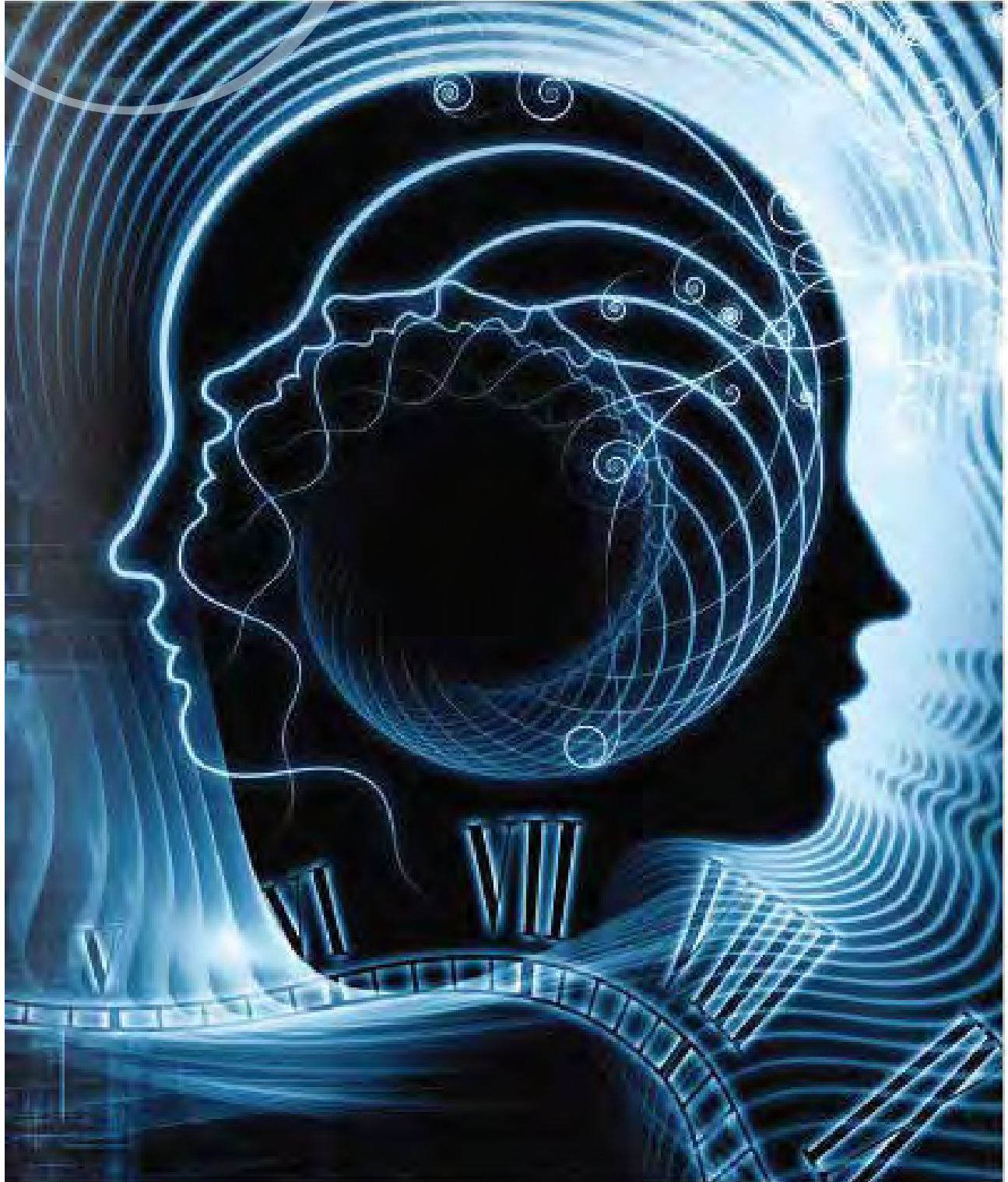


essential wellness

by Dianne Bischoff James, author of *The Real Brass Ring: Change Your Life Course Now*



