



Six Easy Steps for Getting Started

Conducting your own **Lifestyle Matters** seminar is a unique, rewarding, and exciting experience. Your seminar can be held for large or small groups, or in formal or informal settings. The following steps will help you get started:

1. Watch the free Introductory DVD for Presenters.
2. Purchase the **Lifestyle Matters** Presenter's Packages of your choice. **Simple Solutions, Foods for Thought, and Living Free** can be used in any sequence or as stand-alone programs.
3. When you receive your Presenter's Package, view the training DVD that is in your notebook. Then read the section in the Facilitator's Guide that covers how to plan your program.
4. Choose your helpers, and have them view the training DVD. Locate the multimedia presentation CD that is in your notebook and print each team member a copy of the manual.
5. Follow the easy instructions for program planning and advertising. We encourage you to utilize **Balance** magazine as part of your community preparation or program follow-up.
6. Purchase the participant workbooks and other materials you choose to sell at your seminar.

12 Reasons Why Lifestyle Matters Seminars are Unique

1. The program series is of a shorter duration than most programs, which means that it is easier to host and more convenient for people who might not attend a longer series.
2. We have a unique approach to health education, focusing on the mental health effects of good nutrition and lifestyle, which attracts younger people, housewives, executives, and health interests who may not suffer from a specific lifestyle disease.

3. It is inexpensive to attend, which means that access to quality programming is within the reach of all. There are also several topics available in the series, which allows you to provide ongoing programs.
4. Because the **Lifestyle Matters** programs are easy and inexpensive to conduct compared to other health programs, they are ideal for small as well as large churches, and can be offered on a regular basis.
5. The **Lifestyle Matters** materials can be comfortably used by non-health professionals because all our materials—the class textbook, DVD, handouts, multimedia program, cook book, and audio book-- are prepared by qualified professionals and are fully referenced from mainline scientific journals. There is also a thorough training DVD that familiarizes you with the materials and concepts.
6. Each module contains its own edition of the **Guilt-free Gourmet** cookbook, which contains delicious, simple recipes and materials for 8 monthly supper club follow-up meetings. This allows you to continue developing the friendships you've established at the Lifestyle Matters meetings and keep your guests' interest in health strong between seminars.
7. Our focus on quality materials that can be sold at your meetings enables you to make books, CDs, DVDs, cookbooks and other vital products available to your attendees. You can purchase these materials at wholesale prices and resell them at retail, which enables you to make money for future outreach meetings. Because of this, your health outreach can quickly become self-funding, and not be a drain on your church's evangelism budget.
8. The **Lifestyle Matters** modules are excellent for follow-up meetings to other health intervention programs, as they reinforce the principles that are key to weight management and prevention of chronic illnesses such as diabetes and heart disease.
9. The **Lifestyle Matters Health Intervention Series** includes fully developed, professionally-produced advertising materials, including specially designed invitations, bulletin inserts, posters, video CDs, and even websites so you can advertise your event successfully—with minimal work and investment on your part!
10. Because the **Lifestyle Matters** materials are so varied, they are versatile, and can be used individually for single meetings, health fairs, personal outreach, classroom style education, and professional presentations. They are an excellent tool to use before an evangelistic meeting to create interest and friendships, or as follow-up to solidify relationships and help new members settle into positive lifestyle habits.
11. The **Lifestyle Matters** seminars are designed to promote personal interaction using interactive breakout sessions and live nutrition features, combined with beautifully produced handouts, workbooks, multimedia presentations, and attractive visuals. This makes each **Lifestyle Matters** meeting highly practical and personal as well as educational.
12. While the materials are fully referenced and scientifically sound, they also incorporate the grand principles of Biblical living in the personal worksheets. This provides a great opportunity to introduce guests to the Savior and His love and plan for each life.