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Linda Fiveson



TODAY IS YESTERDAY'S TOMORROW

by Linda Fiveson

Is there something you always wanted to do but haven't done? Can you come up with something to do when you have nothing to do? Do you have anyone you could tell your biggest secret to and not be afraid of being judged?

Every New Year most people start their regimen of eating healthy, getting into shape and cleaning up their surroundings, preparing for the big change – the New Year's Resolution! The funny thing is everybody does it and everybody hates that they **HAVE TO!**

Why not do it differently this time? Don't go on a diet. Don't plan on a hard core workout 6 days a week. Overdoing "anything" is destined to fail because it will feel like punishment. Subtle changes that are gradually incorporated may last longer because it will feel comfortable. No pressure to do something or be somewhere we can't follow up on!

When we hysterically do too much we also expect results "immediately" so we get on the scale too frequently expecting this huge weight loss for our hard work. Because we have pre-decided what a good weight loss should be we start asking ourselves whether this program is working if we don't meet that expectant number... And, we can quickly get very discouraged.

Our decision to go to the gym works similarly. We begin with great expectations of becoming a "gym rat". We buy outfits, sign up with trainers and change our entire day to get that workout in. Then in a flash, we're done... Remember, big expectations lead to very disappointments.

So, plan to start off with a self-designed blueprint. Make sure that it has lots of room for additions and subtractions. This will help you find strategies that work for you! Start by the process of elimination and gradually

get rid of your personal deterrents. In order to lose weight, even I had to do this. I had to eliminate the foods that made me fat. You can be sure it wasn't chicken, apples or salad.

I couldn't resist refined sugars and carbohydrates so I had to get rid of them. If they were in the house they were bound to find me... You know the ventriloquists I always talk about? Well, those are whose voices I would hear calling my name from the pantry, seducing me to come get them. And then, a force ever so strong would set me on my feet and set me walking in their direction. They'd be gone, both the voices and the foods, before I even realized I had found them...

The road to fitness and weight loss is often not an easy one though it certainly is rewarding. Losing weight has many beneficial effects on our mental and physical well being. Being happier, more positive and loving the changes that we are making give us the confidence to think about some physical activity.

There are many things we can do that fall into the "activity category". We don't have to go overboard by "biting off more than we can chew". Smaller, more subtle changes often have a larger and more lasting impact than those on a grand scale. Everyone can find ten minutes to set aside for an activity. We never seem to find the hour we promised ourselves we'd commit... We're all busy people and yes, an hour in the gym can turn into two as we add on the time spent getting there and back. Then we start procrastinating and complaining..., "I don't have the time!"

Remember... No procrastination! Procrastination means you're talking to yourself... (You know the right answer but you're waiting for something different) – a poor excuse so you can say you'll put it off and do it tomorrow. Ugh!

Think about this: "TODAY IS YESTERDAY'S TOMORROW!"

Here are some suggestions and thoughts that may help you get started...

- Learn about the food you buy and have in the house. Don't purchase food labeled high fiber, low carb or whole wheat. Even sugar free products can be high in calories from fat. And also...NO 100 calorie packs!
- Shop around the refrigerated section of the store. Buy food that has grown and had a life.
- Avoid foods that cannot be eaten with a fork. OF COURSE, FRUITS AND VEGETABLES ARE FINE!
- Did you ever make the connection that many of the chemicals people are addicted to come from the ground? Some examples are drugs, nicotine, alcohol, sugar cane and wheat (flour). The only difference is the social implication when we abuse the substance. I don't remember the last time someone got an E.W.I. ticket for driving while eating donuts in the car...

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- Activity is great, tone is great and the endorphins that are released while we're actively engaged rejuvenate us. Why not start with one type of exercise for 10 minutes until you start building momentum? If you can get yourself to move, shake, jump, dance, even walk, you will start doing more and more gradually.
- Start journaling or keep at it if you already are. I think there are so many things that we do, say, think and of course, eat that should be noted. This will definitely make you more aware of what you're doing, how you're feeling and when... This includes when things are going well, when you feel happy and positive... maybe even surprisingly empowered by yourself. Wouldn't it be nice to note what you are doing for yourself, thinking about, maybe even changing or planning to do differently? Write down how a compliment feels or how your clothes feel when they are getting loose. It will put a smile back on your face on a funky day and give you back the boost you need to regenerate.