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Reboot Your Body for 2015 By Doing What You Love



I stood barefoot on the cold scale in my doctor's office, the metal weights swung up and down, settling in at 192 pounds. I felt nauseous and embarrassed, devastated. I had been struggling with obesity since childhood, but gaining forty-five new pregnancy pounds after the birth of my third child was a living nightmare. Not a fan of calorie counting, self-control, or overt food deprivation, I tuned into my body's natural communication system and practiced a feast and famine model, losing 55 pounds without cutting out any food groups. These simple rules will help you put a lid on overeating, restore your inner guidance system, and put a smile on your face when you look in the mirror.

Rule 1: Reboot Your Relationship With Food

My rapport with food was certifiably bipolar. At first every morsel was a sumptuous, tantalizing reward, a friend, and lover. Then moments later, it was a villainous perpetrator. I ate to feel better about life, but the more I ate the more I fell into a pit of self-loathing. In order to get healthy and begin a journey toward weight loss, I first had to change my core beliefs. A pint of Ben and Jerry's Chocolate Therapy is not a pacifier, a friendly hug, or compassionate ear. Food is not love; food is fuel.

Rule 2: Your Body is Talking - Are You Listening?

Many of us have lost touch with two basic body impulses - the stomach growl and the gentle

feeling of satiation. In order to lose weight, you must be able to feel and respond to your innate hungry/full meter. The best way to do that, is to ask yourself a simple question, "Are you physically hungry right now?" Be honest. If the answer is "No," grab a glass of water, a cup of tea, or piece of gum. Wait until your stomach talks before you feed it and stop the minute you feel full.

Rule 3: Eat Like a Toddler

Despite what our society promotes, three full meals a day is too much of a good thing. When we're young, our food consumption is directly related to activity levels and natural cravings. After a morning playdate, a toddler will grab large bites of hotdogs, peas and apple chunks and then eat lightly

for dinner, naturally balancing calories. As we age, our metabolism decreases and less food is required to function. To get lean, focus on eating two significant meals per day and make the third meal a medley of light, healthy snacks.

Rule 4: Lock the Fridge After Dark

Since we are more active during the daylight hours, a hearty egg breakfast and hamburger for lunch is readily metabolized as functional calories. Conversely, a heavy dinner gets stored in the hips and stomach as body fat. To lose weight quickly and easily, "lock" the refrigerator figuratively after 6 p.m. If you get hungry later in the evening, eat a heaping of fresh fruits and steamed vegetables. The pounds will simply fall off.



Rule 5: When You Love What You Do, Everything Becomes Easy

When I was at the top my weight class, I was fortuitously cast in a local musical theatre production of Oliver and joyfully danced and sang every night for months preparing for opening night. Miraculously, 30 pounds of fat melted away and stayed away. It never fails, when you are emotionally happy, eating less, and physically active, losing weight happens all by itself.

Rule 6: Gross Motor Movement Is Key

When it comes to keeping weight off, it's critical to utilize large body muscles for at least 17 minutes every other day in activities such as biking,

swimming, or Zumba. If you get on a treadmill and jog while watching your favorite reality show, the time will pass quickly and both your heart and waistline will thank you.

Rule 7: Make The Scale Your Friend

According to traditional height/weight charts, everyone has an ideal weight range that remains the same throughout life. Armed with your perfect “champion number,” consider the scale to be an honest friend who had no personal opinion regarding your size. Hop on every morning before eating or drinking and monitor your weight without any emotional attachment. Remember, fat cells like to return back to their original state, so even if you binge for a day or two, get back to the plan. You are in charge of food and not the other way around

Dianne Bischoff James M.S., is an acclaimed, motivational speaker who specializes in life enhancing transformation and encourages audiences to create a reality that is prosperous, deliberate and meaningful. She is the author of the award-winning book, *The Real Brass Ring- Secrets of a Midlife reboot*, a Screen Actors Guild actor, marketing consultant and founder of Live Your Everything, a sanctuary for midlife transformation at liveyoureverything.com.

