



# *Healthy Living*



Curriculum One (1)  
Intro

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PRISM<sup>®</sup>  
WEIGHT LOSS  
PROGRAM

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Curriculum  
One

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**PRISM<sup>®</sup> WEIGHT LOSS PROGRAM**

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*A man is worthy of his hire.*

**LUKE 10:7 & MATTHEW 10:10**

*Deceitful works shall be judged.*

**PROVERBS 11:18 & ECCLESIASTES 12:14**

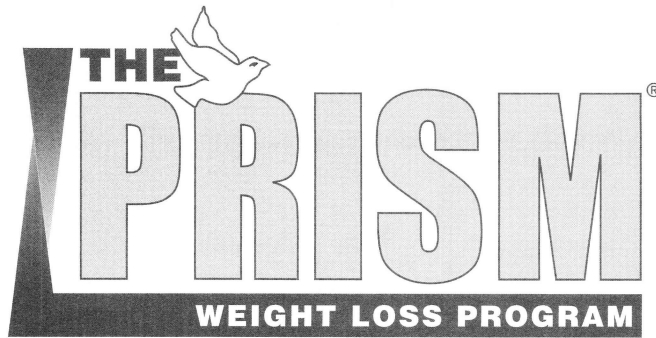
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*“Thou shalt not steal.”*

**EXODUS 20:15, 22:11; LEVITICUS 6:4, 19:11; DEUTERONOMY 5:19;  
PSALMS 50:18; ZECHARIAH 5:4; ROMANS 13:9 & I PETER 4:15**

Scriptures from 1611 King James Version

Published in the Republic of the United States of America



**IMPORTANT HEALTH NOTICE - PLEASE READ CAREFULLY**

Thank you for choosing the PRISM® Weight Loss Program! Our program has helped many thousands of people over the years lose weight successfully, and keep it off. As with any weight loss program, PRISM® may not be the right program for everyone. **Therefore, it is imperative that you consult with your physician before you begin this program.** Please have your physician contact the PRISM® corporate office if he or she has any questions.

**Nursing women may participate with a doctor's approval and program modification.**

The PRISM® Weight Loss Program is not intended for the following persons, and they should not participate in the program: **Individuals under the age of 18**

**Pregnant women**

If you fall within one of the above categories, or if your physician advises against your participation in the Program, please contact the corporate office and we will gladly arrange for a full refund of your purchase after return of all of PRISM® materials.

PRISM® group leaders facilitate weekly meetings of participants and can be extremely helpful in your weight loss journey. However, they are not employees or agents of The PRISM® Weight Loss Program nor are they health professionals. **The PRISM® Weight Loss Program, its owners, employees and group leaders do not provide medical advice.** You should direct all health-related questions to your physician.

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## **INTRODUCTION**

**W**ELCOME to the PRISM® Weight Loss Program. You may have FINALLY found the program that will work for you IF you truly want to lose weight, keep it off and have a new, healthier lifestyle.

The PRISM® Weight Loss Program is founded on Christian principles, honesty and discipline. Based on those standards, this program provides a truly unique approach to weight loss.

We congratulate you and are excited for you. You are at the beginning of a new and wonderful journey on the road to becoming slender, physically fit, healthy and the person you were created to be. The road before you will not always be easy, but you will have so much help and support along the way that you will be at your destination – slender – before you know it!

We care about you and your success. You are special to us and we are glad to have the opportunity to be a part of your new and exciting life!

Toni Vogt

## TONI'S TESTIMONY

Looking back over my life, it is hard to pinpoint exactly when my weight problems really began. I can remember first going on a “diet” in 7th or 8th grade. I realize now it was not necessary for me to lose weight because I was not “fat.” Photographs taken of me at that time helped me see that I did not need to lose weight. I looked just fine for my age and build. However, since I was not as tall and slender as my friends, I began to THINK of myself as “FAT.”

Throughout my high school years I was very athletic and active. I was not heavy, but once again my frame and body type did not measure up to my taller, thinner friends. I was in a constant state of comparing myself to people I could never resemble, even if I had weighed 10 pounds less. I tried to diet repeatedly but found myself unable to resist going with my friends to “Dairy Delite” after school or ball games. My self-worth was diminishing. The negative tapes of self rejection played over and over in my head. “Why can’t I be taller, thinner, have flawless skin, be smarter, be blond with blue eyes... BE LIKE HER?”

