

WARREN COUNTY COMBINED HEALTH DISTRICT WEIGHT MANAGEMENT CLASS

JUNE 25, 2018

MOVE IT, LOVE IT!

FIRST OF ALL, HOW DID YOU DO WITH “GET SOME FORM OF EXERCISE EVERY DAY?” NICE SUGGESTION, PAMMY!

YOU’VE HEARD IT A MILLION TIMES-CONSISTENT, MODERATE EXERCISE IS A KEY COMPONENT NOT JUST OF WEIGHT LOSS, BUT OF GOOD HEALTH IN GENERAL. IT CAN HELP REDUCE YOUR RISK OF DEVELOPING CANCER, HEART DISEASE AND DIABETES. ALSO WE’VE TALKED ABOUT THE FEEL-GOOD BENEFITS OF EXERCISE-NOT JUST THE RELEASE OF ENDORPHINS, BUT OTHER MORE OBVIOUS THINGS. IT CAN HELP RELIEVE STRESS, BOOST YOUR ENERGY LEVEL AND SELF-ESTEEM, AND IMPROVE YOUR SLEEP AND BRAIN FUNCTION.

YOU ALREADY KNOW ALL THAT, THOUGH! EVEN SO, WE ALL STRUGGLE AT TIMES. WHY IS IT SO HARD TO GET OUT THERE AND GET GOING???

MOTIVATED TO MOVE!

“NO TIME” IS PROBABLY THE NUMBER ONE EXCUSE I HEAR-WHAT IT’S REALLY ABOUT IS A LACK OF MOTIVATION. IT’S ABOUT MANAGING YOUR TIME PROPERLY-PRIORITIZING. AFTER ALL, WE ALL HAVE 24 HOURS IN A DAY!

FIRST, SET A GOAL. MAYBE YOU NEED TO START EXERCISING. MAYBE YOU’RE ALREADY AN EXERCISER, BUT YOU ARE AT A STANDSTILL.

YOU NEED TO CONNECT WITH AN ACTION’S POSITIVE RESULTS. WHAT DOES IT FEEL LIKE TO BE A PHYSICALLY ACTIVE PERSON? IT CHANGES THE WAY YOU LOOK AT YOURSELF, AND *THE WAY OTHERS LOOK AT YOU*. (THAT’S ACTUALLY A REALLY FUN AND IMPORTANT PERK!) YOU CAN WEAR DIFFERENT CLOTHES *OR* YOU CAN WEAR YOUR OLD CLOTHES DIFFERENTLY! IT AFFECTS THE WAY YOU SPEND YOUR TIME AND THE WAY YOU RELATE TO OTHERS.

ONCE YOU’RE MOTIVATED TO BE MORE ACTIVE, IT’S TIME TO TAKE THOSE CRUCIAL FIRST STEPS. EVEN IF, LIKE MANY SITTING HERE TONIGHT, YOU’RE ALREADY ON THE RIGHT TRACK, YOU MAY GET SOME IDEAS TO CHANGE AND / OR INSPIRE YOUR EXISTING ROUTINE! HERE ARE SOME TIPS FOR GETTING STARTED!

1. CHOOSE ACTIVITIES YOU ACTUALLY ENJOY. IF YOU DECIDE TO USE JOGGING AS YOUR EXERCISE AND YOU ACTUALLY DREAD IT ON A DAILY BASIS, YOU'RE NOT LIKELY TO CONTINUE. YOU NEED TO PICK SOMETHING THAT CHALLENGES YOU, NOT SOMETHING THAT MAKES YOU CRINGE EVERY TIME YOU THINK OF DOING IT!

THERE ARE ALL TYPES OF CLASSES AVAILABLE FOR THOSE WHO NEED THE STRUCTURE AND GUIDANCE. IT DOESN'T HAVE TO COST AN ARM AND A LEG...DON'T FORGET ABOUT THE SENIOR CENTER IN MASON, (THEY HAVE THE "SILVER SNEAKERS" PROGRAM) OR THE "Y" RIGHT HERE IN LEBANON. IF YOU HAPPEN TO BE THE SELF MOTIVATED TYPE, YOU CAN ALWAYS USE A DVD OR GOOGLE A WORKOUT ON YOUR PHONE OR LAPTOP!

2. START SMALL AND WORK YOUR WAY UP BY INCREASING THE INTENSITY AND THE AMOUNT OF TIME YOU SPEND DOING THE ACTIVITY. THIS SEEMS LIKE A GIVEN, BUT REMEMBER THAT ROME WAS NOT BUILT IN A DAY. MANY AN EXERCISE PROGRAM HAS BEEN INITIATED – ONLY TO BE ABANDONED BY THE THIRD OR FOURTH WEEK. IT'S GREAT TO BE "GUNG HO," HOWEVER IF YOU DO TOO MUCH, TOO SOON IT CAN BE OVERWHELMING!

