

Would you like to live a healthy and happy life? Then take better care of your body and your marriage. Researchers have found that on average children, women and men are happier and healthier when a couple is able to form and sustain a healthy marriage. Researchers have also found that on average men and women who are not overweight are healthier than men and women who are.

Very few people want to be overweight. In fact, Americans spend between 30-50 billion dollars each year in an effort to lose weight. Then why are 80% of adults over the age of 25 overweight? The answer for most is simple. They have eaten more calories than their bodies could use and most bodies convert those extra calories into fat.

The “**Secret to Weight Loss**” is what doctors and researchers have been saying for years. **Decrease the amount of calories you eat and increase the number of calories you use.**

Just as no one wants to be physically unhealthy, no one wants an unhealthy marriage filled with pain and misery either. Then why do over half of all married couples end up in unhealthy marriages? Once again, the answer for most is simple. They have done more to weaken their marriages than they have done to strengthen them.

The “**Secret to a Healthy Marriage**” is also what researchers have been saying for years. **Do more to strengthen your marriage and less to weaken it.**

How do you take these simple “Secrets” and apply them in your life?

One of the keys to losing weight is to reduce your portion size at your **three** balanced meals. Do you need to suffer hunger pains when you cut the portion sizes of your snacks and meals? Absolutely not. Drinking more water during the day and at meal times will reduce hunger pains. Also, eating more whole grains, fruits, and vegetables before your high calorie foods will help. Do you need to stop eating your favorite foods or snacks? Of course not. You just need to eat them in smaller serving sizes.

The other part of the weight loss equation is to increase the number of calories your body uses. Most of us think we don't have time to implement this part of the “secret” equation. Your body is actually using calories 24/7. The key to losing fat and keeping it off is to add Exer-living™ activities to your daily routine. Exer-living™ activities increase the number of calories your body uses while doing things you normally do. Examples of Exer-living™ activities include:

Lifting your heel 1/4 of an inch off the floor when you are standing and talking with someone.

Pushing against the floor with your feet whenever you are sitting.

For more Exer-living™ activities that can help you increase the number of calories your body uses and tips to decrease the number of calories going into your body, visit healthymarriage.org

As with any exercise program, you should start off slowly. If you have chronic health problems such as obesity, diabetes, heart disease, high blood pressure, or if you are over age 40 (men) or 50 (women) ask your doctor if these activities are right for you.

It is easier to maintain a healthy weight than to lose unhealthy pounds. The same is true for marriage. It is easier to maintain a healthy marriage than to heal an unhealthy marriage.

Take the time and effort to nurture your marriage now so you don't have to heal an unhealthy marriage later. If you are in an unhealthy marriage, then start the healing process now. The sooner you begin, the easier the healing process will be.

The steps to maintain a healthy marriage and to heal an unhealthy marriage are the same. The only difference is time. You will need to spend more time and effort healing an unhealthy marriage than a healthy one.

One important step in forming and sustaining a healthy marriage is to learn the basic relationship skills and insights to strengthen your marriage. These include respect, forgiveness, time, service, appreciation, conflict management and many others.

We have developed *The Keys to Unlocking the Door to a Healthy and Happy Marriage* pamphlet series to help you learn these and other skills. You can read these pamphlets online by visiting the products page at www.healthymarriage.org

If your goal is to lose weight, you should also put extra effort into strengthening your marriage. If not done correctly losing weight can actually weaken your marriage.

One way to strengthen your marriage is to increase the respect you have for your spouse. For the next three weeks make a list each day of ten positive things about your spouse. You can also include things he or she has done for you in the past. Each night share a few of the items with your spouse. Visit healthymarriage.org for other tips on decreasing the chances of hurting your marriage while losing weight.

To increase the likelihood of maintaining your weight loss, you need to learn to increase your sense of self-worth, deal with emotional pain in a healthy way, and learn how to acknowledge and move on when you make mistakes. Tips to accomplish this can be found at healthymarriage.org.

Becoming physically healthier and forming and sustaining a healthy marriage take time and effort, but the benefits to you, your spouse and your children are worth it.

The most important step in achieving your goals is to **just start**. Time is going to go by anyway so why not lose weight and strengthen your marriage by starting the Healthy Marriage Weight Loss Program today? E-mail your weight loss results to weightloss@healthymarriage.org



Healthy Marriage Weight Loss Program™

This on-line program can help you lose weight, strengthen your marriage and improve yourself.

Take the first of eight sessions for free at healthymarriage.org/1section1.htm

For more information and details e-mail aaron@healthymarriage.org or visit

healthymarriage.org

Lose Weight & Strengthen Your Marriage



The Healthy Marriage Weight Loss Program™

Simple Tips for Losing Weight and
Gaining a Healthy and Happy Marriage