

# LONG ISLAND WEIGHT COUNSELING, INC.



Linda Fiverson



SHAPE YOUR BODY, SHAPE YOUR LIFE!

by Linda Fiverson



Here we go again! The winter holidays are coming and we're making our lists – gifts to buy, food to eat and resolutions to make... All of the research on holiday weight gain and attempts to lose it say the same thing; resolutions to diet and exercise are the number one goal most people have. That's because a healthy start to the New Year is what we wish for most. We equate a "new year" with a "new self".

The New Year is a time for many changes. It represents new beginnings and new commitments so we get excited thinking that this is going to be "IT" – "IT", of course being the time we finally lose the weight. Unfortunately, we've been in this same place making these same resolutions too many times before. When will "history stop repeating itself"? Perhaps, when we start re-writing our own personal journeys...

Going on a diet or joining a gym is actually the easy part. Staying committed to the decision is what's hard. I suggest that you set specific and measurable goals for yourself. Don't just tell yourself that you want to lose weight. Instead, start with small goals that are realistic and within reach. Once you see yourself achieving them it will be much easier and more motivating. It won't seem like it will take "forever" to achieve them.

Once you have a goal in mind, jot it down. Write down your game plan too because knowing how you're going to reach it will help you get there. Seeing it in black and white will also make you become accountable to yourself. I suggest

that you keep a food diary and exercise log. Perhaps you can buy a small notebook that you can use as your personal "life" journal. These tools "guilt" you into doing the right thing – the plan you outlined for yourself. If you see lots of blank spaces you will know you have to examine your food intake and activity level. Most people are inclined to stop writing and leave spaces when they don't want to own up to poor choices they made. They think to themselves, "If I don't see it, it won't count." I don't think so... Do you?

As I said earlier, New Year's resolutions to lose weight are common. It's less typical for people to decide to change their habits but long-term lifestyle changes are at the crux of this decision. Behaviors can be altered so start putting your focus there!

Some of us indulge ourselves on the holidays and some of us over-indulge. I understand how difficult it is to resist the temptation of foods you have dreamed about but you have to stop the fantasy of the food. We all know that illusions are much better than realities but let's face it -- we've eaten everything before; we know what it tastes like and nothing is really "new". I've been down that road but I've kept my weight off for thirty years. I've done this by learning to think new thoughts. If you imagine those desired foods as your enemies, it will make a big difference in how you treat and respond to temptations. It will become easier and easier with time to resist them because you'll recognize that they harm your self-esteem. This will become more important to you than the food you think you're missing.

Those of us who have lost weight and maintained the loss have learned the "real" secret of self-satisfaction. It's not what we put into our bodies that matters but how we feel about our bodies because this translates into self-worth, self-image and self-validation. Once we get our minds in shape it seems natural to get down to the business of taking care of our bodies!

Try to make exercise fun. Join a gym or walk with a friend. Use a monitor or pedometer to measure your heart rate or distance walked. Take up skating or cycling. Both of these activities can be done in or out of doors. Take dance lessons or dance to a DVD. Enlist the services of a personal trainer who makes house calls if it's hard for you to get out and go to a facility yourself. You might enjoy hula-hooping or doing jumping jacks or something as simple as tummy crunches. There's something everyone can do...even those with physical limitations. You would be surprised! Nonetheless, it's always a wise idea to check with your doctor before starting a new regimen.

Research says that 68 percent of Americans break their New Year's resolution by spring. Don't be one of them! Make a resolution to improve your life and go ahead and do it. Shape your mind so you are able to shape your body! You will be happy to see how that shapes your life!

DECEMBER 2008

Linda Says...

"Don't dwell on what you should have done - Change old habits one by one!"



## CHICKEN BURGERS



### INGREDIENTS

White ground meat chicken breast  
1 apple  
1 lemon  
1 carrot  
1 small onion (optional)  
1 stalk of celery  
1 tsp. chutney (no sugar added)  
1 bunch parsley (finely chopped)  
1 egg (beaten)  
¼ tsp. onion powder  
¼ tsp. pepper

### DIRECTIONS

Preheat oven to 350°. Put chicken meat in a mixing bowl. Grate the apple, carrot, onion and celery and add to meat. Squeeze the lemon's juice into mixture. Grate the lemon rind and add to chicken. Add beaten egg and the remaining ingredients. Mix well and shape into patties. Broil on both sides until brown.



LINDA FIVESON, NUTRITIONIST

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## TIPS FOR THE NEW YEAR

- ◆ **THINK BEFORE YOU EAT!** (Pause - Think -and Use the walk away method...)
- ◆ **YOUR FINGERS ARE NOT UTENSILS!**
- ◆ **1 DAY OFF = 3 DAYS LOST!**
- ◆ **NOTHING TASTES AS GOOD AS BEING THIN FEELS!** (Say no when you hear the voices in your head saying, "Just one!")
- ◆ **IF YOU SWALLOW IT, YOU OWN IT!**
- ◆ **JUST DO IT!** (STOP BEING THE PERSON WHO IS ALWAYS "Going on a Diet" and just give up the foods that make you gain weight – FINALLY!
- ◆ **FOOD IN CELLOPHANE BAGS AND BOXES CAN BE TRICKY!**
- ◆ **NO DASHBOARD DINING!**

*"The human mind treats a new idea the way the body treats a strange PROTEIN; it rejects it."*

Peter B. Medawar

"Let **GOOD PROTEINS** become your friends!"

1) b 2) b 3) a 4) a 5) c 6) b

ANSWERS TO TRIVIA

## Trivia Corner

Do you know as much as you think you know? Check answers below!

1. **Sooner or later, the body converts all carbohydrates to what?**  
a) Insulin b) Glucose c) Bile
2. **What *can't* we digest?**  
a) Fructose b) Fiber c) Fatty acids
3. **Which is closest in size to an "official" 3-ounce serving of meat?**  
a) A deck of cards b) A paperback book c) A baseball
4. **What are 50% of Americans doing at any given time?**  
a) Dieting b) Eating chocolate c) Watching TV
5. **What's the primary fuel burned during aerobic exercise?**  
a) Glycogen b) Ethanol c) Fat
6. **To minimize the loss of lean muscle tissue, older people should eat more of what?**  
a) Calcium b) Protein c) Vitamin C



"Ummm."

## FIVESON'S FOOD!

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*FREE of gluten, sugar, flour and preservatives!*

*Formulated from my "own" personal recipes since 1989*

**CHOOSE FROM:**

Assorted blintzes, muffins, breads, pancakes and cheesecakes, steak, chicken, turkey, veal and seafood entrees, various soups, squash fries, turnip latkes, soufflés and other vegetable dishes,

mousses, custards, puddings, cakes, cookies, and fruit options...

*Over 100 menu choices! New items added often!*

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**SHEETS.**



**CONSULTATIONS**

*by appointment only!*

Do you have a question or suggestion?

A personal strategy that you use?

Please let us know—we'll consider it for a future edition!

You may send an email to:

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