

INTERRUPT HUNGER

*Overcome Your Cravings
with Compassion*



Bill Jollie or “Jollie” was diagnosed with a type of blood cancer called Small Lymphocytic Lymphoma in 2011. Jollie’s oncologist told him and his wife Tracy he had 10 years to live (daughters Kelsey and Katie were 10 and 14 at the time). He decided to change his life and fight his death sentence. He learned everything he could to grow stronger, faster, healthier and happier. **Interrupt Hunger** is the result of Jollie’s personal transformation. Since his diagnosis, he has competed in multiple races including the Marine Corps Marathon and North Carolina 70.3 Ironman. He was appointed by North Carolina’s Governor to the NC Advisory Committee for Cancer Coordination and Control and served as the Prevention Subcommittee Chair for North Carolina’s state Cancer Plan. He passionately advocates for Exercise Oncology and hopes one day soon, every person who hears the words, “You have cancer”, will receive a referral to an exercise specialist.

Learning from Tracy that it’s not enough to be intentional about the way we **MOVE** and **EAT**, but how we **GIVE** as well, the Jollie’s began fostering in 2017. God brought Ensley, their first foster child, into their lives at just 5 days old. Two years later, the Jollie’s adopted Ensley, making her a permanent member of the family. The Jollie’s continue to foster, and spread the joy of fostering and adoption to anyone willing to listen!

Interrupt Hunger 3 Step Plan

Step 1: Order a Wristband

Use the Interrupt Hunger Wristband to change the way you eat!

Step 2: The Interrupt Hunger Weight Loss Road Map

How I lost 25 pounds and kept it off (Find the roadmap at our website).

Step 3: Donate Your Weight

Donate \$1.00 for every pound you lose to help fight Hunger. Proceeds remain local! Every pound you lose and \$1.00 you donate provides 10 meals to families in your neighborhood!

Interrupt Hunger Community

See examples of how our Interrupt Hunger Community find ways to **MOVE, EAT, GIVE** in their busy lives.

We would love to share examples of how you **MOVE, EAT, GIVE!** Email or Instagram DM us a pic and include your name, city & brief summary.

support@interrupthunger.org

[@interrupthunger](https://www.instagram.com/interrupthunger)

MOVE

Change becomes habit with, “Constant, Gentle, Pressure”! Don’t try to be perfect today. Try to be a little healthier today, than you were yesterday. All the little changes you make, added together, will develop into a lifestyle of healthy habits and help keep the weight of for good!

If you don’t take the time to figure out when & how to fit exercise into your busy schedule, it won’t happen!! Use the space below to create a REALISTIC exercise plan that works for YOU. If you don’t know how to start, pick 5 days and times below and write, “Walk 30 min”.

Day:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Time:	Ex: 6:30am						
Exercise:	Ex: Walk 30 min.						

*Find examples of how people are making MOVE, EAT, GIVE part of their busy lives at our [Interrupt Hunger Community](#) page.

EAT



Use the **Interrupt Hunger Wristband** to change the way you eat: Be mindful of what your body is telling you. Learn to tell the difference between true hunger and unhealthy cravings, as well as when you’ve had enough to eat during meals.

Cravings: When unhealthy cravings strike, take the wristband off & put it on your other wrist. Drink a large glass of water & wait 5 minutes to see if the craving subsides. If the craving remains, have a healthy snack instead.

Portion Control: At meals, don’t eat until you’re full; eat until you’re no longer hungry—there’s a big difference! When you first realize you’re no longer hungry, take the wristband off, put it on the other wrist and stop eating.

Half the battle of eating healthy is having healthy items on-hand when cravings strike! Begin to make a list of your favorite foods for meals and snacks, and make sure to keep your home & office stocked with these items.

_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

GIVE

Our compassion needs exercising too! Get ideas on ways to volunteer from our [Interrupt Hunger Community](#) page. Be intentional by writing down how you’d like to help in your neighborhood below.

Organization: _____

Contact: _____

Phone/Email: _____

Day/Time: _____

A few volunteering examples to get you thinking: Sort or pack food at a food bank, help pack food for weekends with a Backpack Buddies program, cull vegetables at a farm with a Produce Recovery Program, Mentor a child, adult or small business, K-12 Tutoring, or help out at a Library or Animal Shelter.

Use **Interrupt Hunger** and your compassion for others to power your motivation. Donate \$1.00 for every pound you lose to help fight Hunger. 100% of **Donate Your Weight** proceeds remain local! You chose which Feeding America food bank benefits from your donation!

