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Tom Rettig / Dispatch

Angie Hollerich, author of *The Weight and Wealth Factors*, holds a draft of the book in the gym where she exercises.

## Healthy, Author suggests link between losing weight, making money wealthy and wise

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Do you want to lose weight and gain wealth?

Financial adviser Angie Hollerich has written *The Weight and Wealth Factors* (Brass Ring Productions, \$19.95), which identifies 12 factors to use to achieve both goals.

Hollerich, 54, of Gahanna, decided to write the book after struggling for years with her weight. A yo-yo dieter for 35 years, she would lose weight while dieting but gain even more back when she stopped.

In the fall of 1998, at 5 feet 3 1/2 inches and 212 pounds, she tried a different approach to weight loss before she took an Australian vacation.

"I knew if I let myself go, there was no telling how big I'd get," said Hollerich, a former aerobics instructor who is now a professional speaker and financial educator.

Because of her 10 years experience as a financial adviser, she knew what factors affected a person's ability to accumulate wealth.

She recognized parallels between managing weight and wealth and applied those same factors – including budget, time, environment and family – to her quest to lose weight.

It worked.

Hollerich lost 14 pounds before her three-week trip to Australia in February 1999 with her husband, Jack.

While there, she lost another 2 1/2 pounds, even though her goal was simply to not gain weight on vacation.

Now she weighs 155 and is happy with the way she looks and feels. She follows principles outlined in the book, watches what she eats and exercises daily by walking or lifting weights.

"This is a weight-management book, not a diet book," she said.

### Key factors

Twelve factors affect weight management and wealth accumulation, said Angie Hollerich, author of *The Weight and Wealth Factors*.

Identifying how each of these factors relates to you can help you turn failures into successes, if you work to modify your behavior, said Hollerich, of Gahanna.

The 12 factors are:

- environment
- motivation
- attitude
- habits
- family
- budget
- education
- goals
- time
- age
- needs vs. wants
- risk



For example, messages you receive in your daily environment can either help or hinder individual efforts to lose weight and accumulate wealth, Hollerich said.

If you are trying to lose weight but your co-workers constantly bring in sweets to share, you may find it difficult to resist snacking, she said.

Along those same lines, if your friends enjoy frequent shopping sprees or expensive weekend getaways, you may find it difficult to save money because you are spending money to keep up with them.

"People don't really understand where the money goes and what they eat," she said.

Keeping a daily journal of what you eat and what you spend can help identify potential pitfalls, she said. At the end of each chapter, Hollerich lists a series of questions for the reader to respond to in a journal.

In the environment chapter, she asks readers to consider what message influenced them to think about eating a certain food or making a purchase.