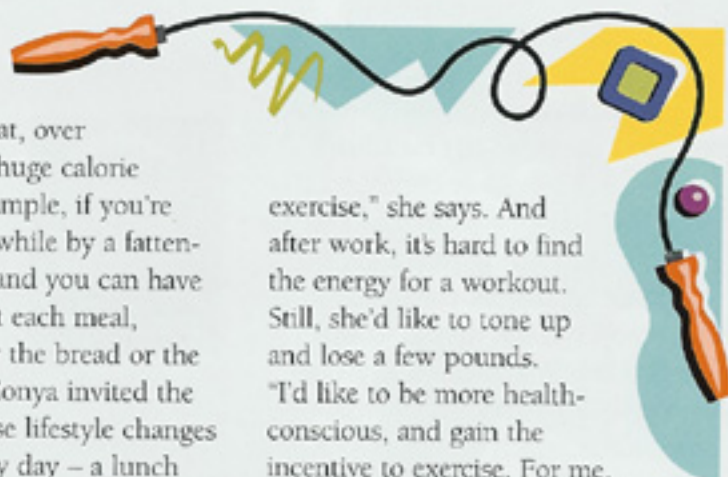


Zonya illustrated some lifestyle changes that, over time, can result in huge calorie reductions. For example, if you're tempted once in a while by a fattening dish, "Halve it and you can have it," she says. And at each meal, choose to eat either the bread or the dessert, not both. Zonya invited the women to start these lifestyle changes over lunch that very day – a lunch served at the conference created from Zonya's cookbook, *Lickety-Split Meals*.

Zonya presented eight lifestyle rules for lasting weight loss, and these interested Eva Dawson. "I'm always interested in anything that will help me better myself. Anything that offers tidbits or secrets, I'm all for it," she said. "I was expecting more of a typical conference. I was surprised at how personal it was... how much fun... how much energy Zonya made me want to have. I would love to have just a little bit of that energy. I've never experienced anything like this before. All the women at our table struck up friendships. One lady at our table had never thought about changing her eating habits. She had just welcomed a grandchild, and we all encouraged her, telling her how important it was for her to be around for her grandchild. She agreed, and she's going to make some changes. We all exchanged phone numbers to keep in touch, and we promised to sit together at the next meeting."

Exercise – and finding the time for it – is an issue for many Wise Women. For instance, morning comes early for Deborah Glenn. "I start work at seven, so mornings are out for



exercise," she says. And after work, it's hard to find the energy for a workout. Still, she'd like to tone up and lose a few pounds. "I'd like to be more health-conscious, and gain the incentive to exercise. For me, it's about taking the time and having the energy to exercise after work. I expect to be charged up today, and learn more healthy ways of eating and



DEBORAH GLENN

cooking. I want to lose 10 pounds, increase my energy level and inspire my husband, too, who's slim but has high cholesterol." To get started when you have limited time, Zonya suggested starting every day doing 30 jumping jacks. Then set the goal of exercising for just five minutes, every day. The habit can expand to 10 or 15 minutes three or four times per week.

"I'm so glad I went to the conference," Celia Ford concludes. "It was so energizing, so informative. It was the stepping stone I needed. I've been looking at the recipes and tips in Zonya's book and learning a lot. I'll look at one idea each day and say, 'I can do this.' I want to feel better physically so I can do the things I want to do with my granddaughter, and be there for my family in the years to come."

If you were unable to attend this program in 2004, see Zonya's eight lifestyle rules for lasting weight loss on page 18 and visit our calendar of events on page 19 for information on the next HAP Weight Wise™ Program.



*Zonya* gave a startling illustration of what you're actually eating when you eat a donut, by placing several spoonfuls of shortening (hydrogenated oil) and sugar into one participant's hand — the ingredients of just one donut.