

# HELP US HELP YOU BY ENGAGING

At IHC we tend to hear this comment quite frequently “*I had a bad week, but I still lost a pound. How’s that possible.*” Then the same person will go on & mention several times where they made slightly better choices, or choices that were less bad (not been sticking *exactly* to their custom program).

Despite whatever else happened that week, **they did this one thing: they remained engaged with their team or coach at IHC.** They communicated via emails, and in the back of their mind they knew they were coming to their scheduled follow follow-up consultation soon. They read the emails and Facebook messages from IHC. And in the interim, They made thousands of small lifestyle decisions were subtly influenced by these connections with IHC.

## Staying engaged is key.

**Engagement & regular connection exposes you to feedback.** Whether it is the feedback of one of IHCs loving team members, your scale, or information from a book you might be reading, or from a short Facebook post, this steady feedback exerts a subtle influence. It gets in our heads—in a good way. Connection & engagement is so powerful. It is estimated that we make over 200 food-related decisions each day. Add to that all the other lifestyle decisions, and you have an astounding number of choice points that are either going to be influenced by your old habits, or more helpful habits. It has been said that 80% of success is in just showing up. At IHC, we believe there is a lot of truth to that! The reverse is also true. **The more distance there is between you and us here at IHC, the more likely you are to revert to old habits.**

You can find connection & engagement in whatever way works for you. Using an app on your phone to track your weight or enter your meals into a food journal. Regularly reading books about well-being, or personal growth or searching for recipes that you can tweak to fit your program and sharing with us are all ways to stay connected. Whatever the case, they remain *engaged* through “bad” days and “good”, plateaus, WINS & setbacks, and high or low motivation....**the fact that you have and keep regular connections with us guarantees success over the long term, even if in the short term you don’t feel like you are succeeding.**

If weight loss seems intimidating, remember that if you just stay engaged with us at IHC, we can help you succeed. **Please make this a commitment today. We are here for you in what ever capacity we can to help you reach your visions & health goals.**

Stay engaged, & **your bad decisions will be less bad, your bad days will not become bad weeks, and the number of positive decisions will gradually increase.**

If you have disconnected from us & the program and want to get back on the road to success, reach out to us, make the commitment to re-connect. **Get back on track.** What’s stopping you?

Your Team at IHC of Charlottesville!

434-584-8100 [ihcweightloss.com](http://ihcweightloss.com)



CATHY



CRYSTAL



DR KIRK



EMILY



WENDI



KAITLYN



DR SANDRA



AMELIA