

Please read and complete this side of the form, even if you choose to fax the completed and signed front side of the form. Reading and completing this side of the form will help you to become familiar with the basic structure of your program, and your responses will facilitate discussion with your personal Consultant.

Communication with your Health Consultant is through telephone appointments, and possibly email and the internet. You will also have the option to participate in small group telephone conferences. While all 3 consultant-guided Restore program tracks are about 32 weeks long, your program will be tailored to your specific goals.

Typical appointment schedule - a total of 14 meetings over 32 weeks:

- **four during the first month (45, 30, 15, and 15 minutes)**
- **two in months 2, 3, and 4 (15 minutes each)**
- **one in months 5, 6 and 7 (15 minutes)**
- **a wrap-up session in the eighth (final) month (30 minutes)**

Below are **5 stages** one is likely to encounter on the path to altering a habit or making a significant lifestyle change. Under the headings for **exercise** and **nutrition**, check the box corresponding to your current stage of readiness to make positive changes.

Exercise Nutrition

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Pre-Contemplation - I have not seriously thought about making changes.

Contemplation - I have given serious consideration to making some changes.

Planning - I have begun to plan *how* I might begin to make positive changes

Action - I have begun to take steps to make some positive changes.

Maintenance - I have made positive changes, and developed healthy habits.

The single goal that I most want to achieve:

About **exercise**: The American College of Sports Medicine and American Heart Association recommend 30 minutes of aerobic exercise, 5 days per week, two full body strength training sessions per week, and stretching/range of motion exercise. Persons with known disease such as type 2 diabetes, or with high risk factors are encouraged to do more – as much 60- 90 minutes of exercise/day.

About **nutrition**: Sources such as the Mayo Clinic, Johns Hopkins, and Harvard School of Public Health promote a diet rich in whole, nutrient-dense, plant-based foods – fruit, berries, vegetables, nuts, whole grains, healthy oils, and legumes. The Harvard group points out that the U.S. Government-sponsored food pyramid is flawed because it reflects the bias of the powerful food industry. When it comes to **reversing** a disease such as type 2 diabetes or heart disease, (not merely slowing its progress or managing it), nationally-recognized experts in lifestyle interventions for disease reversal, Joel Fuhrman, M.D., Caldwell Esselstyn, M.D., Dean Ornish, M.D., John McDougall, M.D., and David DeRose, M.D. strongly advocate a 100% whole food, nutrient-dense, plant-based diet.

Combining **good nutrition** and **regular exercise** will bring significantly greater benefits than either intervention alone. For example, recent observational studies suggest as much as a 60% reduction in risk for Alzheimer’s disease if one is on the Mediterranean Diet and engaging in daily moderate exercise. The Mediterranean diet is rich in fruits, vegetables, whole grains, legumes, nuts and fish, deriving much of its fat from olive oil and limiting chicken and meat consumption, It also allows for light to moderate consumption of wine, but we are recommending cranberry, pomegranate or Concord or red grape juice instead.