly blessed.

(1) All my needs are met:

- My need for shelter: lovely neighbors.
- My need for warmth: protection, electricity, heating system.
- Hot water: refrigeration, clean water.
- Telephone: contact with outside world, answering machine for when I'm gone.
- Abundant supply of healthy food - all I could want - whenever I'm hungry.
- Need for clothing to cover my body - shoes, pants, shirts, underwear, sweaters, coats.
- Household furnishings for comfort in activities.
- Washer, dryer for clothes.
- A healthy body: teeth, eyes, heart, skin, hands, feet, muscles, digestive tract, lungs, liver, bones, kidneys.
- A safe, dependable means of transportation (a car that works!)
- Fun leisure-time activities.
- Flexible, respectful, work opportunity.
- Right livelihood, appreciation.
- A supportive counselor; 12 Step Program.
- People who care.

Don't take what I have for granted.
Thought by thought, word by word, choice by choice, action by action, I lift myself to a new level of living!
Managing Difficult Circumstances

THE HARD WORK BEGINS

#BabyLossAwareness
Success is Going From Failure to Failure Without a Loss of Enthusiasm!

Practice a Diet of Self-Love

Fast from Negative Thoughts
Celebrate Spiritual Connection!
I radiate peace, contentment, love, compassion, tenderness, acceptance, caring and non-judgment.
Friends
- My Family
- Embrace By Light
- Strangers
  - Dave & Kathy
  - Jon
  - Amber
  - Marce
  - USA
  - Portland
  - Neighborhood
  - Sandra

Dad & Card
- John
- Sandra
- Jon
- Dave & Kathy
- Jon
- Amber
- Marce
- USA
- Portland
- Neighborhood
- Sandra

Gratitude!!
Singing out in Joy at the awesome diversity of the ONE in the many!

* Namaste - the Divine in me recognizes and Solutes the Divine in you!!!

Grace!!!
Embrace what is - as is. No judgment, no comparison, no opinion about it, and no preference for how it should be.

(Remember Emptiness)
Celebrate Simplicity in Life & Balance in Lifestyle!
PROFESSOR BRAIN’S
BRAIN FLOSS

INSTRUCTIONS ON BACK
UNDER PRESSURE......?  SHATTERED NERVES......?
STRESSED OUT.........?  CAN’T COPE................?

THEN YOU NEED!!

PROFESSOR BRAIN’S

BRAIN FLOSS

INSTRUCTIONS

• PLACE THE HEAD BAND BEHIND YOUR HEAD AND OVER YOUR EARS

• PULL THE FLOSS FROM LEFT TO RIGHT JUST AS IF YOU WERE FLOSSING YOUR TEETH

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We're going so fast all the time, racing frantically toward a time when we can SLOW down.

When we're going so frantically, with so much to do and so little time, it never occurs to us that what we really need to do is STOP believing that the treadmill leads anywhere.
No one, no thing, can take your peace, your joy, your adequacy, away from you.

You have to give it up voluntarily.

And we give it up so easily, for just about anything:

other people's opinions, late meals, long lines, red lights.
Humankind has not woven the web of life. We are but one thread within it. Whatever we do to the web, we do to ourselves. All things are bound together. All things connect.

-Chief Seattle-
Discover Vibrant Aging!

Practice the Steps to Achieve Exuberance!
Celebrate Stretching Yourself!
I say yes to my life!
What You Plant Is What You Get

What seeds have you been planting with your choices? Are there any changes that you want to make?
Visualize Your Ideal Day

Essential Self-Care Nutrients
Make An Investment In YOU!
Sprinkle Dollops of Delight and Self-Nurturing On Yourself

Physical Self-Care
- Delicious Healthy Foods
- Regular Activity
- Slow Down, Relax
- Drink Enough Water
- Prioritize Wellness
- As Needed Take Meds
- Take Vitamins/Minerals
- Get Adequate Sleep
- Meaningful Sex & Hugs

Lifestyle Self-Care
- Dynamic Life Balance
- Regular Routines & Structure
- Self-management
- Setting Goals
- Seek Out Fulfilling Work
- Take Time in Nature
- Have Fun & Pleasure

