

# DR. A'S HABITS of HEALTH

THE PATH TO PERMANENT WEIGHT CONTROL AND OPTIMAL HEALTH

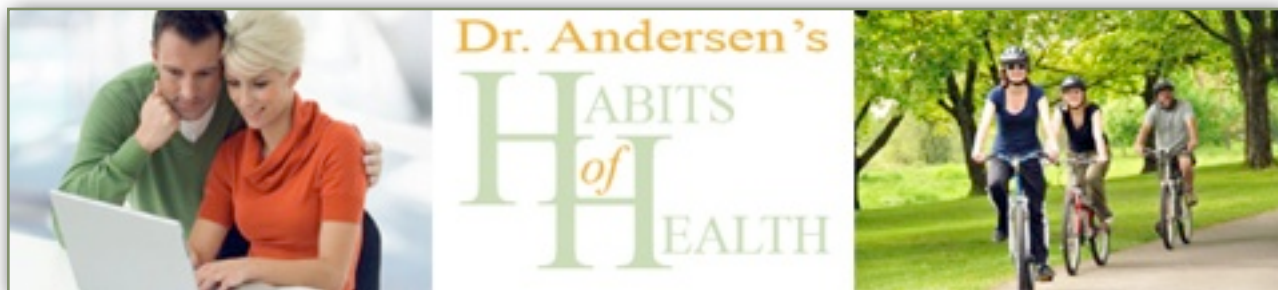
## The Habits of Health System



**"A Comprehensive Health Training Course"**

Dr. Wayne Scott Andersen

*Dr. Wayne Andersen*



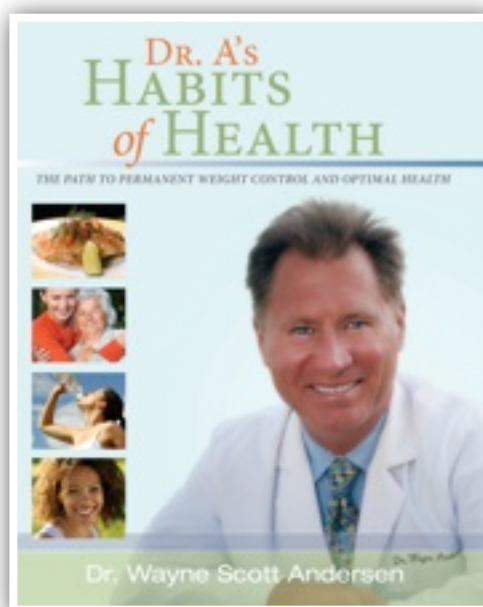
## The Habits of Health System

The weekly lesson plan outlined in the pages to follow are part of a complete self-study guide to creating Optimal Health in your life. This comprehensive “Habits of Health System” is designed to give you control over your daily habits and behaviors in order to create a life of vibrancy and optimal health.

*This one of a kind health system, utilizes three very important tools:*

1. The first is “*Dr. A’s Habits of Health*” a best selling book on creating the habits necessary for a life of Optimal Health.
2. The second tool is a companion study guide, “*Living a Longer, Healthier Life*” which is a critical piece of self-actualization as you discover what it truly means to create the life you desire.
3. The final piece is the double DVD series with the “**Thin Healthy Mind**” and the “**Thin Healthy Body**” DVD’s to help visually illustrate how you will guide yourself through this self study course.

Using these three tools and completing “The Habit’s of Health System” course is the difference between just reading about creating health and actually creating it.



**Week One:****Habits of Health Reading:**

- Read the forward and Preface of Dr. A's Book "The Habits of Health" (HOH)
- Read Chapters 1 & 2 in Dr. A's Habits of Health

**Workbook Assignment:**

- Complete Lessons 1-3 "*Changing Your Stars*"

**DVD Video Series Sections to Watch:**

- View the Video Introduction Volume I - "*A Thin Healthy Mind*"
- View Volume I - Section titled "*A Thin Healthy Mind*"
- View Volume I - Video Lessons 1, 2 & 3

**Study Objective:**

- Learn how to recognize bad habits
- Learn how to create new habits
- Learn how to break a negative behavioral chain
- Learn how to stop bad/unhealthy habits

