



## Greetings from 2 Good Health!

Greetings from Charles and Sheril.

As I [Sheril] sit here in the 2 Good Health office writing this note to you, I am thinking about the many internet-based options for communication. There is standard email, Facebook, Twitter, MySpace, and on and on. I must say that at times it can be overwhelming, albeit very important and helpful.

We are in the thick of the Information Age. And, as you may know, 2 Good Health has a passion for information—true, quality, dependable information. We are always seeking ways to get health, wellness, and fitness information to you; facts and suggestions that you can immediately use to improve your overall health and quality of life.

This year, 2 Good Health has added many new resources and programs for you to take

## Superior Nutrition...Superior Health

By Charles W. Burrage, Jr.

Did you know that in 2007, health care spending in the United States reached \$2.3 trillion, and was projected to reach \$3 trillion in 2011? Health care spending is projected to reach \$4.2 trillion by 2016.

One in four Americans said that their family has had a problem paying for medical care during the past year. Nearly 30 percent say someone in their family has delayed medical care in the past year with most saying that their medical condition was at least somewhat serious.

*It seems that people are losing faith in our healthcare system.*

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advantage of. All of them are easily accessible and most of them are completely free of charge. Read on to learn more about our BLOG, Radio Show, Fit Club, and our new Wellness Coaching Service.

If you were hoping for a service or program that you do not see here, please check our website or contact us at [770-881-7733](tel:770-881-7733) or [info@2goodhealthLLC.com](mailto:info@2goodhealthLLC.com). We always invite your requests and suggestions. Enjoy the rest of your newsletter.

To Your Health, Sheril

### Former Food Guide Pyramid



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## 2GH Radio Show



Every Saturday at 10:30 am on WIMO Radio 1300 AM

The 2 Good Health Radio Show is a FREE resource for you to get dependable, up-to-date information about health, fitness, and nutrition. We share tips and information that you can immediately use to improve your overall health and quality of life. Tune in every Saturday at 10:30am on WIMO Radio 1300 AM or online at [www.WIMORadio.com](http://www.WIMORadio.com). Check us out as we bring the following shows to you in May and June.

We invite you to call in to the show with your Questions or Comments at **(678) 963-5482**

**May 23** – Tips for Creating Positive Wellness

**May 30** – Extremes in Fitness; Featuring Special Guests Dottie Coffman, WIMO Radio personality and Vince Heard, Pro All-Natural Body Builder

**June 6** – Everyday Fitness...How to Get Fit Without Trying

**June 13** – Nutrition: Fats: Friend or Foe?

**June 20** – Special Guest: Bruce and Carol Johnson, owners of SNBF, Inc. (Supernatural Body Building and Fitness)

**June 27** – Weight Management Strategies for Kids

## 2GH Blog

It is our desire at 2 Good Health to hear from you, our community. We invite you to join in as we discuss relevant health, fitness, and nutrition-related topics on the 2GH Blog at [www.2GoodHealthLLC.com/blog](http://www.2GoodHealthLLC.com/blog); a site full of free articles for your benefit.

You may also choose to benefit from reading the articles. If you do, please tell us your questions, what you think, or just say hello. This is your chance to be heard, and we definitely want to hear from you.

[www.2GoodHealthLLC.com/Blog](http://www.2GoodHealthLLC.com/Blog)

Tell A Friend!

## 2GH Fit Club

Is your current exercise program not working for you anymore? Have you reached a plateau in your weight loss? Do you want to start a fitness program, but don't know where or how to begin?

These are challenges that the 2 Good Health Fit Club can help you with. And more!

The 2GH Fit Club is designed especially with you in mind. Our goal is to help you successfully meet your fitness goals by providing a little extra support and guidance that you may not otherwise have.

By providing FREE education, tips, and services, you and other 2GH Fit Club members will be empowered to be more successful at achieving your personal health and wellness goals and more able to encourage family and friends by sharing with them the quality health information and tips that you've learned. [Click Here](#) for More Information.

2GH Fit Club is Exclusive and Space is Limited.

Register Now at

[FitClub@2GoodHealthLLC.com](mailto:FitClub@2GoodHealthLLC.com)

## Wellness Coaching

**NEW**

**What is Wellness Coaching?**

Wellness coaching is Answers, Encouragement, and that little extra that can make the difference between successfully reaching your health & fitness goals and failure.

For example, let's say you hire a trainer at a facility. Then, once you leave your trainer, you have a question about *what type of food you should eat*, or about a particular *exercise technique*, or you need help with a *meal plan*. Most trainers are no longer available once you leave their facility, but **2 Good Health Wellness Coaching** allows you to call or email your inquiries and we will answer them for you, within 48 hours.

All 2GH clients receive this added bonus for FREE.

## Superior Nutrition...

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Additionally, the U.S. has spent the most money on Healthcare in the World and we still cannot find a way to care for all of our citizens who are in need. It seems that people are losing faith in our healthcare system! On top of that, with healthcare premiums going up and the cost of personal health insurance skyrocketing, people cannot afford to go to the doctor anymore! All of that, combined with the various health conditions that plague many in our Country, makes for a very bad combination. Consider the following statistics:

- Approximately 50% of all Americans die from heart attacks and strokes (heart disease)
- Around 33 % of all Americans die from cancer (1 in 3).
- About 8% of all Americans die from diabetes.

If we do the math, that's 91% of Americans who are dying from, for the most part, lifestyle-related diseases and conditions. ***As Americans, we must be the ones to take better care of our health and the health of our children. We can't expect someone else to do it!*** How do we better care for our health, you may ask. Well, I believe that food choices, in large part, can contribute to our better health. So, the burning question is...Why don't we eat well as a society?

I have a few ideas as to why we struggle in our culture to eat well. Doubtless, there are many more than I can list here, but I think these are definitely worth taking a look at. Consider these reasons:

**Busyness** – We've all got something going on. This creates a unique challenge to eat well while on-the-run, and to combat temptations to unhealthy choices.

**Family & Culture** – They play a big part in how we eat now, though we may now make our own choices regarding what we eat.

***As Americans, we must be the ones to take better care of our health and the health of our children. We can't expect someone else to do it!***

**Personal Habits** – These are the nutritional choices we've made given our current lifestyle.

**Lack of Knowledge** – Though we have tons of info on how to eat well, I believe that there can be such a thing as too much info, particularly when we ask the average person to make decisions in light of conflicting information from the experts.

So, the question remains...How can we make the change to better nutrition? I believe it begins through utilization of sound guidelines and principles for eating that, when done consistently, can make dramatic improvements in our nutrition and lead to better overall health.

Check out the next issue of the [2 Good Health](#) e-Newsletter for part 2 of this "***Superior Nutrition...Superior Health***" article where I will discuss how the new Food Guide Pyramid can help us with our overall health and much more.



**Current Food Guide Pyramid**