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Linda Fiveson



Listen to the Voice of Reason!



by Linda Fiveson

As the spring breezes stop blowing and we begin to realize that summer is imminent, many of us start to focus on our weight. With no jackets or coats to hide us, we begin to think about wearing more revealing clothes and suddenly we feel apprehensive and uncomfortable in our own skin. We want to lose weight **NOW!**

Not only do we want to eat healthier and exercise more – we want results that will make it look like we have been doing this for quite some time! Our motivation escalates and we start to have conversations with ourselves.

There are two distinct messages. Which one will you focus on? Will you listen to the voice of “reason” or the voice of “treason”? Each will lead you on a different path...

Surely the situation would have been more ideal if we had thought about losing weight and getting in shape earlier. In that case, we would have already begun a plan to reshape our bodies. Yet, it doesn't mean something can't be done now because it is NEVER too late to start on the road to reconstruction. Our bodies, our minds and our spirits can always be improved; it really is a matter of attitude!

The dictionary defines *attitude* as a state of mind or a feeling. We all know that the way we think and feel influences our successes and failures in life. This certainly holds true in our battles against weight. In fact, these thought patterns and sentiments affect our mood and can direct us in the course of action we are to take.

There is a lot of literature available which supports the philosophy that weather also plays a role in mood and motivation. Sunlight is said to be therapeutic and is recommended as treatment for those suffering from Seasonal Affective Disorder. When you think about it, the spring and summer are probably great times to get in shape emotionally and physically.

You've probably already taken off your jackets and coats but are you ready to don a bathing suit? Just the thought of that sends many of us in a tailspin but there's still time to get ready. The key factor is getting prepared.

It is always important to drink eight to ten glasses of water and it is even more important in the warmer weather. We lose water faster than we take it in due to the heat and humidity. Water replenishes our bodies and is good for our skin and hair too. An added benefit is that it speeds weight loss and makes us feel full.

Of course it is always advantageous to choose foods that are nutritionally sound and healthy. Try to avoid foods packaged in cellophane bags or boxes – they are too processed! Many of these selections become easier to prepare and seem more appealing in the summer. How easy is it to season some meat or fish, turn on the barbecue and be done? The best part is that it is often tastier and more pleasurable than the same item baked or broiled in a winter-tired oven.

(Continued on page 2)



Seafood Ceviche

1/2 lb. baby shrimp cooked and cleaned
1/2 lb. small scallops cooked
1/2 lb. raw tuna sliced
1/2 lb. steamed mussels or clams out of shell

1/4 small onion diced

1 stalk celery diced

Marinade

3/4 cup lime juice (freshly squeezed)

1/2 cup orange juice (freshly squeezed)

1/2 cup lemon juice (freshly squeezed)

1 T Dijon mustard

2 large garlic cloves

2 T chopped basil

2 T. chopped Rosemary

2 T. cilantro

Salt and pepper as desired

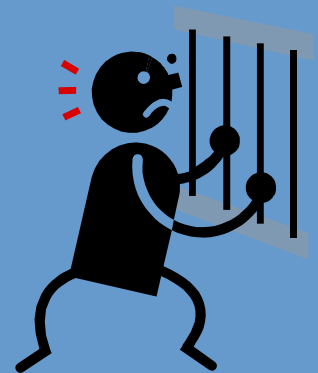
Place seafood in large bowl. Blend Marinade ingredients until smooth and pour over seafood. Mix well. Cover and place in refrigerator for 24 hours. Serve cold.

JUNE 2007

Setting your Goal

- ◆ How important are physical and mental fitness to you?
- ◆ What does success mean to you?
- ◆ What is your biggest frustration?
- ◆ What is your dearest dream?
- ◆ Do you believe change can happen?
- ◆ Do you have a plan?
- ◆ Do you have a support system? Do you need one?
- ◆ Are you ready to begin?

Linda Says...



"Listen to the voice of Reason
NOT
the voice of Treason!"

