



Results

October Class 2012

**HEALTHY
BEGINNINGS**



What is Healthy Beginnings?

- Educational adventure in healthy living that helps YOU take charge of your health.
- Helping YOU understand the relationship between lifestyle choices and health.
- Healthy Beginnings gives YOU the tools so YOU can take an active role in preserving and restoring your vibrant health.

The principles taught in the Healthy Beginnings program can have a positive impact on the rest of your life.



October Class Dates

Program	Date	Time
Heartscreen	Sunday, September 30	7am-9am
Healthy Beginnings Program		
<i>The Good Life That's Killing Us, Part 1</i>	Monday, October 1	6pm-8:30pm
<i>The Good Life That's Killing Us, Part 2</i>	Thursday, October 4	6pm-8:30pm
<i>Modern Medicine: Miracles, Money, & Mirages</i>	Monday, October 8	6pm-8:30pm
<i>Starving for Oxygen</i>	Thursday, October 11	6pm-8:30pm
<i>Winners in the Losing Game</i>	Monday, October 15	6pm-8:30pm
<i>Disarming Diabetes & Hypertension</i>	Thursday, October 18	6pm-8:30pm
<i>Cholesterol & the Crucial Meltdown</i>	Monday, October 22	6pm-8:30pm
<i>From Despair to Destiny</i>	Thursday, October 25	6pm-8:30pm
Heartscreen	Sunday, October 28	7am-9am
Graduation	Thursday, November 1	6pm-8:30pm

October 2012 Class RESULTS



Lifestyle improvements!

Better food choices

*Breakfast like a king,
lunch like a prince,
supper like a pauper*

*Started or increased
exercise*

Better rest/sleep habits

Dropped pounds!

Average loss of 6 pounds

Most lost - 18 pounds!

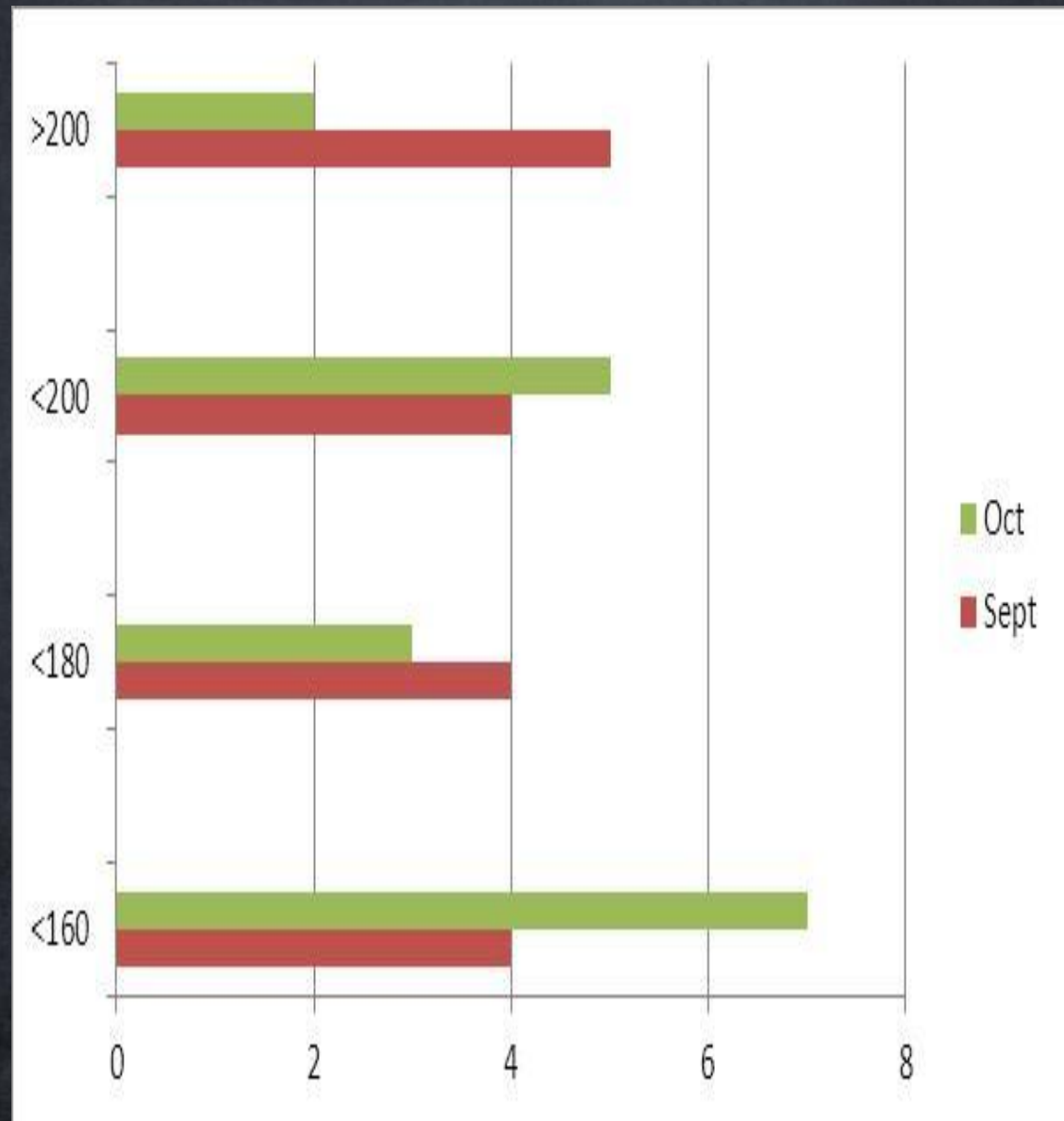
Nice job!

