

NOT A SINGLE POUND WEEKLY NEWSLETTER

What is a safe cure for removing the lure of high calorie, high fat foods?

First, don't stress. Recognize occasionally the solution can be moderation instead of complete omission. Get into the habit of releasing guilt and judgment from what you put into your body during this time of year. Instead, make a conscious choice to investigate the wonderful possibility of enjoying the benefits of excellent food and great company.

Second, recognize there are no major goals to reach other than **good healthy habits**. See yourself taking small steps. Try posting motivational sayings in familiar places to remind you of how far you've come. I personally like to put them on my laptop where I spend a lot of my time doing research.

Also, break your exercise routine into 10 minute increments if limited on time. As always, check with your physician and get permission if needed before beginning an exercise program (See below for a no fuss exercise recommendation).

Finally, find time to relax during this holiday season. Invitations to holiday gatherings as well as family obligations might cause you to want more food than normal. Resist the temptation to stress eat. Try walking, stretching, Tai Chi or Yoga to significantly reduce tension in the body.

EXERCISE OF THE WEEK

If you are feeling too busy to go to the gym, or you are just trying to get started exercising, try:

Before you sit down to watch your favorite show, gather 2 soup cans, or 5lb-10lb free weights, or exercise bands or tubing.

At the first commercial break, just stand and raise your knees, up to hip height, alternating left and right, for the entire commercial break....when your show comes back on take a break.

At the next commercial break, while holding your weights, bands, or soup cans, raise your arms straight out in front of you, no higher than shoulder height, for the entire commercial break....when your show comes back on take a break.

At the next commercial break, once again stand and raise your knees, up to hip height, alternating left and right, for the entire commercial break....when your show comes back on take a break.

Then at the next commercial break, while holding your weights, bands, or soup cans, raise your arms up and out to your side, no higher than shoulder height, for the entire commercial break....when your show comes back on take a break.

Repeat this process at each commercial break, until the show is over. If you don't watch television, but you work at the computer, knit, read, or sew, to relax, then set a timer for 20-minutes and get up every 20-minutes, in order to complete the above exercises, over a period of an hour or 2.

GO LUCK IN YOUR GOAL....KNOW YOU CAN DO IT!!!!