



... Simple, not Easy...

Living in Wellness

Nov 3, 2018

THE CENTER FOR DISEASE CONTROL DEFINES WELLNESS AS:

- "THE DEGREE TO WHICH ONE FEELS POSITIVE AND ENTHUSIASTIC ABOUT LIFE"

Nov 3, 2018



Lifestyle: The key to Wellness or Illness and Disease

- 1 The USA is in the midst of an **obesity crisis** resulting from lifestyle choices which directly lead to a wide range of preventable diseases and illnesses.
- 2 **Lifestyle can be modified and managed**, to overcome and defeat obesity, and to create an environment where *Wellness* and *Quality of Life* increase.

"The root cause of the health care crisis in the USA is our lifestyle." - Shanna Dunbar (at the 10th Annual Ohio Employee Health and Wellness Conference)

Nov 3, 2018

My Weight, Health and Fitness History



Weight:	150	180	225	350	404
Age:	14	24	34	44	54
Date:	1970	1980	1990	2000	2010

Health & Fitness:

Excellent health and fitness. Play all sports: baseball, track, football, tennis, gymnastics. Healthy food + Mom.	Best shape of life. Competed in long distance runner. Gymnastic instructor. Play baseball, tennis, racquetball. Day light, decently.	Stopped running, 8+ hours work a week. Developed very poor eating habits - wrong food, too much food, wrong time.	Cholesterol high. Size and weight beginning to limit physical activities. Getting sick, soccer, biking etc. 1 hour work a week. Trouble with theater, airplane seats.	BP, blood sugar, cholesterol all high/ rising. Knees and joints pain. Edema. Size and weight limitations to physical activities. No tennis, bad knees.
---	--	---	---	--



In 2010

- Weight 404
- Blood Pressure = rising
- Blood Sugar = marginal
- Cholesterol = high
- Could no longer ride my bike, snow ski, play soccer
- Didn't fit into airplane or theater seats, restaurant booths



After years of fad diets, Weight Watchers, coaches and trainers, hospital supervised nutrition programs, and counseling... **I Had Hit Rock Bottom**



So, on October 4, 2010 I had Roux en-Y (Gastric Bypass) Surgery



October 3, 2011

- Weight 202...
- Blood Pressure = Perfect!
- Blood Sugar = Perfect!
- Cholesterol = Low!
- Ran a 5k
- Fit into airplane and theater seats,
- Rode in the back seat of cars,
- Fit into restaurant booths



For 7 years I've led a very active and healthy lifestyle and pursued what I call my Journey to **Living in Wellness**





Today

- It's a story that I like to share
- Weight control is one of the most difficult tasks of self-management most people face
- Some people fail miserably, their quality of life suffers, their self-esteem suffers, they constantly work against a negative self-image
- I like to focus on the needs of obese seniors – people aged 55 and older



Nov 3, 2018



Today

- Speaking: I am a frequent speaker at weight loss conferences.
- Coaching: I enjoy coaching weight loss and lifestyle clients of all types.
- Author: Published in several national magazines.
- Author: Book – "Simple, Not Easy"
- Activist: BOD of the WLSFA, creator of the Tour of Hope (bike ride).
- Athlete: Male BarAthlete of the Year 2017

But Why Did It Work For Me and What Can You Learn?

- I believe my chances of success were greatly improved by the approach I took to managing the process.
- The TODD is NOT the reason I lost weight, or that I keep it off.

Nov 3, 2018

Moment of Clarity – Rock Bottom

The Prison of Obesity:

- My Quality of Life was suffering.
- My Health was Falling,
- My Happiness was declining.

And then I saw clearly that:

The life I wanted
and
The life I was living

Were far apart. There was a gap between the reality I wanted and the one I was living.



Nov 3, 2018

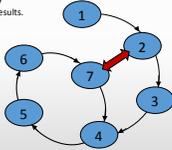


My "Project Management" Approach

I spent my career as a consultant managing projects for clients.

