

## Rock Bottom

### Will You Hit Rock Bottom?

What will it take for you to make healthier choices in your life? If you are someone who does not exercise consistently, make healthy food choices at least 80% of the time, maintains a positive attitude, and listens to your body for signs that something is just not right, then you need to really dig deep to find out WHY! Some signs can include skin rashes or hives, weight gain or rapid weight loss, abdominal bloating and cramping, allergies, asthma, acne and so much more...just listen to your body, it will tell you.

With ALL of the research that points towards lack of exercise and a bad diet contributing to, or causing sicknesses and diseases such as hypertension, diabetes, asthma, cancer, inflammatory bowel disease and....well pretty much everything else...why would you not get off your butt and make some changes?

What will it take? Maybe you need to hit rock bottom. Maybe you need to get sick. Be told you have some type of disease or illness for you to make changes. I am a healthy person in terms of how I take care of myself and have been for about 15 years. I started weight training before I was 20, and started eating much better in my early twenties when my stomach issues began. Even though I had stomach issues that were debilitating at times I still chose to eat certain things that caused me problems and allowed stress to get at me, regardless of the fact that my body gave me warning signs, like blood in my stool for FIVE weeks, which I chose to ignore (so dumb!) and then I hit rock bottom. I ended up in a place that was my absolute worst nightmare, the hospital. I had never in my life been admitted to a hospital for anything and let me tell you, reality hit me hard when I lay hooked up to a machine pumping drugs through me, being visited by my family and friends and not being with my daughter for three days. We are never sick UNTIL WE ARE! Sorry I don't mean to be a downer here, but none of us are invincible, and sometimes I think we believe we are. Disease is everywhere so why not start working towards preventing it before it smacks you in the face. Before you end up at rock bottom because it is going to take a hell of a lot more work to get you back to good, then if you had started a healthier lifestyle prior to getting there.

### Stop With The Excuses!

I am not going to lie to you and say that it is easy to lose the 20, 30, 40 or 100 lbs. you may need to lose, or to adopt a diet that will enable changes to some health issues you may have, hell no! It takes time, perseverance, motivation and the true desire to be healthier. It's also not easy to incorporate exercise into your already very busy day, but we make excuse after excuse to not do it and the most common one is 'I have no time'. You have to MAKE the time because guess what, YOU are totally worth it. Sit down and figure out what your 'EXCUSE' is and then figure out a 'SOLUTION' to your excuse. Are you depressed? Seek some help from a counselor and then start exercising, because exercise can help you out of your funk. Do you have kids to deal with in the morning before school and work? Then wake up 30 minutes before everyone else does and work

Imagine  
with all  
Believe  
your mind.  
with all  
Achieve  
your heart.  
with all  
your might.

out, or prep your healthy dinner for the day. Don't like to work out in the morning or at night? So then bring running shoes to work and take 30 minutes during lunch to go for a walk, maybe form a walking group and motivate others be healthier too...there are solutions to every problem, but at the end of the day it all comes down to how bad you want it. How badly do you want to feel more confident, healthier, sexier, more agile, clear minded, more energetic and happier?

Don't put it off. How many times have you said my diet will start Monday, or tomorrow I will begin to exercise. NOOOOO do it NOW! Get off your butt and go for a walk, or hit the floor and do some push-ups, or jumping jacks or run up and down your stairs five times. What are you waiting for? Perhaps to hit rock bottom...I hope not.

### **Can You See Your Feet?**

When you stand up can you see your feet? Belly fat plays a role in cardiovascular disease, type 2 diabetes and colorectal cancer. As you age you lose muscle mass, especially if you are not physically active and incorporating a good strength training program on a regular basis. When you lose muscle the rate that your body uses calories decreases, which in turn makes it harder to lose weight. To determine if you are in a red zone for too much belly fat, do the Waist-to-Hip Ratio calculation. Here's how: Use a measuring tape to measure your waist (at the smaller circumference of your natural waist, usually just above the belly button) and the circumference of your hips (at the widest part of your buttocks). Then divide the waist measurement by the hip measurement. If you are female, a healthy measurement needs to be below .80 and if you are male it needs to be below .95 so get measuring!!!



Next weeks article will be provide you with tips on where and how to start.

***Consult your doctor or physician prior to starting any exercise or new diet program.***

***The information provided is for educational purposes only and not intended to diagnose or treat disease. All information is based on my research, experience and/or opinion.***