

# HEALTHY

by *Design*

Weight Loss, God's Way

## 2017 New Year's **Masterclass**

*“Delight yourself in the Lord, and he will give you the desires of your heart.”* **Psalm 37:4**

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## What you can expect from this training session

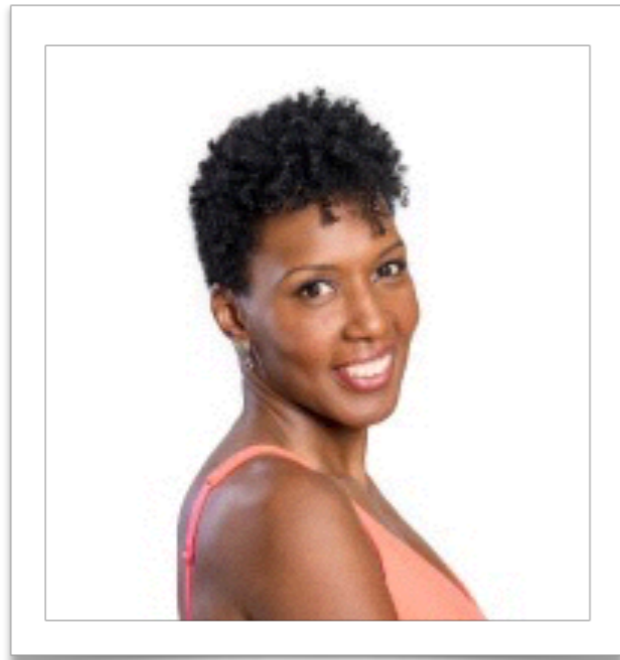
- Learn my 3 biggest lessons for unprecedented health breakthroughs
- Receive a free gift of our transformational visioning tool that has been used to help women around the world achieve their healthy weight
- For those of you interested, give you an opportunity to work with me to put these 3 lessons in place

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## Promises

- ✓ Get crystal clear, and laser-focused on your 2017 health goals that align with God's plans and purpose for your life
- ✓ Create New Year's resolutions that you can actually stick to
  - ✓ Learn healthy weight loss, God's way

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## About Me

Personal Trainer since 1996

Personal challenges- self-esteem, bingeing, emotional eating

Bridge the gap between faith and health

Passionate - possible

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## Healthy by Design Mission:

To equip women of God with the tools and strategies to learn how to lose weight, God's way.

## Healthy by Design Vision:

Globally empowering women to achieve physical, spiritual, emotional and financial breakthroughs.

## Guiding Principles:

1. Good health is your identity, not your destination. Genesis 1:27
2. Information + revelation = TRANSFORMATION. Romans 8:5 & 12:2
3. Good health involves healing and nurturing your body, soul, and spirit. 1 Thessalonians 5:23
4. Transformation comes through daily submission. 2 Corinthians 10:5; Luke 9:23
5. Success comes by moving past the natural resistance; going from contemplation to action. James 1:22 & 2:26

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Success

What we think success looks like



What success actually looks like



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## The Process of Success

- ✓ Resistance is normal & necessary! James 1:2-4
- ✓ “I’m ready, this time it will be different”- short memory
- ✓ Overestimate our successes and underestimate our shortcomings
- ✓ Will power is very temporary
- ✓ Our body and mind resists change
- ✓ Weight releasing is an emotional and spiritual stronghold
- ✓ Change is a slow process
- ✓ Change requires a renewing of your mind
- ✓ Fear keep us from achieving our goal
- ✓ Transformation is an inside job- Holy Spirit
- ✓ Path of least resistance
- ✓ Requires lots of practice- starts and stops

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## Lesson 1- Understand the Process of Success

*“Consider it nothing but joy, my brothers and sisters, whenever you fall into various trials. Be assured that the testing of your faith [through experience] produces endurance [leading to spiritual maturity, and inner peace]. And let endurance have its perfect result and do a thorough work, so that you may be perfect and completely developed [in your faith], lacking in nothing.” James 1:2-4*



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## Understand the Process of Success

### Key Take Aways

- ✓ expect resistance
- ✓ you will want to quit
- ✓ you are not made to do it on your own
- ✓ you need support

### Impact on your Goal?

- ✓ what are realistic timelines
- ✓ why have you quit in the past
- ✓ how do you ride the waves
- ✓ what supports will you have to put in place
- ✓ what do you need to surrender to God

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## Lesson 2 - Have a vision

**Vision-** A short summary of what your life will look like at your healthy weight; a snapshot into your future

- declare it in the present (avoid I want to, I wish, I will)
- avoid any negative words ( my joints don't hurt, I don't crave sugar)
- engage all of your senses
- ground it in God's desires for you (Psalm 37:4)
- review it regularly

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## Lesson 2 - Vision

Each morning I wake up feeling all warm and comfy in my bed. As I lay there I am grateful and thankful and I pray for my day. I turn my health and life over to God. I pray for my husband, children, their spouses and grandchildren, then I release them to God's care. I am comforted knowing that God is in charge. From the warmth of my bed I start stretching my legs, stretching one then the others it feels so nice to stretch these muscles. I continue to stretch as I lovingly awaken all the different muscles throughout my body.

