

Resolutions, hell-o-lutions. How to keep them.

## Description

Gentle Reader,

Here we are again at the first of the New Year. 2013 is going to be IT. That last doctor visit convinced me once and for all that I must do something about my weight/exercise program or I will die sooner than later.

How many people do you know who begin again to take control of their health? A tiny voice elbows its way to the front ridiculing this resolve with a stream of

“You can’t change, so don’t even try.”

“You tried every diet know to man and woman already and look where it got you.”

“You have no will power and that’s what it’s all about: WILL POWER.”

“You are sure you will starve if you eat the way you have to when you’re on a diet.”

“It’s no fun and you won’t be able to stay with it anyway, so why bother.”

“It’s too expensive and you don’t get results, so save your money.”

There are so many reasons, excuses to keep on the way we are. But we really want to feel better, live longer, move more easily.

What if there were a program that addresses all the issues, offers products that are tasty, filling and keep the fat off?

What if there were a support system and lessons on how to fix those vegetables you know you should be eating instead of Stouffers frozen dinners?

What if you actually save money when you enroll in this program?

What if the snacks are tasty?

What if it is easy to monitor your exercise progress?

I am here with you for not one month, or two, but 6 months, 180 days to help you turnaround your diet and exercise patterns into life sustaining, never-look-back healthy habits. Follow this program and you will never yo-yo again. Your taste buds will crave beets and kale, water and tea. Your nose will turn up at fries and burgers, cookies and sandwiches, thick gooey dressings. Don't believe me? Hundreds have discovered this program to work. The side benefits nourish your body to better health while the extra pounds of fat disappear.



Give me 180 days and I'll give you a healthy body.

Call for a consultation or go on line to sign up. [www.betsybellfatloss.com](http://www.betsybellfatloss.com)

Guess what? If you suffer from arthritis either from trauma or the chronic osteoarthritis, if you struggle with joint pain, knee pain, hip pain, shoulder pain, this program will help reduce inflammation and give you relief. Will all these promises work for every person who signs up? I can't guarantee anything. We are all different. But what if it does work for you the way it has for others, countless others? Isn't it worth a try?

Know someone who struggles with weight and has tried everything? Pass this post along to them. They'll appreciate you for how much you care.

Found your own tools for getting your exercise and weight where you want it? Please share them here.

Fondly, Betsy

Be Well, Do Well and Keep Moving

BetsyBell's Health4u

[www.GrandmaBetsyBell.com](http://www.GrandmaBetsyBell.com)

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## Category

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2. Be Well health tips
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4. Keep Moving: Managing Arthritis

## Tags

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2. diet
3. exercise
4. joint pain
5. knee pain
6. osteoarthritis
7. weight loss

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