**Week Two:****Habits of Health Reading:**

- Read Chapter 3 in Dr. A's Habits of Health (HOH)
- Read Chapters 5 in Dr. A's Habits of Health & Complete The Health Assessment

**Workbook Assignment:**

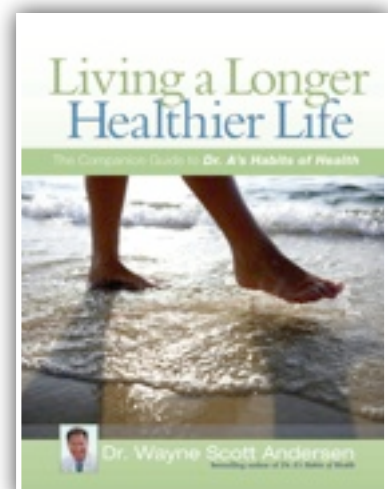
- Complete Lessons 4 & 5 - "*Your Current Reality*"

**DVD Video Series Sections to Watch:**

- View Volume I - Lesson 4 "*Start Where You Are*"
- View Volume I - Lesson 5 "*Deciding What You Want*"

**Study Objective:**

- Learn how to set goals
- Learn "What is Structural Tension"
- Determine your current reality in order to create your personalized "Structural Tension"



**Week Three:****Habits of Health Reading:**

- Read Chapters 4 in Dr. A's Habits of Health (HOH)

**Workbook Assignment:**

- Complete Lessons 6 & 7 - "It's All About Choices"

**DVD Video Series Sections to Watch:**

- View Volume I - Lesson 6 "*The Power of Choice & Discipline*"
- View Volume I - Lesson 7 "*Daily Choices for Optimal Health*"

**Study Objective:**

- Learn the difference between - "Primary, Secondary & Fundamental Choices"
- Organizing your daily choices around what matters most
- Learn how to create your personalized "Structural Tension" (Page 31 workbook)
- Applying primary & secondary choices to your daily life

**Week Four:****Habits of Health Reading:**

- Read Chapters 6 & 7 in Dr. A's Habits of Health (HOH)

**Workbook Assignment:**

- Complete Lessons 8 - "*Reaching a Healthy Weight*"

**DVD Video Series Sections to Watch:**

- View Volume II - Introduction "*A Thin Healthy Body*"
- View Volume II - Lesson 8 "*Reaching Your Health Weight*"

**Study Objective:**

- Understand the core principles of weight loss
- Get ready to lose weight
- Importance of keeping a journal, planning your day
- Learn how to handle cravings
- Create weight loss structural tension chart



**Week Five:****Habits of Health Reading:**

- Read Chapters 8, 9 & 10 in Dr. A's Habits of Health (HOH)

**Workbook Assignment:**

- Complete Lessons 9 - "*Eating for Weight Control*"

**DVD Video Series Sections to Watch:**

- View Volume II - Lesson 9 "*Eating for Weight Control*"

**Study Objective:**

- Identifying healthy foods to choices
  - Understanding Energy management
  - Understanding and Incorporating the 9 inch plate
  - Reviewing and understanding the color coded shopping system
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**Week Six:****Habits of Health Reading:**

- Read Chapters 11 & 12 in Dr. A's Habits of Health (HOH)

**Workbook Assignment:**

- Complete Lessons 10 - "*Optimal Healthy Eating*"

**DVD Video Series Sections to Watch:**

- View Volume II - Lesson 10 "*Eating Healthy for Life*"

**Study Objective:**

- Eating healthy for Life
- Understanding that the Habits of Health is a life time of healthy choices.



**Week Seven:****Habits of Health Reading:**

- Read Chapters 13, 14 & 15 in Dr. A's Habits of Health (HOH)

**Workbook Assignment:**

- Complete Lessons 11 - "Life in Motion"

**DVD Video Series Sections to Watch:**

- View Volume II - Lesson 11 "Habits of Active Living"

**Study Objective:**

- Learn the habits of active living
- Mastering calorie burn for long term weight control
- NEAT System (Non-Exercise Activity Thermogenesis)
- Incorporating the "Six S's of Success"

**Week Eight:****Habits of Health Reading:**

- Read Chapters 16 in Dr. A's Habits of Health (HOH)