I managed to keep my weight down fairly well until my first year of marriage. The combination of several life-changing experiences spelled disaster for my weight problem. I had a desk job, stopped all athletic activity, began taking birth control pills and tried to be “Suzy Homemaker” for my husband by cooking large meals that neither of us needed. My first year of marriage equated to about fifteen extra pounds. The war had begun!

Armed only with vanity and determination I would “battle” the bulge and fight it back down the scale time and time again. Each time I would try the latest, newest craze in dieting. If I managed to take off enough weight that I looked “good enough” again, it was “back to eating and normal life!” I was either dieting or gaining weight. There was never a time that I could maintain my weight. It was at that time I not so humorously proclaimed myself to be the “Queen of Yo.”

Yes, I was on the yo-yo merry-go-round and had no idea how to get off. With each new diet I tried I found myself losing more heart, enthusiasm and self-worth. I knew my diet history and that the latest “new and improved” diet was not going to bring me the lasting results I wanted. I became more and more desperate and tried just about anything that came along – always looking for that “miracle plan” that would help me get slender painlessly.

Pregnancy and breast feeding became “license” for me to eat. It was wonderful! They afforded me an excuse to eat whatever I wanted and the clothing to hide the fat in! My top weight was registered at the hospital shortly before I gave birth to my second child.

The years following were similar to those prior to childbirth. I was back on the yo-yo merry-go-round. I had lost hope of ever being slender again. I stopped caring about myself and devoted myself completely to the children. They were a source of pride and joy to me – feelings I no longer had about myself. I was tired of trying and ready to give up the battle. I was ready to accept second best and try

## INTRODUCTION

to learn to live with myself as I was – FAT and DEPRESSED.

Eventually, my emotional and physical state hit bottom. The large quantities of food I consumed served as a temporary “sedative” for the emotional pain I was in. Each time I gave in to food after I promised myself I wouldn’t, I reinforced my feelings of inadequacy and lack of self-control. I became totally absorbed with food and myself. I became so self-centered in my own pity party that I wasn’t even aware of how I was hurting the people closest to me. I knew something had to change!

When I first took steps toward a commitment to change it was very difficult, but I vowed that this time it would be a change for life. As in many other areas of my life I have learned that honesty, self-control and discipline are so difficult at times – but at the same time so worthwhile and freeing! Every time I chose healthy foods in moderate portions rather than overeating I felt better and better about myself. A glimmer of hope had ignited in me – I found a way to win over self-defeating behavior and regain self-control in my life!

MY LIFE has been given back to me. Discipline, knowledge, honesty, obedience and self-worth (just to mention a few) are part of what rehabilitated me. To look in a mirror and see the beauty inside and outside of myself is a miracle. I have accepted my “TRUE ME” the way I was created. I think it is wonderful to be 5'4", medium framed, have brown hair and hazel eyes because that is right for me. I am grateful I do not have to “compare” myself with anyone else. Each of us has our own beauty and unique qualities.

My story has a happy ending because I now have the knowledge and ability to lead a disciplined life. My prayer for each of you is that you too realize that you can take charge of your eating habits, weight loss and life! It is not too late to change! YOU must now take responsibility for yourself and your actions and persevere in your efforts. You can win the battle for a lifetime and the rewards will exceed your dreams!

### PHILIPPIANS 4:4-9

*“Rejoice in the Lord always; again I will say rejoice! Let your forbearing **spirit** be known to all men. The Lord is near. Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all comprehension, shall guard your hearts and your minds in Christ Jesus. Finally brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, let your mind dwell on these things. The things you have learned and received and heard and seen in me, practice these things; and the God of peace shall be with you.”*

*(New American Standard Bible) (Paul speaking to the Church at Philippi.)*

# INTRODUCTION

Another diet! How many does that make for you this year? Five? Ten? Perhaps it has been years since you have even tried to lose weight. Have you completely lost hope?

We understand being in that position. This program was created from the viewpoint of people like you who have tried to lose weight but were never able to achieve real results or lasting success.

We, like you, are unique individuals with diverse backgrounds and attitudes about overeating and weight problems. However, we have found some common threads and principles of truth that run between the people we have encountered through our own weight loss journeys. The simple, complete principles on which this program is based will facilitate your journey and give you the keys to open the doors of:

1. Awareness,
2. Discipline,
3. Understanding, and
4. **SUCCESSFUL WEIGHT LOSS WITH A CONTINUED LIFESTYLE OF HEALTH AND VITALITY.**

This program includes a method to help insure your success in overcoming the common problem of overeating. The following statement is your **FIRST KEY PRINCIPLE**. It carries with it the expectation that you will follow this teaching and all other **KEY PRINCIPLES** given with no variation.