Lifestyle Self-Care
- Mindfulness
- Spiritual Community
- Daily Meditation & Prayer
- Forgiveness of Self & Others
- Finding Your Life’s Purpose
- Helping Others
- Giving Back to the World

Mental/Emotional Self-Care
- Practice Gratitude
- Keep a Feelings & Mood Journal
- Practice Positive Self-talk
- Cultivate Positive Beliefs & View
- Use Counseling as Needed
- Feel Your Feelings
- Family of Origin Healing
- Work through Grief

People Support
- Friendship with Yourself
- Connection with Family Members
- Spend Time with Loving Friends
- Have a Therapist/Lifestyle Coach
- Explore a Support Group
- Frolic Around Enjoyable Hobbies
- Use Chat Room, Blogs, Email, U Tube
- Community Service
- Work
Invest In Yourself: Invent A New Life!

Celebrate stretching yourself towards new dimensions of wellness:

I stretch myself to the highest levels of health and well being.
I stretch myself to my greatest possibilities.

I open myself up to infinite blessings, goodness and harmony!
This very day I open up my innermost heart to truly LOVE myself.

I SAY "YES" TO LIFE TODAY!
GOSH, I'M GOOD!

What would you like to invent in your life?

Go ahead...let your dreams go wild!

I consider that I am inspired by life and guided into all good!
Say YES to Your Wild and Precious Life!

You have within you
All the answers to the challenges you face.

Become your own personal lifestyle trainer.
Or in effect, be a gardener to your own mind and life.
Have a deep confidence in your ability to heal suffering
and a deep belief in your magnificent potential.

Tune within for your answers.
As you practice this skill, over time,
You discover your profound wisdom.

Step by step
You become healthier from the inside out!
Brew Up a Pot o’ New Life Play Sheet!

ASK: Are you “on your list” of the people you care for?

Start where you’re at and INVENT a NEW LIFE! VISIONS INTO REALITIES YOU MAKE THE DIFFERENCE...

Take a minute and mentally review your day tomorrow:

- Healthy food management?
- Delicious movement of your wondrous body?
- Delicious self-nurturing plan?
- How will you include quiet time?
- Connection with others?
- Adequate sleep?

Perhaps consider different areas. How might you include time for:
What area might be the easiest to begin making a change?

1. Delicious healthy eating plan:
   - Food purchase? Preparation? Carry along?

2. Enjoyable body movement plan:
   - Daily activity (30+ minutes)? Muscle maintenance? Social/recreational fun?

3. Delicious self-nurturing plan. What would put a SMILE on your face? What makes you GLAD to be alive?
   - Professional or community support? Family? Friends? Hobbies? Doing-nothing time?

4. Quiet time-developing spiritual sanctuary
   - Prayer and meditation...time just “to be” and not “do”
   - Pause, think, and evaluate: “How is the creation of your life going?”

5. 8 hours of sleep (more or less) and naps!

Learn from your past choices....
What might be an obstacle or road block for you that could get in your way from having your ideal day?

Remember back to a time in your life when you had mastered this area.

What were you doing at that time? How could you do that again now? What might need to change?

How could you eliminate the road blocks or minimize their impact on you?
Celebrate Your Life!!!
Achieve
A Healthier Life & Weight
with
Balanced Weight Management

Plant the Garden of Your Life With Seeds of Well-Being

Reap Your Harvest of Health and Friskiness!
www.balancedweightmanagement.com by Bob Wilson BS, DTR

Discover

- How to practice the art of dynamic, holistic, mindful, and compassionate self-care
- How to have fun as you learn to achieve a healthier weight and life
- How to develop a loving, self-nurturing, inner voice, for you
- How to step-by-step achieve health of body, mind, and spirit

Explore

- How to become your own lifestyle self-manager as you cultivate twelve essential skills that create life-long well-being, a healthy weight, and a more vibrant friskiness
- How to cultivate ongoing support for yourself
- Hundreds of excellent resources & recipes for whole-person health
- Bob’s story where he shares the deep emotional challenges he faced and the skills he learned which helped him keep off about 250 pounds for over 39 years
Remember, Progress. Not Perfection. Easy does it. But, do it!