

THE FORT LIFE

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CORRECTION VS ELIMINATION

Fix It or Cut It — The Discipline Behind Growth



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CORRECTION VS ELIMINATION

Fix It or Cut It — The Discipline Behind Growth

102 years ago this month, a woman who would eventually impact millions around the world was born in Brooklyn, NY, to a modest family, one who early on introduced her and her siblings to the joys of sweet treats and comfort foods. These treats were both therapeutic and celebratory, as they were consumed during moments of both happiness and frustration alike.

As Jean grew older, so did her appetite for candy, ice cream, and all sorts of desserts. With the passing of the years her waistline continued to expand to the rhythm of the delicious but unhealthy treats she consumed on a daily basis.

As the teenage years came around, so did the negative comments, and her figure became the quintessential mark of identification among her peers and classmates. Although conscious of her appearance, Jean did not limit herself by her looks and, as a strategy, turned self-deprecating humor into a well-carved tool to diminish the name-calling and judgment from others with more “standard” physiques. Her quick wit and self-confidence gained her enough acceptance through high school and freshman year of college, until she had to drop out to assist her now widowed mother in making ends meet.



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Humanly written by:
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CVO & Founder
FORT International

Jean eventually married, and her husband was the perfect match for her late-night trips to the ice-cream parlors, cookie shops, and diners offering her favorite delicacies. But one day things changed; the comfort foods which, over the years, had settled in her midsection were mistaken for a pregnancy, and in that moment, Jean Slutsky, now going by her married name, Jean Nidetch, decided that things had to change.

Correction and elimination in certain areas of her life needed to take place immediately, especially if she wanted to be around for many years to come.

After searching high and low for different weight-loss avenues and trying things like hypnotherapy, she enrolled in New York City's Board of Health clinic, where she would participate in their 10-week obesity program, where she was introduced to the "Prudent Diet."

This was a life-changing moment for Jean. The Prudent Diet, which mainly focused on a list of fixed foods, the correction of portion sizes, and the elimination of alcohol and sweets, gave Jean the structure she needed to embark on her 10-week journey. The program also required weekly check-ins, which gave Jean the structure she needed to hold herself accountable. However, she soon realized that accountability was best kept when it was shared, so she invited a few of her fellow dieters to her living room so they could chat and share their struggles and victories.

The meetings grew, and what started in 1961 with around six people became twelve, then twenty-four.

With better health came better ideas, and Jean soon realized she had an opportunity in her hands. As the word spread, so did her thirst for a better life, and what started as a seed grew into a tree which provided shade to around 400 people when the first public meeting was held in May 1963. The event was called Weight Watchers!



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The company quickly grew and went public in 1968, and in 1978 the H. J. Heinz Corporation (Ketchup Brand) bought Weight Watchers for roughly \$72 million, equivalent to \$358 million in 2025.

There are so many lessons in this story, yet we can't forget that it all started with an ill-timed compliment/unintended insult. It was at this very moment that Jean made a decision. She looked in the mirror and decided to take control of her looks, her mind, and her life.



Photo by Freepik

She admonished that which needed fixing and abolished that which served no purpose. She fixed and cut!

Too often we walk through life ignoring the corrections and eliminations we need to take to enhance both our personal and professional lives. It begins by looking in the mirror, writing things down, and taking a true and honest inventory of our strengths and weaknesses. We do this by:

- Being brutally honest with ourselves.
- Understanding the nature of our choices.
- Appreciating the opportunity of life and daily breath to apply correction and elimination where needed.

Jean took a system, a diet, and built a room around it for people to discuss it. She didn't create the diet; she gave it a platform, a stage, so those partaking in the same weight-loss journey could vent and support each other; she gave it fellowship... she gave it a home!

If you feel stuck at work, stressed about the inability to move forward, start with accountability, follow it up with a decision to be better and do better, and begin the process of true lasting change by carving out the future you once dreamed of by correcting the areas of your life that can be improved, and eliminating from your life anything that won't help you get there. Once that's done, surround yourself with positivity and like-minded people. Just like misery loves company, so does success.