## **KEY PRINCIPLE NUMBER ONE:**

**DEVIATION FROM OR VARIATION OF ANY GUIDELINES OF THE PRISM® WEIGHT LOSS PROGRAM IS STRICTLY PROHIBITED. NO VIOLATIONS OF THE GUIDELINES ARE ALLOWED.**

As you find yourself willing and able to remain disciplined in the face of temptation, you will begin to believe with progressively greater conviction that you will be **FREE FOR LIFE!**

Following the Introduction Section of this book you will find an “Agreement of Resolution.” Please read carefully the Agreement and give consideration to what it says **BEFORE** you sign it. Once you sign it you will give your group leader or accountability partner written evidence of the seriousness of your decision to overcome undisciplined eating. It will also help reinforce your own determination to reach your “right weight” and continue a healthy, free lifestyle. One of our deepest desires is that this program will give you principles for change in eating behaviors that will stay with you for a lifetime!

**A LIFE FREE FROM THE CONTROL OF FOOD IS THE ONLY LIFE TO LIVE!**

## **INTRODUCTION**

# **PHASE ONE GUIDELINES**

This study guide was created to be a source of daily encouragement, teaching and motivation. Below are instructions for the use of this study guide:

1. Read one unit per week; one lesson per day.
2. Read **ONLY** that day's lesson. Reading ahead is not allowed. You may; however, review past lessons.
3. Complete the total lesson and do all that is requested.

The weekly class lectures are very important and attendance is necessary for your success in this program. They will provide teaching, accountability and support. Do not sabotage your efforts by allowing other activities to get in the way of attendance. Set the time aside and resolve to attend all classes. Your participation will be beneficial to you and your fellow class members. In the unlikely event you are unable to attend your class, it is your responsibility to inform your leader in advance of your absence.

You have now made the decision to be all that you were created to be. You understand that we take your decision seriously and stand ready to give you the help, support and direction you need. As you read this, you may have serious doubts about your ability to complete even one day of the program. Let us assure you that you have before you and within you all that you require to make your dream of freedom a reality. You must begin by recognizing some basic facts and putting them to work for you:

1. You have little or no self-control where food is concerned.
2. Deception has become a part of your lifestyle where the true nature of your eating habits is concerned.
3. How you see yourself is distorted by excuses, comparisons and clothing.
4. In your desire to be slender you are unwilling or unable to give up overeating.
5. You have devalued the impact of overeating on your total life.
6. What seems to be "nurturing yourself" through food is really self-abuse.
7. You lack understanding in how God views the problem of overeating and have a diminished comprehension of how He desires to help you succeed.

At this moment these facts may appear overwhelming and impossible to deal with all at once. That's why the program devotes the time and necessary attention to fully address each one. It is comforting to know you are finally involved in a program which is honest enough to address difficult issues and offer solutions to the problems of overeating. No more time, money or effort wasted. You are going to discover the keys that will unlock doors that have been standing closed between you and lifetime freedom far too long!

**YOUR BOOK AND THE RESPONSES IN IT COMPRISE  
YOUR PERSONAL JOURNAL. IT WILL NOT BE SEEN  
BY ANYONE ELSE UNLESS YOU CHOOSE TO SHARE IT.**

On the following page you will find the PRISM® Weight Loss Program Food Guide. Please read it carefully. Be sure that you understand each point. If you are unsure about any portion of it, please go over it with your leader BEFORE you begin this program.

You will be accounting for your food intake on your “Food Journal Sheets.” You will turn in your completed food sheets to your leader/accountability partner on a weekly basis.



