



Small Changes to your Daily Routine Can Reap Big Rewards

Thinking about giving up on that New Year's resolution to lose a few pounds, or about selling your treadmill in the upcoming garage sale? Before you do that, here are a few suggestions that might change your perspective on how difficult and time consuming diet and exercise can be.

It can be very challenging to diet and even more challenging to keep the weight off. It can also be very difficult to find the time to exercise as much as you like, however, if you can make small and gradual changes to your diet and combine exercise with other activities, you are likely to see good results that will be easy to maintain. One suggestion is to eliminate, what I call, "auxiliary food." Auxiliary food includes condiments, sweeteners, and other "extras" that may add a particular flavor, but can easily be eliminated or swapped out for something healthier without having to make a major sacrifice. Another is to try a healthier alternative to your favorite foods such as the low sugar, low calorie or baked versions – just make sure that there are not chemicals added to the foods to substitute for natural ingredients. Try this on for size: eliminate or substitute at least one item for a month. If you miss it too much, or don't think you can sustain it long term, try something else the next month. You can continue to build on eliminating those foods that you do not miss and you should notice weight loss without much effort at all (provided all other factors in your eating and exercise routine stay constant). You will also likely find that you begin to prefer many of the substitute foods over your old favorites. Here are some examples to try:

Mustard instead of mayonnaise

Eliminate cheese on sandwiches and salads, or cut the portion in ½

Low calorie/low sugar coffee creamer (be wary of artificial sweeteners, which I never recommend)

Soda water with lime instead of sodas or diet sodas

All natural peanut butter without added sugar and low sugar jelly (and other low sugar comparisons to your regular food choices)

Instead of a full glass of your favorite fruity beverage including juice, mix with ½ glass of water

Balsamic Vinaigrette or Oil and Vinegar instead of your usual high-calorie dressing

Salsa instead of ketchup

Fresh popped corn instead of microwave popcorn (mix in some melted low-calorie butter, a little sea salt and raisins for a great mix!)

Natural granola sweetened with honey instead of cereal sweetened with sugar

Baked food versus fried

Fresh fruit instead of candy, ice cream or other sweet treats

These are just a few things to try that can make a big difference in your long-term caloric intake and health. Don't forget the exercise too – have five minutes to walk on the treadmill while you watch the news? If so, think twice before you put the treadmill out for sale in March!

For more healthy suggestions or to get a complimentary food log and dietary analysis, contact Kristen Mory at 727-688-9597 or e-mail her at info@generationsyoga.com