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(Continued from page 1)

Learn to listen to your body the way you listen to your mind. Listen to the voice of "Reason" NOT the voice of "Treason." We easily fall into conversations with ourselves arguing and justifying the things we can exchange or "save-up" for. Eating is nourishment; it shouldn't be a boxing match with yourself every time you set your fork on the table! Know when you have eaten enough and tell yourself that you are done! If you are tempted to start picking on something, walk away from the food, get involved in an activity, or picture yourself at the beach or poolside. It also helps to have safe snacks ready – things that will not sabotage your plan. Choices include cut up vegetables, a fruit or perhaps, a sugar free ice pop.

Think about your desire to come out of hiding. Remember that this plan is about losing pounds and shields and excuses. It's about getting results by being prepared and ready to go. It's fine to envision an end point but we can only get going if we have a place and time to start. Is there any place better to start than where you are presently? Can any time possible be better than

Stay Motivated Strategies

that helped "real women" get closer to their goals for swim-suit season!

As reported in Fitness Magazine, June, 2007

"I put my exercise clothes on right away when I got up, then worked out after dropping my kids off at school. That way there was no backing out."

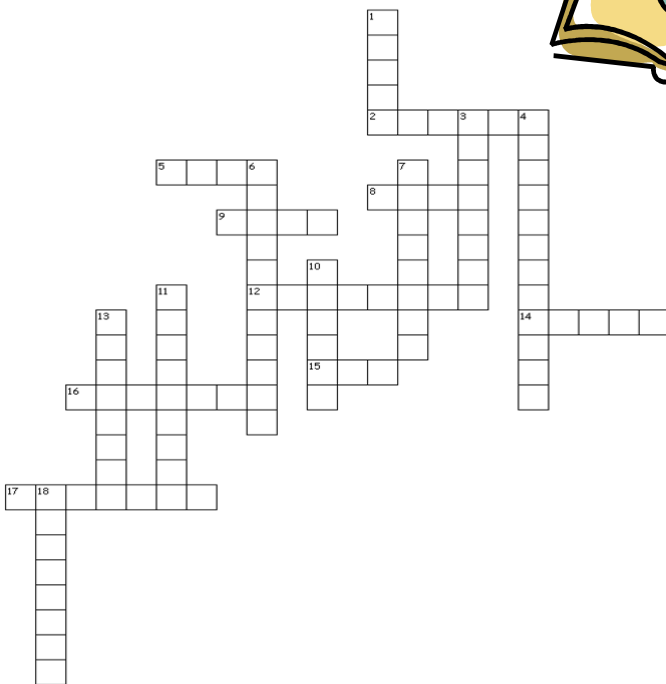
"I didn't want to look like a beached whale on that cruise. Having a specific workout schedule helped me put time aside just for me."

"I love soaps, so I'd put on the TV to catch up on *General Hospital* while I worked out."

"I mixed up the cardio by doing 30 minutes on the bike and 30 more on the treadmill, or 20 each on the elliptical, bike and treadmill — it went much faster."

"Some days I'd get home from work and just want to hang out, but I shifted my thinking from 'I'm too tired' to 'I know I'll feel great when I'm done.'"

Listen to the Voice of Reason!



USE THE CLUES BELOW TO FILL IN THE BLANKS WITH WORDS FROM THIS NEWSLETTER EDITION!

ACROSS

2. The voice we should listen to
5. Another word for "method"
8. It is important to set one of these
9. We eat less when we feel this way
12. Garment that we can't hide in
14. Time when it is too late to start over
15. Best time to start losing weight
16. Foods formulated from her very own recipes
17. Something we lose along with pounds and excuses

DOWN

1. Best source of hydration
3. Said to be therapeutic
4. Professional in food science
6. The main reason we should eat
7. Town of Linda's practice
10. We have to come out from "here" if we want to get ready to start
11. We should avoid food that has been over treated or
13. State of mind or feeling
18. One reason we lose water fast in hot weather

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!
If so, please send an email to:
lindafiveson@yahoo.com

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"I'm going to order a broiled skinless chicken breast, but I want you to bring me lasagna and garlic bread by mistake."