LOOK AT THE YELLOW SHEET FROM YOUR START UP PACKET. THIS IS A GOOD EXAMPLE OF A WALKING PROGRAM, STARTING FROM SCRATCH.

3. THINK ABOUT THE SEASON. IT'S SUPPOSED TO GET PRETTY HOT AGAIN BY THURSDAY, FOR EXAMPLE. YOU MIGHT HAVE TO CHANGE THE TIME OF DAY, OR EVEN THE LOCATION OF YOUR EXERCISE. HOWEVER! DON'T USE THIS AS AN EXCUSE TO NOT DO ANYTHING! HOW MANY TIMES DO YOU IMAGINE THAT I'VE HEARD, "WELL, I AM GOING TO START WALKING AS SOON AS THE WEATHER CLEARS." YOU DO REALIZE YOU LIVE IN OHIO, RIGHT?! WITH THAT FRAME OF MIND, IT'LL ALWAYS BE TOO SOMETHING: TOO HOT...TOO RAINY...TOO COLD...TOO WINDY! THAT'S WHAT INDOOR MALLS OR GYMS ARE FOR!

BY THE WAY, ONE THING THAT ALWAYS CROSSES MY MIND WHEN SOMEONE SAYS THEY'RE "WAITING FOR THE WEATHER TO BREAK": I GUESS THAT MEANS THAT WHEN IT GETS COLD (OR HOT, OR RAINY, OR WHATEVER!) AGAIN, YOU'RE GOING TO ONCE AGAIN SIT INSIDE AND WAIT FOR THE WEATHER TO CLEAR?

4. BUDDY UP. DO YOU HAVE ANY FRIENDS OR FAMILY MEMBERS WHO ARE ALSO TRYING TO GET FIT? CAN YOU DO AN ACTIVITY TOGETHER? IT'S USUALLY MORE FUN THAN GOING IT ALONE. IT ALSO TENDS TO GET THOSE OF US WHO LIKE TO MAKE EXCUSES (YES, I'M INCLUDING MYSELF!) A LITTLE MORE ACCOUNTABLE!

SPEAKING OF ACCOUNTABILITY: DON'T FORGET THE IMPORTANCE OF RECORD KEEPING. FOR SOME REASON, PUTTING IT IN WRITING (EITHER *BEFORE* AS A GOAL, OR *AFTER* AS AN ACCOMPLISHMENT!) SEEMS TO HELP! WRITE IT DOWN!

5. DON'T FORGET TO BE FLEXIBLE! A COUPLE WEEKS AGO BEFORE I LEFT ON VACATION, SADIE ATE A BOTTLE OF MY THYROID MEDICATION. IT WAS A GREAT EVENING, NATURALLY! I HAD TO MAKE HER VOMIT. SO...I MISSED MY INSANITY WORKOUT CLASS. I THOUGHT ABOUT ALL OF YOU, AND WHAT I TELL YOU TO DO WHEN SOMETHING GOES WRONG. I PUT MY EXERCISE GEAR ON AND WENT TO THE TRACK (SUPER CLOSE TO MY HOUSE) AND RAN WITH HER. MANY TIMES, THINGS DON'T GO AS PLANNED AND WE HAVE TO IMPROVISE!

ON THAT SAME NOTE, I WAS JUST TALKING TO A CO-WORKER ABOUT SUBSTITUTING A GOOD HABIT FOR A NOT-SO-GOOD ONE. IF YOU ESTABLISH AN EXERCISE ROUTINE, AND THAT ROUTINE SOMEHOW GETS, LET'S SAY, VIOLATED, IT'S IMPERATIVE TO GET RIGHT BACK "ON THE HORSE." FOR EXAMPLE, SAY YOU SIGN UP FOR A CLASS WHICH MEETS TWICE A WEEK. THINGS ARE FINE, THEN ALL OF A SUDDEN, FOR SOME REASON, YOU ABSOLUTELY HAVE TO MISS A CLASS. AT THAT POINT, THE MOST IMPORTANT CLASS IS THE VERY NEXT ONE. THERE'S REALLY, REALLY SOMETHING PSYCHOLOGICAL ABOUT GETTING LITERALLY RIGHT BACK INTO IT. THE MORE YOU MISS, THE EASIER IT BECOMES.

IT'S UP TO US TO SET A GOOD EXAMPLE FOR WARREN COUNTY! MOVE IT!!!

HAVE A GREAT WEEK! SEE YOU NEXT MONDAY!

OUR "NO!" FOOD FOR NEXT WEEK: **CRACKERS**