*Healthy Living*

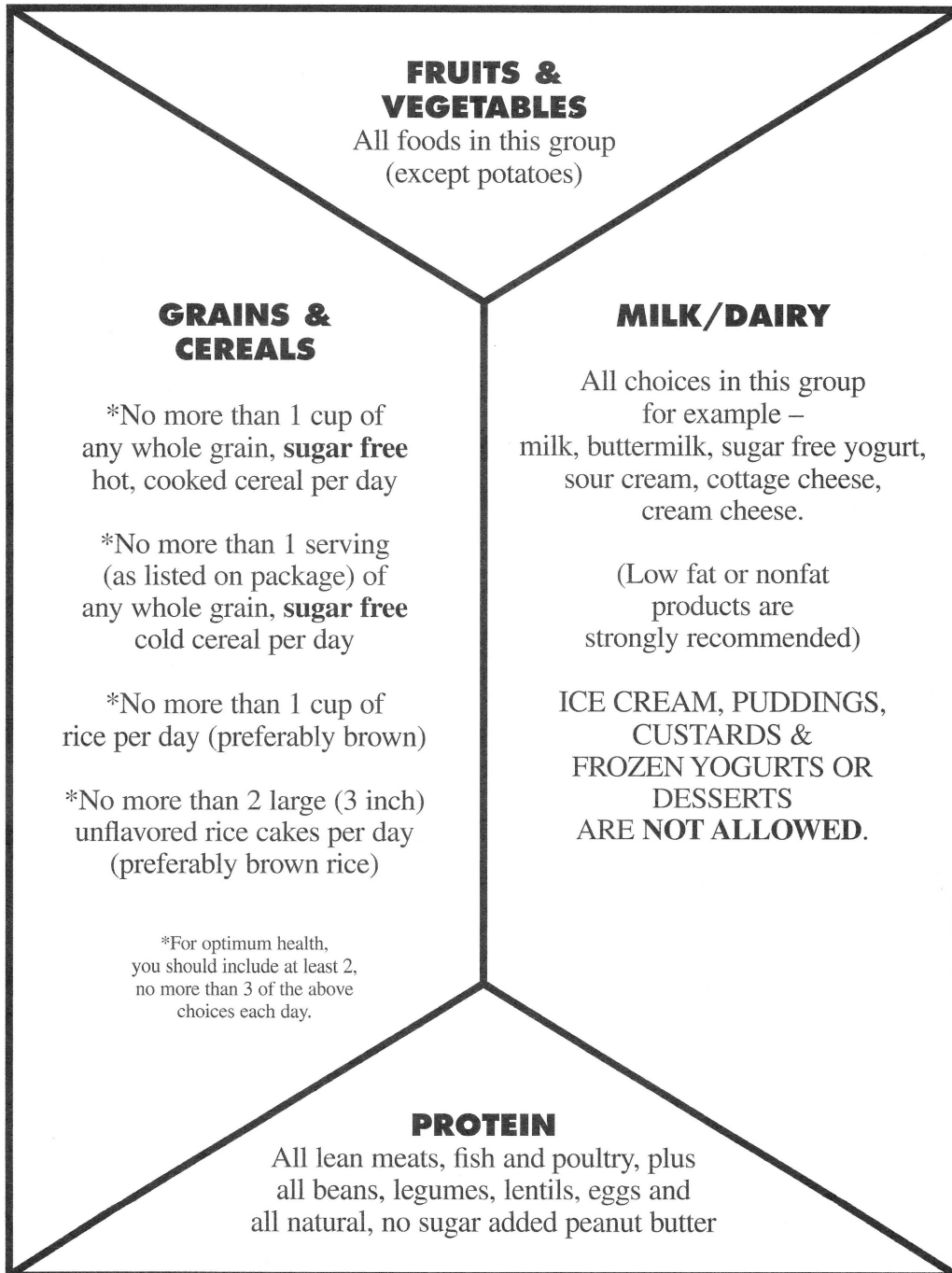


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# PRISM<sup>®</sup> FOOD GUIDE

## Phase One

8 TO 10 EIGHT OUNCE GLASSES OF WATER,  
MINERAL WATER OR HERBAL TEA PER DAY.



**THE FOLLOWING FOODS ARE NOT ALLOWED:**  
ALL CRACKERS, CHIPS, ROLLS, BREADS, POPCORN, WHITE FLOUR PRODUCTS, TORTILLAS, SNACK FOODS, PASTAS

## INTRODUCTION

# PHASE I FOOD GUIDE CONTINUED

1. Women may have no less than 1,000 calories and no more than 1,200 calories per day. No more than 700 calories are to be eaten before evening or main meal.  
  
\*\*Exception: If you are a woman who weighs more than 250 pounds you may have 1,300 to 1,500 calories per day. You may also have no more than two servings of cereal each day and count them as one grain/cereal choice.
2. Men may have no less than 1,300 calories and no more than 1,500 calories per day. No more than 800 calories are to be eaten before evening or main meal.  
  
