

# Living It! Methodist Hospital

## Exercise

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### Take Home Message: How to Have Long-Term Success!

#### 1. Make it a priority!

If you're not committed, success is difficult. Remember the ups and downs you have before starting this program?

#### 2. Develop a Plan!

- Hire someone to help: Make sure they are qualified!
- Make sure the plan is comprehensive
  - Flexibility, strength and cardio

#### 3. Resistance Training!

- Must be included
- It's now (FINALLY) in all of the recommendations
- Many benefits: metabolic, skeletal, cardiovascular, hormonal, etc...
- Don't have to turn into a bodybuilder!

#### 4. BONUS!

This is What! Specifically for those in Living It! Program

A Saturday only program where we help you develop a plan of action for long-term success!

- Specifically for you, based on your current abilities and your objectives
- Everything presented to you in a binder
- We take you step-by-step, from beginning to end
- Regular 1-on-1 consultations

2-, 6- and 12-month options  
Starting at \$180 monthly