



Leaving Life in the Fat Lane

Dr. Chris Catt

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In Leaving Life in the Fat Lane you'll learn to: - Create awareness of your unhealthy habits - Identify where you are now and know where you need to be - Think beyond physical wellness to include a healthy mind, body and spirit - Establish balance between work, play, family, and friends - Make manageable changes to reduce or sustain your weight for years - Choose healthier, heart protective foods using the 80/20 rule - Manage stress and protect your immune system - Think of exercise as part of your daily hygiene - Get out of the fat lane of life and look better and feel better Are you burning the candle at both ends, eating all the wrong stuff, putting off exercise, not managing stress, or struggling with excess weight?

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