We get one go at this life. Tomorrow is not promised, and as the days and years pass us by, we need to constantly remember that one day the sunrise will not come for us. But while we are here, it is our responsibility to do everything in our power to be the best version of ourselves. It's a daily grind, and sometimes you'll fall, but one thing correction and elimination will give you is the ability to fall forward and not lose momentum.

THE IMPORTANCE OF RITUALS

HOLIDAYS & THEIR MEANING

Rituals aren't nostalgia—they're operating systems for families and teams. Design them on purpose and they'll carry your values when the calendar gets loud.

Quick Take

- Drifting holidays = Drifting values.
- Name the purpose, set cues, keep it repeatable.
- Small rituals, done often, compound identity.
- » Do this now: Write a 2-line blessing for tonight's dinner and use it.

Why Rituals Matter More Than Ever

When life speeds up, the first things to go are the quiet practices that anchor us—gratitude before meals, a call to a parent, a Sabbath walk, the way we light a candle and say a few words before we eat. Rituals are how we tell ourselves who we are. They take a value (gratitude, generosity, remembrance) and translate it into a small, repeatable act. Done once, it's cute. Done weekly, it becomes identity.



Photo by Freepik

Design - Don't Drift

Drifting into a holiday produces logistics without meaning. Design beats drift. Name the purpose (“we remember, we give thanks, we reconnect”). Choose the cue (“right before the first bite,” “at sundown,” “after the first toast”). Keep the action simple enough to survive chaos: two sentences, one song, one phone call. The measure of a ritual isn't grandeur; it's repeatability.

Make It Multi-Generational

Invite kids or younger team members to lead parts. Give them the two-line script on a card. Ask Grandma for one story about the first time she hosted. Record it on your phone and label it by date. A ritual with a microphone is still a ritual—what matters is participation.

Bridge Faith, Culture, and Work

Teams flourish with ritual, too. Open the week with a 5-minute huddle: one win, one focus. Close the quarter with a gratitude round. Tie holidays to service: declutter as a family and donate, or set aside a small gift for a student fund. Rituals don't have to be religious to be sacred.

Sidebar Playbook — 12 Days of Rituals

- Gratitude round (1 minute each)
- First-of-month giving (automate)
- Voice-memo a family story
- Holiday morning walk + photo
- Handwrite a thank-you note
- Share a verse/quote; one lesson each
- Cook one ancestral recipe together
- “Lesson learned” circle after dinner
- Letter to future me
- Declutter or donate 10 items
- Team huddle: one win, one focus
- Service hour (neighbor or local need aligned with KSA mission)



Photo by Freepik

“Rituals are calendars
with a soul.”

CTA (Call to Action): Reply with your favorite holiday ritual—we'll feature a few in the next issue of The FORT Life.

TRAINING THROUGH MENOPAUSE

EXERCISE & FITNESS

Rituals aren't nostalgia—they're operating systems for families and teams. Design them on purpose and they'll carry your values when the calendar gets loud.



Quick Take

- Lift 2–3×/week to protect muscle and bone.
- Distribute protein across meals; guard sleep.
- Consistency beats heroic weeks.
- » Do this now: Book 3 strength sessions for the next 7 days.

The Physiology Shift—and the Opportunity

Hormonal changes can reduce muscle mass, bone density, and sleep quality. The antidote isn't to overwhelm; it's precision. Strength becomes non-negotiable. Think full-body sessions that train pushes, pulls, squats/hinges, and carries in 45–60 minutes.

Strength First, Cardio With Purpose

Start with two or three lifting days. On other days, aim for zone-2 cardio (conversation-pace walking/cycling) and one brief interval session if energy allows. The goal is to feel better after the session than before.