Those with
cholesterol level
>200 decreased!

Average ↓ 13

Range -35 to +3

Total Cholesterol



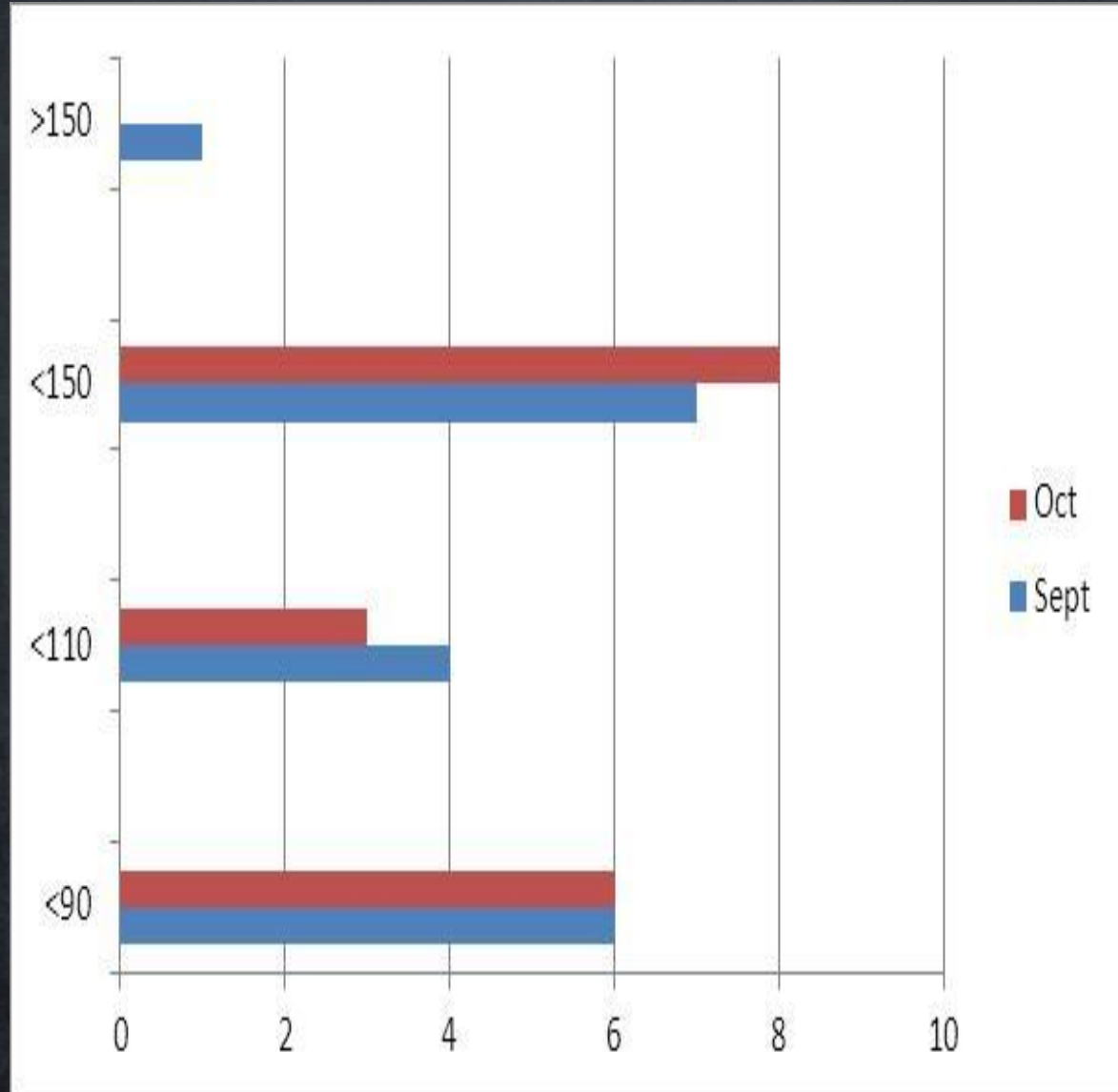
GREAT!

