

# SILVA'S LIFE STEPS



## A Total Health Approach to Weight Loss, Weight Maintenance, & Reducing Health Risk Factors

### Silva's Life Steps

Total Health Program

3 Target Behaviors

2 Commitments

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**Laurie Conrod**  
Certified Lifestyle Management Coach

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## Total Health Program

*Silva's Life Steps (SLS)* is a total health approach that includes shaping our clients to accomplish three (3) easy to understand target behaviors. These target behaviors reduce and in some cases eliminate most lifestyle related health risk factors. By using this “Umbrella” approach to risk factor management there is one common language the coach uses to shape the clients' behaviors. SLS language is numbers expressed as calories. The body's monetary exchange system is based on calories. The client learns what their calorie budget is and how to manage it to lose weight and maintain it. The client gets consistent coaching on their own specific progress, and their individual lifestyle issues and differences are honored, one step at a time.

***Well, Laurie as I sit here and reflect on our “launching” conversation earlier today, I have to say, I could not have made it without you. When you and I started together in January, my goal was to go from 178 pounds to 140 pounds to enable me to get off of some medication that I had been on for years since my cancer diagnosis. Not only have I done that and more (currently at 135 pounds), more importantly I have developed a healthier lifestyle and feel great. My clothes look better on me, I look healthy and have plenty of energy. Although I would never have believed it, I actually look forward to doing some form of exercise every day. (Remember when I started and you told me 2000 calories a week of exercise is a must – I told you – “It’s not going to happen”.)***

***What sets you apart is your coaching style – your optimism, patience, focus on setting realistic expectations and your gentle but stubborn insistence on following the principles – and you get results. And what continues to be remarkable to me and everyone I talk to, is we have done it all virtually! I have on my to do list to drive up to Hartford and have lunch with you one day and I will do that. Thank you for everything!***

— Cookie

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### 3 Target Behaviors

1. Translate movement into exercise calories per minute. Shape a clients activity to reach a minimum of 2000 calories a week in exercise. Help the client to maintain a healthy % body fat by increasing muscle mass and decreasing fat.
2. Reduce fat intake to 25% or less (most of the time) by building simple “pat” (routine) meals that include 5 - 6 cups of vegetables per day that lower overall fat intake and increase fiber, vitamins and minerals.
3. Reduce total fat and calories in 4 basic living environments by teaching simple problem solving and calorie language. The environments include:
  - Supermarket: What goes into the cart goes into our bodies
  - Food preparation: Pat meals that have more fiber and fewer calories
  - Restaurants: How to order to support health and calorie goals
  - Work, family and friends homes, and any other environments

*A Silva's Life Steps coach helps you adopt these behaviors to lose weight and create a healthy lifestyle.  
Individual differences are honored to take it one step at a time.*

**Dear Laurie,**

***I have often wanted to ask someone to let me report my weight periodically thinking that it would help me to lose weight. Now I know that what I was looking for was a coach... Thank you!***

**— Nancy**

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## 2 Commitments

Everyone has a calorie budget, just like their checkbook. Unfortunately most people don't know what their budget is, or how to manage it. SLS teaches how to do this. We do fat and water loss calculations every week, and see if the numbers match what you see on the scale. If they don't match, we problem-solve why that might be. We work through the myths of weight loss and why people give up and fail. This program is not a diet, it is creating a lifestyle to support your goals.

We have 2 commitments in this program, and these 2 commitments create success. Keeping a record of what you eat and what you exercise, and keeping the weekly coaching appointment, which is 30-60 minutes per week. Rescheduling is a fact of life and understood; weekly contact is essential.

The records allow the coach to help you learn the calorie language and to manage the calorie budget, as well as identify traps, help problem-solve lifestyle challenges, and suggest strategies for creating and managing lifestyle.

The calorie language is a series of charts that are easy to understand and remember. These replace a calorie book. No need to carry a calorie book or rely on the internet to figure out calories in foods.

**Marty says: *“This email is going to colleagues and friends who have expressed interest in hearing more about the healthier lifestyle my wife and I have adopted. This new lifestyle (and diet) have enabled us to lose a lot of weight and feel great (50 pounds for me and Terri surpassed her targets). This program works and it is clean and sustainable living. Laurie has adopted this program for herself and has maintained a significant weight loss for several years. She leads by example. She has lots of good advice, information and data to share with you. She has clients around the US and Europe and is effective doing phone coaching.”***

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## About Laurie Conrod

**Laurie Conrod is a Certified Lifestyle Management Coach in Silva's Life Steps**, a total health program designed to reduce and/or eliminate health risk factors by helping people lose weight and incorporate healthy eating and exercise into their lives. Laurie was a client of Silva's Life Steps and lost 70 lbs. in six and a half months. She knows how her clients feel and has personal experience working the program. Now she has the pleasure of helping others reach their goals. She coaches private clients and groups, helping them change their lives when they have frequently lost any hope for success. They do this by working the numbers, because:

**“It's all about the numbers. I help people learn that they have a calorie budget, just like their checkbook. If you go over-budget, you'll gain weight. If you are under-budget, you'll lose weight. All food and exercise has a calorie number. I teach my clients how to work the numbers to reach their goals.”**

**— Laurie Conrod**

Laurie worked in the corporate world in Information Technology for 25 years before becoming a Coach. She has been a stay-at-home Mom, and a single working parent. She understands the challenges of many different lifestyles and the unique demands of each. Incorporating new lifestyle behaviors into people's lives is a process of problem solving, using new strategies, and practice.

## Contact

**Laurie Conrod, Certified Lifestyle Management Coach**

One-on-One and Small Groups Coaching

*Take the first step and give me a call:*

860.674.8777 or 860.463.9040

**[www.laurieconrod.com](http://www.laurieconrod.com)**

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## When does twenty-eight pounds equal twenty-eight minutes?

A true story by Ken Strickland

*"... After an hour phone call on Friday afternoon, January 2nd of 2009, I knew my life was going to change. Laurie Conrod helped me understand what my body's true needs were and how to re-think years of incorrect diet ..."*

Read more of Ken's story at **[www.laurieconrod.com](http://www.laurieconrod.com)**



## You CAN lose weight - I can show you how!

*"Working with Laurie over the past six months has changed my life. Not only have I lost over 95 pounds I have also gained the knowledge required to keep it off for the rest of my life. At the beginning my goal was simple, I wanted to be free from back pain and have more energy. To say the least, the program has more than exceeded my expectations. I look forward to continuing my work with Laurie and I am grateful to have a coach with such knowledge, compassion, and understanding to help me through this transition. "*

— Brandi