Protein: The Quiet Multiplier

Spread protein evenly—25–40g per meal—so the body has the raw materials to preserve and rebuild muscle. Whole foods first; supplement if travel or appetite makes consistency hard.

Photo by Freepik



Recovery is Training

Sleep and stress management aren't afterthoughts; they are training variables. A bedtime alarm is the most underrated recovery tool. Hydration and light mobility before bed help the next day start well.

Sidebar Playbook — 4-Week Menopause Reset

- Weeks 1–2: 2 full-body lifts + 1 zone-2 walk
- Weeks 3–4: 3 full-body lifts + 1 short interval session
- Grocery staples: eggs/yogurt, salmon/chicken, beans, leafy greens, oats/berries
- Non-negotiables: 7–8h sleep, hydration, 10k steps most days

“Strength is the scaffolding that holds everything else in place.”

CTA: Reply “MENOPAUSE PLAN” to receive a printable 4-week template Workout!

COMMUNITY ENGAGEMENT

DONATE TIME TO WORTHY CAUSES

Money matters, but time transforms. A disciplined volunteering practice builds skills, networks, and neighborhoods.

Quick Take

- Give where your expertise multiplies results.
- Rhythm beats random—put service on the calendar.
- Measure stories and outcomes, not just hours.
- » Do this now: Block a 90-minute service sprint this month.

Serve From Your Strengths

Your best contribution is what you do best. A logistics pro can move an entire pantry in an afternoon. A marketer can double a fundraiser's reach with one email sequence. Context is leverage.

Make It Rhythmic

Pick a cadence—monthly or quarterly—and treat it like any other priority. Show up with a friend or colleague; social accountability is a force multiplier.



Tell Better Stories

Track outcomes: resumes reviewed, students advised, families served. Share a short recap with your team; invite customers to future sprints.

Sidebar Playbook — Volunteer Sprint (90 Minutes)

- Pick cause + role; confirm date/time
- Invite one friend/client
- Prep a tiny “what good looks like” checklist
- Serve; capture one story + one metric
- Share three bullets; schedule the next sprint



“Consistency is the love language of communities.”

Nominate a local partner we should meet:
Ourimpact@fortinternational.com

Note: KSA essay reviews are committee-only during Dec 1–Feb 28; no open volunteering during that window.

EATING FOR SUCCESS WHILE ON HOLIDAY

Travel can fuel you or fog you. A few pre-commitments keep energy high without becoming “that person” at the table.



Quick Take

- Bookend the day: Vitamins and Brain Support - protein breakfast- lighter dinner.
- One-plate, one-treat; hydrate on schedule.
- Move daily to protect sleep and energy.
- » Do this now: Pack two protein options and an electrolyte packet.

Plan the First and the Last

Anchor the morning with a protein-forward meal. Aim for an earlier, lighter dinner when possible. Protect the first night's sleep and you protect the trip.

One Plate, One Treat

Build meals around protein and plants. Choose one memorable local indulgence each day and skip the forgettable fillers. You'll remember the pastry in Lisbon—not the generic fries.

Hydrate on Purpose

Drink water upon waking, during flights, and after sun exposure. Carry electrolytes; most fatigue on the road is dehydration masquerading as hunger.

Move Anyway

Walks between activities, a short band circuit, a stretch before bed. Momentum beats perfection.

Sidebar Playbook — Travel Meal Builder

- Plate: protein + veg + smart carb + healthy fat
- Timing: breakfast anchor; avoid heavy late dinners
- Hydration: water on waking/flight/arrival; add electrolytes
- Movement: 10-minute walk pre-meal; 5-minute stretch before bed

“Memories taste better when your energy is steady.”

CTA: Reply “TRAVEL MEAL PLAN” for a save-to-photos one-pager.