- Managing projects to span the gap of "want and reality"
- Establishing processes and operations to standardize results.

1. Identify and define needs
2. Establish goals and objectives
3. Research resources and methods
4. Design solution and an implementation plan
5. Identify barriers to success and develop strategies
6. Implement the plan and strategies to overcome barriers
7. Monitor results compared to plan and modify as required



My health and wellbeing would become my "project"



First, Identify the Actual Problem that Needed to be Solved:

1. Close the gap between what I desired from life and what I was experiencing.
2. Establish long-term lifestyle practices.

Reality Want

1. I am not happy with my life. My weight has caused my quality of life to decline. I fear my chances of early death are rising. I have had several "rock-bottom" experiences.
2. The change I need isn't a fix, but a paradigm lifestyle shift. The goal is long-term change, not a specific weight.



Second, Establish Goals, Objectives and Timelines

- 1) Lose 200 pounds (1-2 years)
- 2) Maintain a Healthy Lifestyle (2 years +)





Third, Research Resources and Methods

We learned all we needed to know about the math of weight loss – addition and subtraction – in the 1st grade.



Weight Loss Math Simplified: **Eat Well and Exercise**

An ongoing calorie deficit = weight loss,
An ongoing calorie surplus = weight gain.
Weight is gained or lost at approximately one pound per 3500 calories.



Nov 3, 2018



The Challenges of the “Eat Well and Exercise” Philosophy

Managing Calorie Intake Issues

Issue	Prevalence	Research	Solutions
Volume - Eating too much (& quickly)	50%	Physical Restriction, Practice	WLS, counseling
Quality – Eating poor nutritionally	20%	Education, Practice	WW, JC, DaM
Lifestyle – Eating at wrong times	20%	Education, Practice	Coaching
Psychology – Emotional eating issues	10%	Analysis, Success Habits	Analysis, counseling
Physiology – Issues with blood sugar, other	0%	Physical Improvements	Physician, medicine

Increasing Calorie Burn Issues

Issue	Prevalence	Research	Solutions
Health/physical limitations/Metabolism	50%	Physical Improvements	PT, medicine
Exercise knowledge/experience	0%	Education	Coach
Motivation	50%	Success Habits	Coach, community



Nov 3, 2018



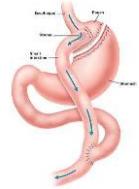
Fourth, Design a Solution and Implementation Plan

What is Roux en-Y (RNY) Surgery?

During RNY surgery the stomach is separated into two sections. The upper part is made into a very small pouch that holds 1 to 2 ounces initially. It is about the size of your thumb. A normal stomach holds 40 to 50 ounces and is roughly the size of a person's head.

After the stomach is divided, the small intestine is cut about 18 inches below the old stomach. The cut end of the intestine is looped up and then connected to the new small pouch, which will hold all of the food as it is eaten.

The small pouch and restrictions delay the emptying of food from the pouch and causes a feeling of fullness.



Nov 3, 2018



Once I decided to have Gastric Bypass I wanted to know:

- What did successful people do differently than others?
- What acts or practices did they utilize?
- Tips and tricks that just might make this *Journey to Fitness* a bit simpler.



So I turned to the Internet...



I was excited to learn what simple tricks others have employed to make their GB experience so successful.

What I found was a bit... well, Simple:

1. Successful patients manage what they eat,
2. Successful patients drank water,
3. Successful patients took daily multiple vitamins and calcium,
4. Successful patients slept 7 hours per night on average,
5. Successful patients exercised regularly,
6. Successful patients took personal responsibility for staying in control



Universal Truth about Weight Loss and Lifestyle Management

Regardless of the tool utilized, any successful weight loss and weight management effort requires the ability to manage the calories brought into your body and the calories you burn through the use of your body.