I recognize my emotions and deal with them in as calm a way as possible. The Holy Spirit gives me self control. I forgive myself when I need to. I learn through my experiences. God's grace is enough for me.

I've learned how to eat and drink in moderation. I take the time to smell delicious foods. I make time for my husband and enjoy the intimacy I experience with him. I take interest in my son's activities and enjoy spending quality time with him. I truly love my life!"

I spend an enjoyable evening with my family talking about each other's day. It's family night so we spend quality time playing charades.

I enjoy going out and meeting new people and learning new things.

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## Write your Vision

### Key Take Aways

- ✓ Without a vision you will never accomplish your goal
- ✓ Your vision must go beyond your health goals - it's not about your weight
- ✓ Your identity in Christ

### Impact on your Goal?

- ✓ See it to achieve it
- ✓ Spend time with God to see His vision for you
- ✓ Rehearse your story- what do you keep rehearsing?
- ✓ Choose to live in your vision



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## Lesson 3 - Understand Why you do What you do

- ✓ Excess weight is the symptom, not the cause
- ✓ God calls us to find answers to every situation in Him
- ✓ You can't make yourself do anything you don't want to do
- ✓ Motivation comes from having a desire to glorify God and loving yourself enough to give yourself the gift of good health
- ✓ Your why is found in your values, your priorities, your love for yourself and your understanding of who God is.
- ✓ Shaped by your fears, your limiting beliefs and your identity
- ✓ When you're not in alignment with who God has called you to be then you will align with who the world says you should be



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## Understand Why you do What you do

### Key Take Aways

- ✓ Diet, exercise and even prayer are not enough
- ✓ Weight releasing is an emotional and spiritual issue
- ✓ Fears, limiting beliefs and false identities

### Impact on your Goal?

- ✓ Don't just surface scratch
- ✓ Spend time with God ~ Psalm 139:23-24
- ✓ Yo-yoing

*Search me [thoroughly], O God, and know my heart; Test me and know my anxious thoughts;  
And see if there is any wicked or hurtful way in me, And lead me in the everlasting way.*

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## MODEL FOR TRANSFORMATION

**Step 1 - Reveal**- 21 Day Challenge- Intro. to Healthy by Design  
-offered 3x per year

**Step 2 - Renew** -Breakthrough Program- Deep Dive- 10 week program  
- monthly

- picks up where the challenge left off...
- Challenge- **what**- lack of goals, lack of submission etc.
- Breakthrough- **how** do you remove them from your life

**Step 3 - Remain** - Haven Membership- ongoing monthly program  
Faith in Action  
Boundaries  
Low carb challenge

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## RENEW - BREAKTHROUGH

A 10 week small group coaching program designed to help Christian women lose weight by renewing their mind with the Word of God and by learning a set of strategies, habits and skills to permanently release weight with God as their strength.

10 weekly lesson plans

1 video per week

small group coaching sessions

weekly webinars

accountability in a forum and Facebook setting



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## Testimonial

*It looks like I started with you around 230 lbs and now I am floating between 145 and 147. I am now paying it forward by working with a young woman to help her get her mind straight. She has known me over the years and is enthusiastic about how I've reached my goal. I have given her a copy of your book and meet with her monthly to encourage.*

*I know that my BMI was close to 40 when I started and is now in the 25s. I was taking two prescriptions for HBP and am working my way off the second one. I was initially resistant to carrying my food; now I have at least an apple in my purse and carry my food with me to work daily.*

*My back doesn't hurt all the time and although my arthritis kicks up, I have a new friend, energy. I didn't realize how little energy I had until I finally got some daily. My doctors are singing my praises and people whisper to me "did you have the surgery?"*

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RENEW - BREAKTHROUGH



## Who's in?

Transformation is in the transaction !

If you don't invest, chances are you're not going to commit

Only \$397 for 10 weeks that will change your life

**Money Back Guarantee**

2 payment plans

Register at

<https://www.cathymorenzie.com/breakthroughnow-2>

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## Questions?