Oct – no one had
LDL >150!

Average ↓ 5

Range -25 to +6

LDL

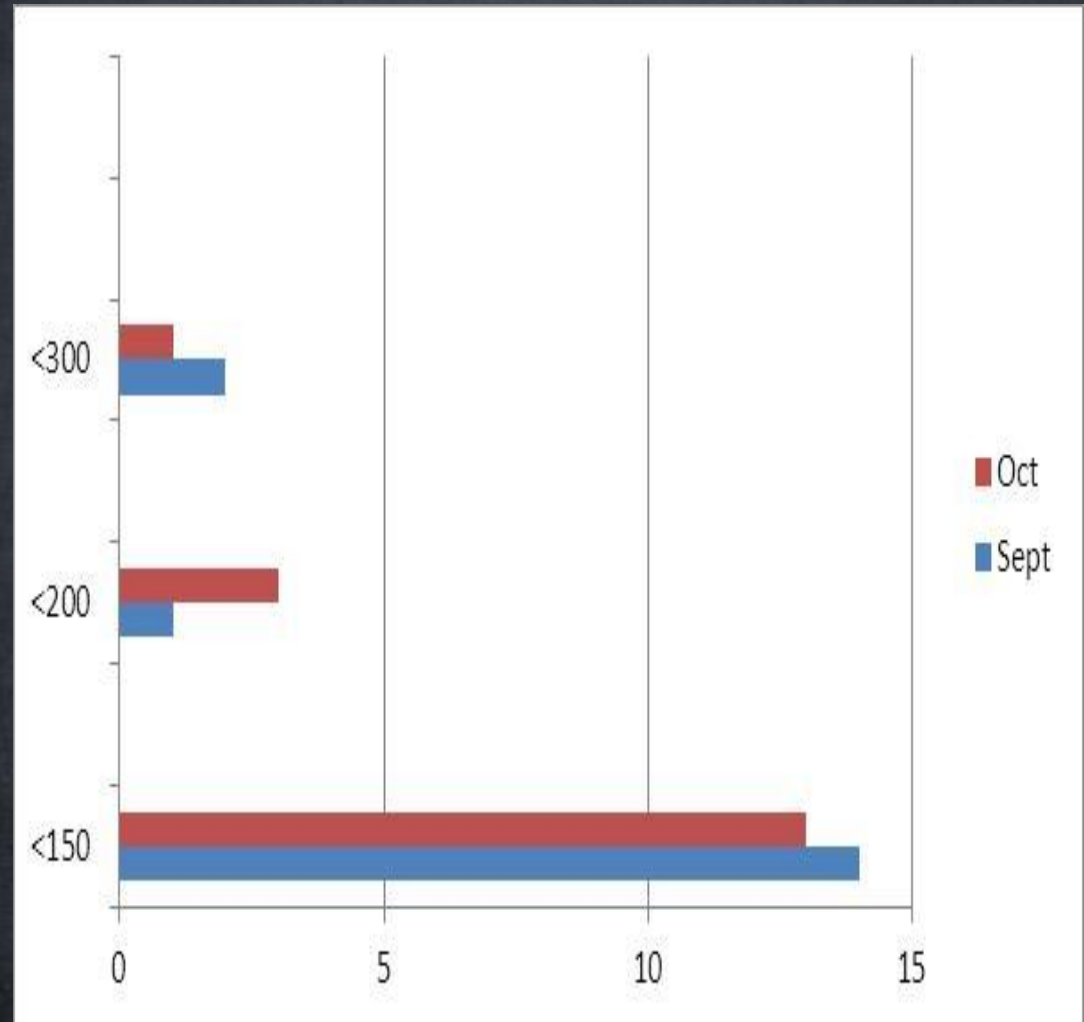


Nice job!

Average ↓ 13

Range -62 to +13

Triglycerides

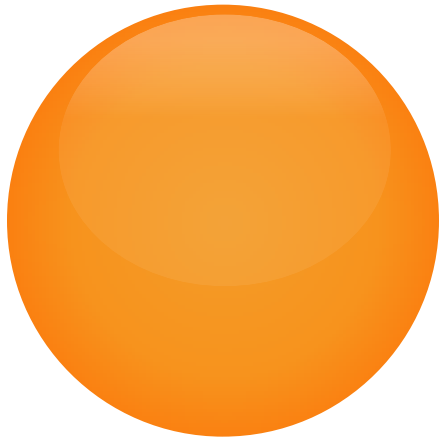








**NEXT COURSE TO BE HELD
JANUARY 2013**



COME JOIN US!

HEALTHY BY CHOICE NOT BY CHANCE! —