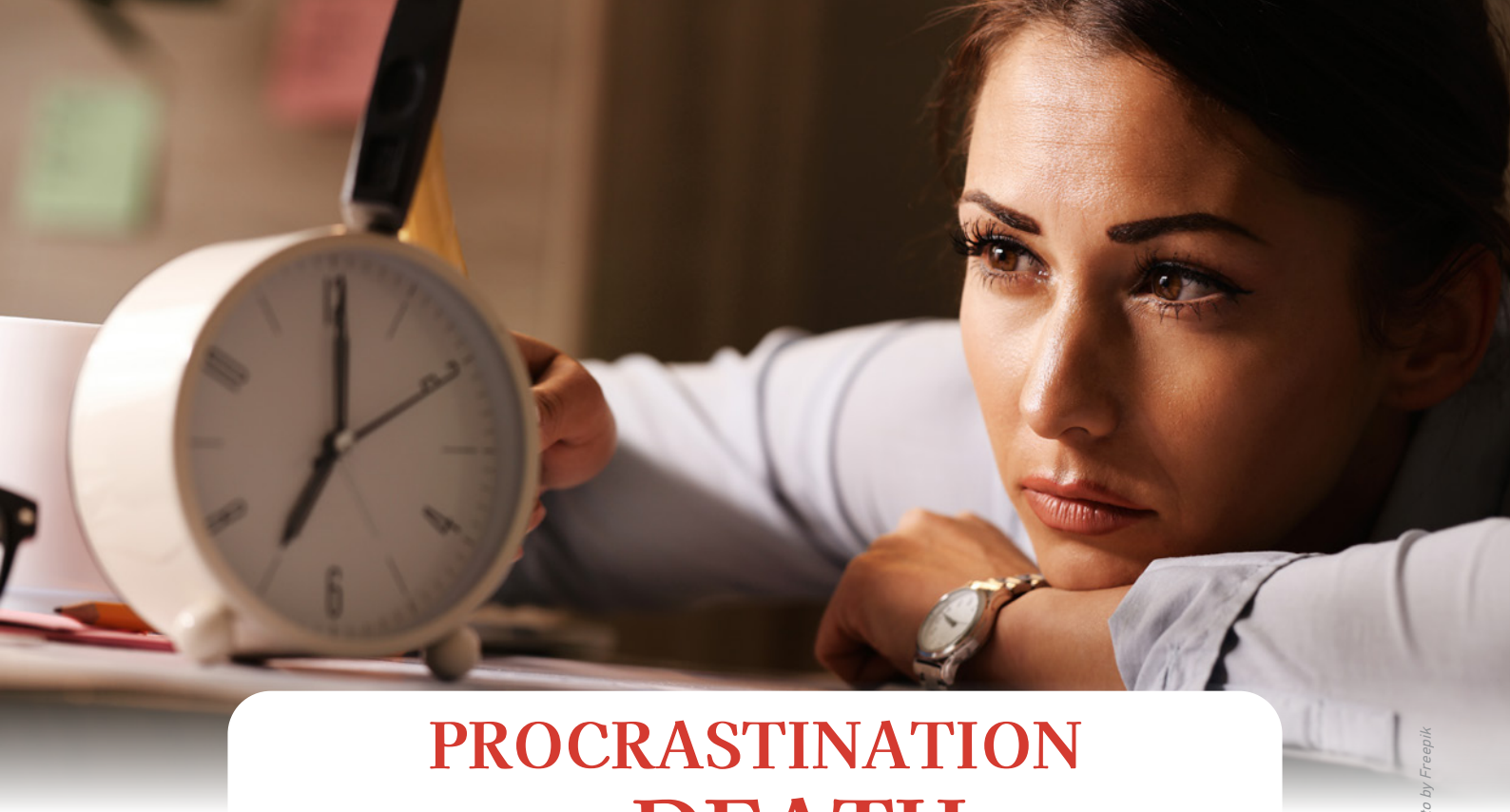


Photo by Freepik

PROCRASTINATION = DEATH

Delay erodes health, wealth, and relationships. Treat procrastination like a risk you can price—and reduce it with micro-moves.

