

### **Personal Responsibility To Diet**

Everybody is on a diet. Some diets are just better than others. One of the difficulties in maintaining a healthy diet today is due to the abundant temptations and opportunities for overindulgence of food and drink. Good food...really good food. When all of the choices and quantity is under your nose, how do you say no?

The reality of it all is that one-day it will catch up with you. You will look back and wonder where the extra 20 or more pounds came from. By then you may not have the health or fitness to assist in the weight loss and your battle with food will take on a new dimension.

If you want to drastically lower your risk of lung cancer you would avoid smoking altogether. If you wanted to retire by the age of 55 you would live with less now to live with more then. If you want to get the best resale price on a car you have to treat it like it is always up for sale until the time comes to sell it. Preventive behaviour is also the answer for keeping a healthy weight throughout your life. It is a responsibility to owe to yourself.

### **Eating Out**

It happens all the time. Not just at restaurants but business functions, barbeques, coffee breaks, pot lucks, bridge, meetings. The temptations are everywhere. Eating away from home can undermine the most determined. When you are with friends and family, split orders. Meals are far too large for what most require. When splitting plates is not appropriate, such as a business meeting order half sizes or appetizer choices in place of a main course. Select a setting that offers a calorie conscious menu and avoid places that present an abundance of showcase indulgences that are calling your name as you are being seated. Stay away from fast food venues. If it can't be helped, help yourself by choosing small sizes and fewer items. Make a promise to yourself at a buffet to have only one desert accompanied by fresh fruit for the filler. Treat yourself to Sunday brunch only once a year and go wild. Choose roasted, baked, broiled or grilled and seldom fried. Always ask for your dressing on the side. Avoid the dip sauce when ordering pizza...what were they thinking?

### **Skipping Meals**

Try not to ever skip a meal. Especially breakfast. A growling stomach can overpower the strongest will. Smart snacks in between meals keeps the hunger at bay so you eat more sensibly at mealtime. It is also a way to keep not only your physical energy up but also your mental discipline. Don't be afraid of self-talk. It is amazing what you can talk yourself out of or into.

### **Lead us not into temptation**

If you are struggling with diet and weight loss, why even put yourself in a situation where you are immediately fighting for control. Avoid situations that make it more challenge than you can handle. Never shop on an empty stomach, or let yourself become so hungry that you want to eat the box the food came in. Eat dinner before a party so you avoid snacking on junk all night. Avoid more than one alcoholic drink on a school night. You know the drill. Be conscious of what you are doing with food and drink by paying attention.

### **Get a life**

Really. Being busy especially active hobbies helps keep the unwanted pounds at bay. Be an active participant in your own life and many of your issues with eating will miraculously get pretty slim.

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