

Happy December,

Greetings and welcome to the last month and the last newsletter for 2004. What a great time of the year. I like to use this month to look back at the year and see how it went for me. This is the time that I use to re-look at the goals I set for 2004 and see what really came of these goals. During this month I can prepare myself for 2005 by making bigger and more industrious goals or acknowledging that the next year will be calmer and not so head strong or....

When it comes to fitness, you can look at what you wanted to achieve this year and see if that was accomplished. If it was, give yourself a big hug and pat on the back for doing such a great job and look to see what next year has in store for you. If you didn't quite accomplish what you wanted to achieve, accept that and be ok with how things went. Then take some time to look at what you wanted and how realistic that goal actually was. Look at it to see how you can make it more doable for 2005.

I want to thank you for being out there and on the road to a fitness lifestyle and no matter what your goals where for 2004 you are here doing great work! In Linda Willis' Weigh In program, she spoke about this road being one that is less traveled. Congratulate yourself for having done all that you have done so far. Be proud of it. The job you have taken on takes focus and a lot of work. You are strong by just stepping onto this path and then you continue to get stronger as you go deeper into it. Keep up the good work!

I promised that this month would have information on fitness, so let me share information about loosing weight from the monthly Personal Fitness Professional Newsletter I receive each month. Perhaps you have read something similar and if so, see how this presents itself to you today. How is it different from the first time you read something similar to this?

From the November 2004 edition in the article entitled "Uncovering the Truth" states:

- ? Loosing weight healthfully and permanently is a multi-faceted journey, an adjustment in the way you eat, the way you move and the way you think.
- ? Quick weight loss is guaranteed to be temporary and, in most cases, unhealthful weight loss.
- ? Cellulite won't wash away any more than a little fat-eating monster is going to jump out of your showerhead and chomp away at body blubber.
- ? You can lose 10 pounds in a weekend, much as an NBA basketball player can lose 10 pounds in a game. If you're losing that much in that short a time, the loss is predominantly water loss and is deceptive if the goal is fat loss. Extreme water loss can lead to serious issues.
- ? There isn't any drug, pill or supplement that, in and of itself, will change your body. There are some that are stimulants, some that are appetite suppressants and some that are all but worthless... and as long as you believe a supplement will be a solution, you'll wind up frustrated.

Does all of this make sense to you? I just heard there is a new pill out on the market that is medically proven to work on reducing fat. Please don't waist your time, energy and money. There is no quick fix out there!

Another article in the same newsletter entitled "Out with the Old and In with the New" speaks about a revised healthy eating pyramid that is reflected from the latest science. It states:

- ? Whole grain foods (such as brown rice and whole wheat bread), vegetable oils (olive and canola) and fruits and vegetables are emphasized.
- ? Physical activity and weight control are emphasized.
- ? Red meat, butter, sweets and refined grains (like white bread, ordinary pasta and white rice) are de-emphasized and listed as items that should only be eaten sparingly.
- ? Protein sources are divided into categories emphasizing nuts and legumes, followed by fish, poultry and eggs.
- ? Dairy products are de-emphasized and placed in a category with calcium supplements.
- ? A daily multivitamin tablet is recommended for most people as insurance and not as a substitute for healthy eating.
- ? Moderate daily alcohol intake is a healthy option unless it does not make sense for the individual.
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This article ends with:

"Bottom line – a lifestyle that includes regular exercise, weight control and awareness of the types of foods being consumed (where you are getting your calories from) is the key to optimal wellness and the prevention of disease."

I have just finished taking Linda Willis' 8 week Weigh In program and a lot of what these articles are saying is pretty much what she is saying. Linda looks at it as going back to the basics...

Let me end with some quotes I received from Linda Willis' class:

"Health habits are a reflection of our self-esteem"

"Your body is your best friend"

"Do not take counsel from your fears"

"We don't control our future, but we do control our day to day doings"

Have a wonderful last month of 2004. Take the quote here that can lead you into 2005. Find out why that quote speaks to you. What is it telling you?

Blessings
Carol Lee

PS – Are there questions you have, things you want to know more about in the fitness world? Email me and maybe I will do a monthly newsletter on your issue. You're name will never be used in the newsletter.

Merry Christmas and Happy 2005!! Until next year!