Once you're on the road to positive changes you may want to give some thought to the three questions I started this article with. Start paving the road to tomorrow, today!

CAULIFLOWER LATKES



INGREDIENTS:

1 head Cauliflower
1/2 onion (chopped)
1 cup sliced mushrooms
1 tblspn. olive oil
salt, pepper, garlic powder (to taste)
1/3 cup 1% milk (optional)

DIRECTIONS:

Cut cauliflower and steam until soft. Mash and set aside to cool.

Heat olive oil and sauté onions and mushrooms until golden brown.

Add cooked onions and mushrooms to cauliflower.

Mix until blended. Add milk and seasonings. (to taste) You can add any additional seasonings you like.

Put cauliflower mixture into square baking pan. Broil until golden brown.

Use the clues below to fill in the answers.
(Based on ideas from article on page 1)

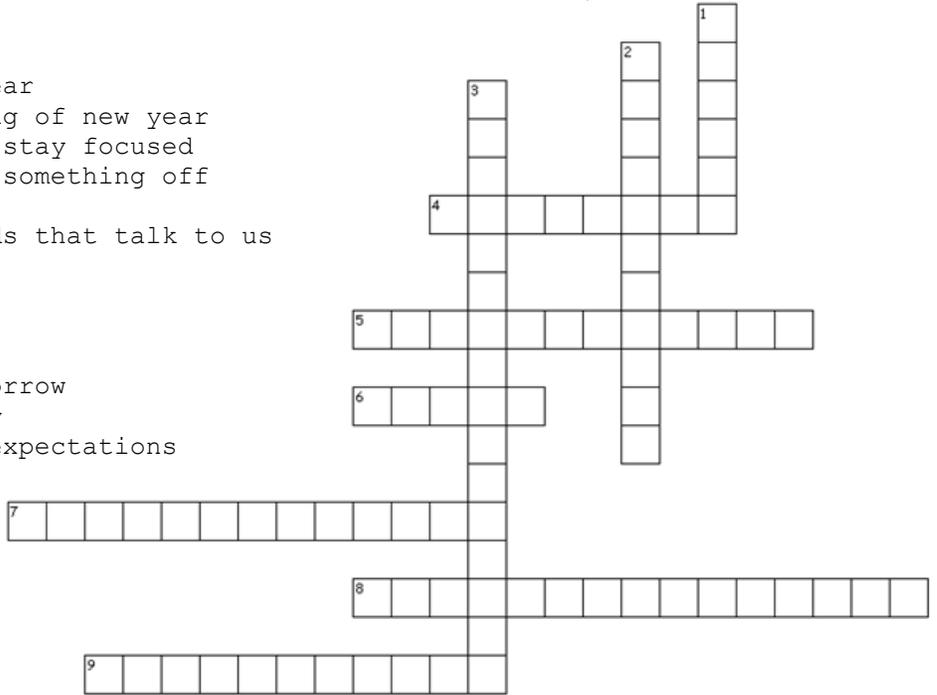
Puzzle of the Month

Across

4. the first month of the year
5. promises made at beginning of new year
6. having one will help you stay focused
7. you do this when you put something off till a later time
8. little voices in our heads that talk to us
9. writing down our thoughts

Down

1. word for yesterday's tomorrow
2. released through activity
3. often the result of big expectations



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Puzzle Answers
Across: 4-January 5-resolutions 6-plan 7-procrastinate 8-ventiloquists
(Across: 4-January 5-resolutions 6-plan 7-procrastinate 8-ventiloquists)
Down: 1-yesterday 2-sweat 3-often

Linda Says...



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!
Send an email to lindafiveson@yahoo.com

PLEASE VISIT MY WEBSITE:
<http://www.lindafiveson.com>