- | | |
|---------------------|-------------------------|
| Weight Watchers | Hip Hop Abs |
| Jenny Craig | Spark People |
| Tan-To | The Mediterranean Diet |
| P90X | Yoga/Tai Chi |
| Keto/Paleo | Nutrisystem |
| Insanity | Swimming/Running/Biking |
| Weight Loss Surgery | Hypnosis |





Turns out, weight loss/management and a healthy lifestyle
Really Is Simple...
... It's Just Not Easy



According to Webster:

Simple	Easy
1. not complicated	1. capable of being accomplished or acquired with ease
2. easy to understand	2. posing no difficulty
3. not elaborate	3. requiring little effort or endeavor; undemanding
4. straightforward	4. free from worry, anxiety, trouble, or pain
	5. with little effort

We don't really need help making the process of weight loss simple...
...we need help making this simple process easier!



Fifth, Identify Barriers to Success and Develop Strategies

Reviewing my failures as a Project Manager, I found four common barriers to success.

1. Conflicting Priorities
2. Dishonesty (w/myself/others)
3. Poor Planning & Implementation
4. Recklessness & Sabotage



I believed that I would greatly increase my chances of success with WLS if I focused on overcoming these barriers.





Barrier #1 – Conflicting Priorities

Impossible to serve two Masters. There cannot be two *first priorities*.

Our priorities conflict every time we try and squeeze multiple activities into the time appropriate for only one.



Nov 3, 2018



Strategy #1 – Prioritize: Put YOU First

It goes like this... You are First. If you are not healthy, if your condition is such that you cannot take full advantage of the opportunities that life offers you, then you **MUST** reprioritize your life and put yourself and your health first. This is not negotiable... If you cannot do this, you cannot make the Journey

You are your first priority.

- This is not permission to be selfish. Your existing actions have been selfish:
- front seat of car
 - clothes cost more
 - bed wears out
 - create worry and fear in friends and family

Prioritizing your life to put your health first, will increase your chances of success!

Nov 3, 2018



Barrier #2 – Dishonesty

Nobody weighs 400+ pounds without lying to themselves & others a great deal. Everyday. About everything.

The Al Linsoki Story – "I Eat Well and Exercise"

Deep inside we all know what causes weight gain... taking in more calories than you burn up. Its simple math. We know it, we just don't like it, and therefore invent convenient alternate truths to avoid dealing with it. We deny. We lie. Along the way we willingly allow ourselves to be seduced by fast diets, magic weight loss pills, and "no exercise, eat what you want, miracle weight loss programs" that sell for "Three easy payments of \$49.99"



Nov 3, 2018



Strategy #2 – Learn to be Brutally Honest

- Honesty – with yourself
 - Don't duck the truth, use the words you've hated to use
- Honesty – with others "How Did You Do It?"
 - The Ladder story
 - It won't get you out of bed to go workout



The truth is the truth. Know it, live it. Being brutally honest will increase your chance of success!



Barrier #3 – Poor Planning and Implementation

"Failing to Plan is Like Planning to Fail."

- Failure to plan is inefficient - It wastes time and energy
- It does not allow for contingencies and unknowns
- Imbalance of wants and desires "Best Weight"



Strategy #3 – Develop a Nutrition and Exercise Plan

Once you make the decision to pursue a healthy lifestyle, you need to begin the development and use of a nutrition & exercise plan

- Planning breeds ownership
- Planning allows for the ability to adapt and modify – NASA and bike ride examples
- Planning provides a roadmap to success – prevent hubris or second guessing



Having and using a plan will increase your chance of success!





Barrier #4 – Testing Limits/Recklessness/Sabotage

Old habits die hard, many lie dormant and can resurface when you are most vulnerable.

- Times of stress
- Peer pressures
- Wanting to fit in
- Situations – auto, phone, restaurants
- Over complicating – delay, shift focus, debating facts



Nov 3, 2018



Strategy #4 – Giving my Body what it Needs rather than Testing Limits

- "You'll just have to learn your limits."
- Live by Design and Election
- The Sabotage of Time/Focus/Attention/Avoidance – K.I.S.S.

