

Slender World®

Slender World has been at the Indian Creek Mall location for 30 years offering weight loss, individualized meal plans, contouring wraps (first in Iowa), motivation and exercise. Owner Christine has worn many hats throughout her life – mother, wife, grandmother, and business owner. She is very aware of her colorful style. When you first meet Christine, you can easily detect a French accent (after 40 years, it's still noticeable), but she can speak to you in 3 languages – always good with transient foreign clients from Rockwell.

When meeting a new client, Christine's challenge is determining her client's greatest goal – to become physically and emotionally fit, with realistic objectives. Let's remember that in the USA today more than half of the money spent on food is for meals consumed away from home. Americans are now practicing a Friday - Sunday (3-day) weekend, which causes calorie increases, poor diets, inactivity and minimal energy usage. This behavior makes for a rocky and unhealthy old age.

An important characteristic of Christine's clients is the deep-seated feeling that whatever the client undertakes is bound to fail. And with information from the mass-media – "that wonder pills or prepackaged foods will guarantee success" – it is not unreasonable to select the smooth, non-involving way. Remember, there is no magic pill, and there always will be someone around you that looks better than you. Be smart enough to say "So what! What does this have to do with me?" Good looking is good – wouldn't you agree?

A very effective collective approach is used at Slender World, where a group of clients is motivated together, as opposed to one-on-one counseling. This group support can create great power; alone, one could not generate it. It boosts strength, decision-making, persistence and resourcefulness.

There is a natural tendency to hold back on rewarding one's self with small treats until perfection is reached, but this could be a long wait. Humans are built to be imperfect beings – small and frequent rewards often motivate much better than large, infrequent rewards.

Everyone has the knowledge and control to do what is necessary – but lack the power to carry it out – therefore, Christine is the coach and cheerleader. Tolerance is still the best action. Think of the opportunities we have passed up due to fear of not measuring up. Who do we resent so much? Let's take some risks – with lack of risks comes a lack of rewards, and then life becomes less rewarding.

Here comes the coaching on positive motivation to regain self-worth. Now is the necessity of becoming more selective in your activities and relationships. Be sure that you come out reinvigorated. Beware of praise – it is questionable that praise is a fuel which motivates and stimulates people. It is the oldest human relations tool – a psychological "candy" which we do not need! (Pun not intended)

Just last week, Christine received a call from a previous client (19 years ago) who on the recommendation of her husband, told her to go back to Slender World. It made her feel good and lasted for 19 years. She only needed a few inches off for an upcoming wedding.

If it is in your plan to lose a few pounds, lose plenty of inches (Slender World has a patented body wrap for the last 30 years), or learn to eat properly, our meal plans are always available for women and now for men – just call us at **377.8577**. Let's have a happy, healthy life.

Finally, be on the lookout for Christine's autobiography, which is under development. You will find out about the WWII love affair between a German woman and a French Prisoner of war. Then came Christine – read on! Christine also plans a collaboration with 5-time Academy Award winning screenwriter Francis Ford Coppola on a film about her life.

P.S.

Slender World's program qualifies for FLEX spending accounts, since it does not involve prepackaged foods.



Christine Sain-Heires