\*\*Exception: If you are a man who weighs more than 300 pounds or does heavy physical labor, you may have 1,600 to 1,800 calories per day. You may also have no more than two servings of cereal each day and count them as one grain/cereal choice.
3. You must write down any and all foods you eat and their caloric value on a Food Journal Sheet every day. This completed Food Journal Sheet will be turned in to your leader on a weekly basis.
4. You must weigh, measure and accurately count caloric values of any and all foods you select.
5. Liquid beverage meal replacements are NOT ALLOWED.
6. Any Food Bars, Breakfast Bars, Granola Bars, etc. are NOT ALLOWED.
7. ALL dessert products are NOT ALLOWED, with the exception of **sugar free** diet jello in moderation.
8. Sugars, brown and white, are NOT ALLOWED unless **listed at least fifth** as a partial ingredient in foods.
9. Diet sodas, coffee, tea and sugarless gum are allowed. You must count their caloric value. Artificial sweeteners are allowed, but are not recommended.
10. Gravies are NOT ALLOWED.
11. Popcorn rice cakes, mini rice cakes, flavored rice cakes, white flour snack foods and popcorn are NOT ALLOWED.
12. Vitamin supplements should be taken daily in the form of Multivitamin plus Iron and B-Complex time release.
13. You may have no more than 1/4 cup of oat bran or wheat bran per day. You must count the caloric value.
14. No deep fried or breaded foods are allowed, including fried rice.
15. COMMUNION IS SACRED AND PART OF WORSHIP. BREAD FOR THIS PURPOSE IS ALLOWED IN ALL PHASES OF THIS PROGRAM.
16. IF YOU HAVE TO ASK YOURSELF WHETHER IT'S ALRIGHT TO EAT IT – DON'T!

# **INTRODUCTION LESSON**

The KEY PRINCIPLES and guidelines of the PRISM® Weight Loss Program have been designed to provide you the best possible opportunity to complete your weight loss and help you become the person you were created to be. With that in mind, considerable thought has been given how best to help you solidify this new beginning with a strong, personal commitment.

If you are like most overeaters, this commitment is a key point missing in your past efforts. You say you want to lose weight, you see the need to lose weight, you believe you should lose weight and yet, here you are.

Think for a moment. What prevented you from completing your last weight loss attempt? Wasn't it the moment you took your first bite of that food you had promised yourself you would not eat? The decision to take that first bite dictated failure in your ability to lose weight once again. When you say to yourself "just one bite of this won't hurt me" or "I'll go ahead and eat this tonight and get right back on my diet tomorrow," you have sabotaged your own weight loss efforts. You must realize that you are not alone in this vicious cycle of dieting and overeating. Violating the guidelines on a diet has kept many people like you from success. Such violations not only robs you of the freedom from fat you long for; it also casts a dark shadow on your self-worth. Self-worth is vital to your motivation and the integrity you have in setting and achieving your goals.

Guideline violations must be removed from any serious program for CHANGE!

## **OPTIONAL SCRIPTURE READING:**

### **HEBREWS 12:11**

*"No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it." (New International Bible)*

**INTRODUCTION**

**PRISM® WEIGHT LOSS PROGRAM  
AGREEMENT OF RESOLUTION**

I, \_\_\_\_\_, resolve my desire to change my eating behaviors and learn methods for continuing this control for my lifetime. I resolve that I will follow the food guide (including calorie levels), the guidelines and KEY PRINCIPLES of this program exactly, without any deviation from its standards. I agree that there are no foods more important to me than becoming slender and reaching my “right weight”. Even one bite of extra or prohibited food cannot compare with the freedom I will know when I take steps to become the person I was created to be.

I understand that in the event I decide to revoke this resolution through violation of the program guidelines and KEY PRINCIPLES, I will inform my Prism® group leader or accountability partner of my decision.

I willingly submit myself to receive the support, strength and guidance I will require from others and God to complete this commitment.

\_\_\_\_\_  
Class Member Date

\_\_\_\_\_  
Leader/Accountability Partner Date

**PERSONAL EVALUATION**

1. Describe the feelings you have about beginning this program.

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2. Do you believe that the Agreement of Resolution will influence your ability to succeed in the program? How?

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3. What is different about this program compared to others you've tried?

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4. What is your primary motivation for beginning this program?

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5. How will your life change when you reach your "right weight?" How do you feel when you think about becoming the person you were created to be?

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