Overcoming recklessness and self-sabotage, learning to give your body what it needs rather than what it wants, and learning to live in control will increase your chance of success!

Nov 3, 2018



THE WEIGHT LOSS ... HEALTH ... FITNESS ... WELLNESS PROGRESSION

- Over complicating – delay, shift focus, debating facts



Nov 3, 2018

Life is Good – But LIVING is Great!

Live 'LARGE' and seek adventure utilizing/developing my mind, body and spirit

- ✓ Travel the world
- ✓ Adventure biking
- ✓ Give back and support others in the WLS community
- ✓ Test my limits – Physical, mental, spiritual
- ✓ Delight myself everyday

I'd like to highlight some of the adventures I've undertaken with my new Lifestyle



Travel and Adventure



There are **7 Continents, 5 Oceans, and 7 billion People** on this planet... I want to walk on, swim in and meet every one of them!

- Thailand,
- Korea,
- Japan,
- England,
- Hong Kong,
- Australia,
- New Zealand



Speaking



Speaking at a wide range of weight loss conferences and weight loss communities:

- ObesityHelp National Conferences
- The Ohio State University Hospital
- The Southeast Weight Loss Conferences
- The Association of periOperating Room Nurses
- WLSFA Annual Conferences
- Otterbein University – Guest Lecturer
- St John Providence Hospital
- New Neighbors League of Columbus
- Ohio Employer Health & Wellness Conference





Board Member – Weight Loss Surgery Foundation of America



The WLSFA is a 501 (c) 3 non-profit charity that raises funds for weight loss surgery grants for people who have been medically approved for WLS, and do not have the required funds for this life-saving procedure nor the insurance coverage to pay for it.



Nov 3, 2018



Adventure Biking - Tour of Hope



The Tour of Hope (TOH) is dedicated to:

- Raising awareness of the obesity epidemic across the USA,
- Demonstrating that it is possible to escape the prison of obesity,
- Raising funds for the Weight Loss Surgery Foundation of America (WLSFA).

Nov 3, 2018



Male BariAthlete® of the Year 2017



- 4000+ miles ridden on my bike
- Pueblo, CO to Wichita, KS – 595 miles
- Columbus, OH to Raleigh, NC – 525 miles
- Columbus, OH to Gaylord, MI – 468 miles (TOH 3)
- Seattle, WA to Portland, OR – 212 miles (TOH 3)
- Frisco, TX to San Antonio, TX – 330 Miles (TOH 3)
- Coming to ME! Savannah, GA to Orlando, FL – 320 Miles (TOH 4)
- 2200+ training miles



Nine 5K Runs

We are capable of far more than we can imagine. There are no limits except those we impose upon ourselves. Age has nothing to do with possibilities - who is too old to dream?

Nov 3, 2018

So Having Faced & Overcome the Challenge of Escaping the Prison of Obesity:

What Now?

"You endured the pain, you found the courage to fight through the misery, you found beauty in the ache, the burn, the sheer torment you inflicted upon yourself, and that alone is an experience to be thankful for."
"And while you might not have a shiny medal or trophy to show for it, you learned something much more meaningful in that the person you thought you were is nothing compared to the person you are."

Quora Contributor
"That's Why I Run"
Published in Runner's World Jun 22, 2012



We are capable of far more than we can imagine. There are no limits except those we impose upon ourselves. Age has nothing to do with possibilities - who is too old to dream?

Go find your mountain and climb it!

I don't know when I am going to die, I only know that as long as I am alive, I'm going to LIVE!

WHS Nov 3, 2018



Weight Loss & Management
Healthy Lifestyle Habits
Strength and Physical Activity

Let's Discuss Starting Our New-Life

Website: www.WHS-NewLife.com
Facebook: www.facebook.com/WHSNewLife
Email: bill@WHS-NewLife.com
Phone: 614-327-7440

WHS Nov 3, 2018