

FEED YOUR MIND, BODY AND "SOLE" WITHOUT FOOD!

JOIN WALKING SOLES 2007

The Only Outdoor Psycho-Educational and Walking program for plus Size Women and Compulsive Overeaters on Long Island in its 4th year!

Solutionsweigh Program for Compulsive Eaters
Virginia Porcello, PhD., LMHC, CEDS, Director
Invites you to join this year's group

If you are struggling with.....

- Compulsive overeating
- Yo-yo dieting
- Feeling helpless about losing weight and getting active
- Trying to stay consistent with an exercise program
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If you are a plus size women.....than this is the group for you!

It's impossible not to be affected by the constant health warnings that excess weight is the enemy.

Yet, weight-loss programs have an appalling success rate. More than 98 % of people who lose weight through diet and/or exercise gain that weight back (and often more) within five years.

Overweight women are subjected to ongoing judgments and assumptions that their size precludes health, let alone fitness.

Setting up unrealistic and often unachievable goals only creates feelings of failure and low self-esteem and does not promote health and well-being.

The Problem:

Most people are consistent in exercising *occasionally*,
watching what they eat *occasionally*,
Setting a goal or two *occasionally*,
and sticking to a budget *occasionally*.

Occasionally is the formula for failure: inconsistency is the reason why people can not achieve their goals. *Occasionally* leads to living a life of hopelessness and desperation.

When you feel hopeless and helpless about your weight,
It CAN FEEL IMPOSSIBLE to make a decision to do something.

But learning to be consistent in your actions over time is the key. You are not born with that knowledge, it must be learned. But you have to start somewhere.

Doing the same thing over and over again only brings the same results. Think about changing your life.

You know you want to achieve your goals.....

Join the Solution!

How do you want to FEEL at the end of this summer?

The choice is yours.

You can think about changing, or you can take an action to change.

Take this opportunity to learn from the expert!

Dr. Porcello will share with you her years of expertise in helping hundreds of compulsive eaters lose weight, make life changes, and find the happiness you are craving for! Her philosophy is about being judgment-free, shame-free and more self-accepting about our bodies. (read more about Dr.

Porcello on the website

www.solutionsweigh.com

Who should join this group?

This group is open to all plus-size women (and our supportive friends) who want to walk and find a support group. You do NOT have to be exercising currently to join the program – there will be people of varying fitness levels in the program. The group will be geared toward people interested in beginning a walking program at their own pace, who want to have fun doing it and like the idea of doing it with a community.

The only things you need to bring are comfortable clothes, walking or running shoes, and a water bottle/hydration system. Good workout clothes will be helpful.

The Solution:

How the 'WALKING SOLES' OUTDOOR PROGRAM works:

- ❖ Group meets each week for 90 minutes (30 minutes of walking with a partner and 60 minutes of support group session.)**
- ❖ Each person is partnered with one or two people who walk at the same level (No need to feel like you are not ready or embarrassed, you can walk from one bench to the next and rest, walk for 10 minutes at a time or faster pace for 30-45 minutes) THE GOAL IS TO MAKE EVERYONE FEEL COMFORTABLE AND SAFE!**
- ❖ Topics are given out to discuss with your partners as you walk.**

- ❖ Members meet after walking with Dr. Porcello for a 60-minute support group to discuss the topic of the day, where you will receive handouts and motivational materials to support you through the week and get personal feedback about controlling your emotional eating and binges.

**PRE-REGISTRATION IS REQUIRED.
Register Now:**

GROUP TIMES

Group A: SATURDAY Group meets from 9:30a.m. to 11:00a.m.

Group B: TUESDAY Group meets, 6:30p.m. to 8p.m. (starts JUNE 5th)

WHERE: Eisenhower Park, Parking Field # 1
(Directions will be sent when you join)
In case of rain, group meets indoors

FEES: Weekly sessions \$30 sold in pkg of 4 or 8 sessions only:
4-session pkg: \$120
8-session pkg: \$230 (\$10 discount)

Fee includes handouts, motivational information, 1 hour support group with Dr. Porcello, 30 minutes of motivational walking with partners.

If you are currently a client working with Dr. Porcello, you will receive a client rate of \$25 per session.

ADDITIONAL BONUS:

RECEIVE ONE WEEK FREE for every person you refer to Walking Soles who joins and pays in full for the program.

Makeup sessions are available with another group within a 2 week period.

PRE-REGISTRATION IS REQUIRED

REGISTER BY MAIL OR WEBSITE www.solutionsweigh.com

OR CALL: **516-877-0200**

Please mail your check to:

Solutions

1517 Franklin Avenue

Suite #100

Mineola, NY 11501

Email: drporcello@solutionsweigh.com

You can also pay online on the website: www.solutionsweigh.com .

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Visit our web site to find out about our other services at www.solutionsweigh.com

If you would like to be removed from our email list, please email us and add the word remove in the subject line. Thank you.