

REFLECTIONS

by Linda Fiverson

Have you ever had an "Ah, ha!" moment when all of a sudden you realize you don't know who you really are? For many of us, that moment comes when we see our reflection in the mirror or an illuminated store window. Suddenly we're not sure who that person is staring back at us or how we became "that person".

Now, of course you know that Ah, ha!" moments are personal moments of self-discovery or realization that make us blink hard and "wake-up". All of a sudden something clicks and we realize that maybe we don't know ourselves as well as we should...or could... Suddenly there's an urgency to make a positive change – to "fix" something we're not satisfied with. Be it a simple or more complex alteration, the decision to enforce change is what's important. That's because it represents a desire for self-improvement.

In today's world of "rush and run", many of us fall out of sync with our own selves. Women's lifestyles have changed dramatically over the years but the goal for self-improvement never does – we always want to be better than we are. One of the most sought after goals is weight loss and that hasn't changed with the passage of time either.

In order to improve, it's necessary to take a good long look at yourself. You have to know who you are as a person and what you want most in life. Think about the things that really matter.

As a Nutritionist and Weight Loss Counselor, I see people every day who want to be thinner and/or healthier. I've been doing this for almost thirty years and though their circumstances are different, people truly aren't! So many of us don't realize that our journeys aren't just about getting to our destinations; it's about the roads leading there and the steps we take.

Losing weight and eating more healthfully require a commitment to making lifestyle changes. We can't just do it for a while and expect the results to last forever. The thoughts we have in our minds determine the food we put into our bodies. Behaviors and habits are variable and it's important to understand their relationship to weight and body image. Efforts to lose weight are more successful when people have realistic views and expectations.

Regardless of how busy any of our lives are, it's important to eat healthy and find time for physical activity and exercise. It might not always be easy to feel confident but when you retrain your brain to believe in yourself you will feel more positive and motivated. When we care about ourselves we're more apt to help ourselves improve.

If you've had an "Ah, ha!" moment you'll know what I'm talking about. If not, you can set your internal alarm and "wake up" now! Look into the future and think about who you want to be and what kind of life you want to have. Then, look back over the life you've had and where you've been. Last but not at all least, think about the life you have now and what things you might want to leave alone or change. Decide whether you want to go backwards or forward and what you can do to get there...

I tell my clients all the time that there are foods they just have to give up. We all have "things" we need to let go of and somehow, we do when we want to be successful. You must be willing to give up your denial tactics and stop making excuses for discretions and lack of effort. Instead, be proactive. Take responsibility for who you are, what you eat and what you accomplish! It all begins with positive thinking,

A commitment to take care of ourselves is one of the best decisions you'll ever make. Self-improvement satisfies and flatters all lifestyles. Start refashioning yours today!

**Linda Fiveson is a Nutritionist in Syosset, N.Y. In addition to counseling she sells her own line of foods which are all free of flour, gluten, sugar and preservatives.
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