Quick Take

- If it matters, calendar it.
- Start embarrassingly small: the 10-minute rule.
- Make progress visible; perfection kills it.
- » Do this now: Put tomorrow's "first 30" on your calendar.

Move From Intention to Calendar

Good intentions don't scale; calendars do. Protect the first 30 minutes of your day for the highest-leverage action. If the task isn't on the calendar, it's a wish.

Shrink the First Step

Inertia dies when the first step is tiny. Draft three bullets. Do one set. Write one paragraph. Momentum changes psychology.

Build Visible Consequences

Use a streak tracker, public commitments, or an accountability partner. Visibility creates action because it adds stakes without shame.

Sidebar Playbook — Anti-Procrastination Kit

- First 30: daily block for one high-leverage task
- Micro-start: 3 bullets / 1 set / 1 page
- Streak tracker: mark the day; allow planned resets
- Accountability: text a friend your "first 30" each morning

"Tomorrow is where goals go to die."

CTA: Reply with your "first 30" for tomorrow—we may feature it.

ENHANCE YOUR HCAHPS

In healthcare, experience scores (HCAHPS) drive trust, revenue, and retention. Treat them like a sales outcome—because they are.



Quick Take

- Map moments that matter—assign owners.
- Script the first 60 seconds; always close the loop.
- Reliability is the best sales pitch.
- » Do this now: Print the five micro-scripts for today's huddle.

Moments That Matter

Patients remember beginnings and endings—admissions and discharge. List every touchpoint in between and assign an owner. If a moment has no owner, it has no champion.

Script the First 60

Warm greeting, plain-English expectations, confirm name and preferred contact. Reduce uncertainty and you reduce fear; reduce fear and scores rise.

Close the Loop

Before you leave, summarize next steps, confirm understanding (“teach-back”), and leave a reliable number. Reliability scales trust.

Sidebar Playbook — HCAHPS in Four Steps

- Moment map with owners
- First-60 script
- Close-the-loop checklist
- Daily huddle: one miss, one thank-you, today's focus

**“Great care is felt before
it’s measured.”**

CTA: Request the HCAHPS Micro-Script Cards for staff huddles.

Word Search

Entertain yourself for a while and solve this word search as quickly as possible. If you prefer you can click on the link below and solve the challenge from your cell phone or computer.

Holiday Word Game

| | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| W | H | M | T | Y | W | B | T | E | G | G | N | O | G |
| L | A | A | E | L | S | N | O | W | M | A | N | N | A |
| A | K | L | E | L | O | I | O | A | M | F | L | E | L |
| T | K | P | E | O | E | K | A | L | F | W | O | N | S |
| N | U | A | E | H | A | R | O | N | E | M | W | S | N |
| A | N | N | S | A | M | T | S | I | R | H | C | H | U |
| S | A | N | O | H | S | T | N | E | M | A | N | R | O |
| G | H | R | E | I | N | D | E | E | R | A | E | A | I |
| N | U | T | C | R | A | C | K | E | R | I | R | K | I |
| G | R | N | W | P | R | E | S | E | N | T | S | Y | G |
| K | T | G | I | N | G | E | R | B | R | E | A | D | E |
| H | E | P | O | I | N | S | E | T | T | I | A | G | L |
| H | B | T | R | R | E | S | L | E | I | G | H | R | T |
| E | L | E | G | N | A | S | T | O | C | K | I | N | G |

NUTCRACKER
POINSETTIA
SLEIGH
ORNAMENTS
ELF
GINGERBREAD
MENORAH
REINDEER
SNOWMAN
HANUKKAH
STOCKING
SNOWFLAKE
PRESENTS
HOLLY
CHRISTMAS
EGGNOG
SANTA
GELT
ANGEL

Play this puzzle online at : <https://thewordsearch.com/puzzle/1569648/holiday-word-game/>

TEAM FORT



Damian



Ely



Danny



Sebas



Goretti



Brian

The Social FORT

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