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Linda Fiveson



Repeat Offenders

by Linda Fiveson



It's that time of year again! You know the one I'm talking about... "The holidays!" The giving and receiving gifts, party after party with indulgent, fattening foods. We overspend, over decorate, over cook and...over eat! We worked and planned for this all year. For what? To go on a diet again? To make the universal resolution to lose weight? To punish ourselves for the "over-indulging on everything during the holidays? And, what makes this so difficult? We are repeat offenders; we do the same thing every year, and we will probably do it again.

We are always "going on" diets but never "staying on" them year after year. So, maybe Diet's Don't Work? Changing our eating lifestyle makes the most sense. Although our intention is to continue this new eating lifestyle even after we have lost the weight somehow we "forget". Forget what? Forget how much we loved having the sanity and not having any more conversations in our heads about "what" we should or should not eat? How nice it is to have that self confidence back?

(continued)

Or maybe we forget how great it is for the tight clothes to fit again? Or how much fun it is just to buy new clothes? And any style we want to wear, not just the styles that fit? Maybe we forget how good it feels to have the "freedom" from obsessing over when, where and what we are eating and of course, once eaten, obsessing over these foods that now "call our names"? Isn't it amazing how there is a ventriloquist in every pantry?

Why not make a list of what was helpful to you getting started on last year's resolution? How did you plan, prepare and think differently? Did you use a different strategy? And when your success started to happen, what motivated you to keep going? And then, what were you thinking when you started to lose focus? Did someone sabotage you? Was it a special event that made you feel "entitled" to join in with the crowd? Did you just get "bored"? We have used all of these excuses when we lost our focus and started to break down our commitment.

Writing things down is a really good idea because it forces us to think about our food behaviors and reflect on them. We're not always aware of the reasons we reach for food and this helps us become more self aware and proactive. Sometimes we don't even remember that we ate something. That's why it's a good idea not to wait until the end of the day to write down what you ate but to do it as soon after you ate it as possible. Sometimes planning ahead helps remove the indecision of "what am I going to eat?" from the day. Anything can work; you just have to put the planning in place.

The thought of keeping a record might seem annoying but most people end up wondering why they never did it before. There's something about seeing things in black and white that makes you realize you are accountable both, to yourself and to anyone else who might look over your food record.

When this becomes second nature you'll know you're on your way to success because you will be more aware of what you need to do to find it. Wouldn't it be nice to stay successful and not have to start over again come the New Year? It's empowering to be the one who doesn't have to make "Going On A Diet" a resolution! Think about it and try it... you may like it too!

DECEMBER, 2009

Linda Says...

DON'T WAIT
FOR
THE NEW YEAR.
Start Now!



CRANBERRY COMPOTE



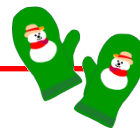
INGREDIENTS:

- 1 bag fresh cranberries
- 2 oranges sliced in rounds with rind (Reserve one for garnish)
- 1/2 apple, peeled and sliced
- 3 packets Splenda
- 1 small box black cherry or other flavored red sugar free Jello
- 1/2 cup water
- 1 T cinnamon (optional)

DIRECTIONS:

Put water and cranberries in a pot and simmer. As it begins to boil add Splenda, Jello, cinnamon if desired, apple and slices from one of the oranges. Cover and continue simmering until all cranberries "pop" and are soft. Spoon into festive bowl and chill. Garnish with remaining orange slices.





Holiday Word Search

Find the words below and circle them. They are up and down, across, diagonal and backwards. See if you can find the hidden message!

CANDLES	LIGHTS
CELEBRATE	ORNAMENTS
DECORATIONS	PREPARATION
FAMILY	PRESENTS
FRIENDS	RESOLUTIONS
GATHERING	SNOW
HOLIDAY	SPECIAL

H A P P D Y L H O L I C D P A
 Y G S O E O W A G G A J R H S
 V T N I C B R D I N X E Q K U
 B U H I O I I N D C S V C S N
 S N O W R M T L A E E E A H O
 A A S T A E E F N M L P O L I
 C I T T T S H T R E E L S Y T
 W L H J I J S T B I I N L B A
 D C G J O Y F R A D E I T V R
 F K I E N F A T A G M N D S A
 Z X L H S T T Y W A H N D G P
 Z O H N E O S C F J I P D S E
 Q Y A K L W K G C K L D S F R
 S N O I T U L O S E R G I O P
 Q L K H S X P R C F I N O A L

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" IF YOU DON'T START EXERCISING MORE, YOU'LL TURN INTO SLUSH."

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Do you have a question or suggestion?
A personal strategy that you use?
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