

# Vibrant Living!

## Workshop for Faculty, Staff, and Students

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Molly Shattuck Vibrant Living is a back-to-basics approach to leading a healthier lifestyle which focuses on *four pillars of choice*: to Exercise, Eat Real Food, Drink Water, and Volunteer. Together this combination creates a virtuous circle providing the energy, clear thinking, and physical ability to do all the activities desired in life. This will lead to living a life with intention and purpose.

With the prevalence of illnesses such as heart and cardiovascular disease, high blood pressure, diabetes, as well as higher instances of obesity... improving your lifestyle is essential.

**This program is offered on two different dates:**

**Tuesday**

**January 15, 2013**

**9:00 – 10:00 am**

Registration deadline Jan 7<sup>th</sup>

**Tuesday**

**February 12, 2013**

**4:00 – 5:00 pm**

Registration deadline Feb 4<sup>th</sup>

**University Center  
Room 312**

**Register on the web  
at: [umbc.edu/training](http://umbc.edu/training)**

Spaces are limited and pre-registration is required.

Life is full of choices. Each day -- from the time we wake up until the moment we fall asleep -- we are faced with the same decisions about food, hydration, moving our bodies, and being of service. Throw the excuses out the window and start making healthier choices every day! It is time to take control of your health by living intentionally with healthy habits that will become part of who you are.

In this program, you will learn:

- Why the four pillars are the foundation of good health.
- The difference between habits and discipline.
- The components of the 21 Day Challenge.
- Healthy habits to change your life, and
- 10 Eating essentials.

You will develop personal goals tailored to what's most important to you - e.g. weight loss, increasing your energy, lowering blood pressure, etc.

Regardless of your age, the combination of daily exercise, seven or more hours of sleep each night, adequate hydration with water, planned volunteering, and choosing to eat more fresh vegetables and fruits can help you stay healthy, happy, and energized. Commit to Vibrant Living and be in control of your own health.

## ***What past participants have said about this program...***

“I feel fantastic, energetic, accomplished and so on-track! Getting my physical self in order has flowed into being more disciplined in other areas of my life. I’m not wasting calories and I’m not wasting time... thank you, Molly.” - Sue W.

“Your 21 Day Challenge reawakened in me healthy eating and moving my body every single day. I have lost 12 pounds and am I am beaming. I now understand the difference between a habit and being disciplined, and your healthy habits are a part of my life.” - Kathryn J.

“Losing weight makes me look and feel younger. The only reason I have been successful is because I have been drinking water, not dieting but focusing on eating what’s good for me, and finally learning how to move every part of my body. I feel sexy for the first time in my life.” - Kelly K.



## ***About the presenter...***

Molly Shattuck is the creator of the ***Vibrant Living Philosophy***, the ***21 Day Challenge***, and ***The Vibrant Living Workout DVD*** which includes a segment devoted to exercising with children. Molly runs 21 Day Challenges with individuals, families, businesses and various groups of all ages.

Molly and her *Vibrant Living Philosophy* have been featured in The Today Show, Sports Illustrated, USA Today, People Magazine, CBS Evening News, as well as 20/20, HBO, Baltimore Magazine, The Baltimore Sun and many other media outlets. In recognition of her commitment to advocate a healthy lifestyle, she was appointed Healthy Food Ambassador in 2011 by Baltimore Mayor Stephanie Rawlings-Blake and the United Way of Central Maryland to help lead the *Access to Healthy Food Initiative*. This initiative is an effort to ensure that 60,000 under-served and disadvantaged Marylanders have access to healthy and nutritious food each year, and is now entering its second year of existence after sourcing more than 2.1 million pounds of healthy food -- 43% beyond the 1<sup>st</sup>-year target goal. She has been honored for her accomplishments in many other volunteer efforts which have had significant impact.

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