**Workbook Assignment:**

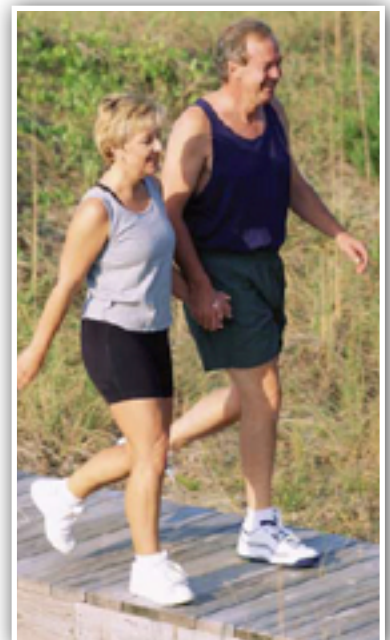
- Complete Lessons 12 - "Making Exercise a Reality"

**DVD Video Series Sections to Watch:**

- View Volume II - Lesson 12 "Muscles in Motion"

**Study Objective:**

- Learning the *Habits of Motion*
- Creating a *EAT Walking Program*
- Creating *EAT Resistance Program*
- Developing a *Structural Tension* chart for exercise



**Week Nine:****Habits of Health Reading:**

- Read Chapters 17 in Dr. A's Habits of Health (HOH)

**Workbook Assignment:**

- Complete Lessons 13 - "The Missing Factor"

**DVD Video Series Sections to Watch:**

- View Volume II - Lesson 13 "The Discipline of Healthy Sleep"

**Study Objective:**

- Optimizing your environment
- Understanding the importance of sleep
- Evaluate the quality of your sleep

**Week Ten:****Habits of Health Reading:**

- Read Chapters 18 in Dr. A's Habits of Health (HOH)

**Workbook Assignment:**

- Complete Lessons 14 - "The Bio-Network"

**DVD Video Series Sections to Watch:**

- View Volume II - Lesson 14 "Habits of Helping Others"

**Study Objective:**

- Understanding the importance of Support
- Share the "Habits of Health" with others
- Identifying healthy role models - Becoming one
- Creating YOUR Structural Tension Chart



**Week Eleven:****Habits of Health Reading:**

- Read Chapters 19 in Dr. A's Habits of Health (HOH)

**Workbook Assignment:**

- Complete Lessons 15 - "Dousing Inflammation"

**Study Objective:**

- Understanding inflammation & premature aging
  - Learn how to create a healthy immune system
  - Learn how to beat inflammation
  - Understanding the influences of bad health & their effects
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**Week Twelve:****Habits of Health Reading:**

- Read Chapters 20 in Dr. A's Habits of Health (HOH)

**Workbook Assignment:**

- Complete Lessons 16 - "Vita Nutrients"

**Study Objective:**

- Learn that optimal health is life long journey
- Develop individual nutrition plan



## “Transition to the Trilogy”

### Habits of Health Reading:

- Read Chapters 21 in Dr. A’s Habits of Health (HOH)

### Workbook Assignment:

- Complete Lessons 17 - “Creating Well-Being”

### Study Objective:

- Assessing your current reality
- Understanding where you are in terms of fulfillment
- Learning how to enrich your Life
- “The Teachable Moment”

## Lesson Summary:

Hopefully, by now, you have completed each of the weekly lessons in the “Habits of Health System” course. Please review each week to make sure you have not skipped over any of this valuable material which will be used in creating the life you desire. If you find that your understanding of the material is not what it should be, feel free to retake a lesson so that you fully understand the power that creating the Habits of Health can have on your overall health and well-being for many years to come.

**Take a few minutes to write down what you learned during this course.** I’m not looking for you to take an exam of the material. What I am asking you to do is to examine where you are at in your life and to write down the changes you see for your life. This written statement can be both an examination of your current reality and a vision of the life your are creating. But more importantly, write down the specific daily choices that you plan on incorporating in order to live the Habits of Health for a Longer, Healthier Life!

(Use a Separate Page if Necessary)

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**Contact Your Health Coach** and share what this course has meant to you. If you do not have a Health Coach and would like to get in touch with someone to coach you, feel free to contact the advisor team at [www.HabitsofHealth.net](http://www.HabitsofHealth.net)

*Thanks You - Dr. Wayne Andersen*