

## Healthy Habits: Change Yourself before Helping Others



**Dr. Rick Botelho** is the author of *“Motivate Healthy Habits: Step-by-step Approaches to Lasting Change”*. He is a family doctor and Professor of Family Medicine and Nursing, at the University of Rochester School of Medicine, New York.

**Dr. Rick** can do live interviews with the host and callers to the show

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Why do good intentions fail? Most people think that they should change, but they don't really feel like it. **Dr.Rick** will help your listeners understand why:

- Couch potatoes can't lose weight or get fit
  - Nicotine addicts lack confidence to quit
  - Over eating feeds low self-esteem
  - Heavy drinkers can't face negative feelings
- On air, his English accent will entice your audience to listen.

### **He will chat about why people:**

- Reward themselves with emotional gratification (**heart**) against future trade-offs on their physical health (**body**)
- Overlook their distorted views (**mind**)
- Value their health but can't walk the talk (**soul**)

### **To get mind, body, heart and soul working on change, his no-advice approach will help your listeners:**

- Do emotional work
- Lower their resistance
- Change their perceptions and values
- Increase their motivation
- Walk on a healthy path
- Stay on course for good

After reprogramming your autopilot for health, you can coach others, step-by-step, to discover their path to health.

