

New Year and New Attitudes



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Music please...I got a new attitude, know where I'm going and I know what to do, I tided up my point of view, It took it so high , so low there was nowhere to go...ewwww, I got a new attitude! Sing it sister (brother too!) New Years day is one of those days that on the surface, does not seem very extraordinary. However, under January 1st runs a river of guilt, shame and broken promises. This year we tell ourselves will be different, this year I will watch what I eat, lose weight and exercise every day. Sports equipment manufactures and diet guru's love this time of year. It is a marketing fact that the business of fitness makes its highest revenue dollars in the months of January and February. My mother always said good intentions pave the way to, uhmmm somewhere. I know I should have paid closer attention to what she was saying! People start with the best of intentions but almost always wreck the intention because they choose to reinvent themselves at warp speed, and ultimately crash and burn. . Many people try to make a big, general change that is not specific. Small, achievable goals are really the much safer speed at which to travel through any type of change. The real question here is why do we feel we have to change ourselves? Maybe this is the problem with New Years resolutions, we are essentially condemning ourselves and picking out parts of ourselves that we feel need to be different. There is no celebration of our success, just the flogging of our failures.

The first step in creating positive change is to stop criticizing yourself, be gentle with yourself, be kind to your mind and take care of your body. We will break promises faster to ourselves that we would ever consider doing to a close friend. So in this New Year how can you find success in fitness and health and be your own best friend?

Step One: Ditch the Diet. What?? Are you insane?? I may have had a brief moment of insanity, like when I agreed to buy a chair for \$2,000 oh yeah that's a big one, but on this matter I am very clear. Diets are short term methods designed to teach people how to manage their food intake. Most diets are not meant to be lifelong and for the most part can be effective in the short term. But what happens when you go "off" a diet? It is the either or mentality that causes diets to fail. Focusing on food behaviors and habits is ultimately more successful in the long run. You can start by taking notice of what foods give you energy and which foods make you feel like a tortoise on Valium. Every person is different and so are his or her dietary needs. We don't often think of our bodies as cars, but some of us have high performance engines and some of us are running on 4 cylinders. It is important to understand what your basic caloric intake should be. The absolute minimum calorie (energy) required to keep the body alive is called the basal metabolic

rate (BMR). The slightly higher rate of energy, the resting metabolic rate (RMR) is the most commonly used measurement of energy and we all know this, as our daily caloric intake needs. This baseline is used to determine what each individual's basic caloric needs are. The sports car is going to have a higher RMR than the four-cylinder economy car. That is why Jane (sports car) can eat an entire pizza and never gain a pound while Sue (4 cylinder) eats one slice and gains 3 pounds. Jane burns more calories just from existing on earth than poor Sue who gains weight just from watching Jane breath! Finding out your true RMR can only be done through health professionals that provide that testing. An alternate and quick method of trying to determine what your caloric intake should be can be found by visiting these two web sites: Mypyramid.gov and Calorie-counter.com. Both sites provide an amazing amount of useful information about diet and they allow you to calculate your calorie needs. This is just a tool to help you take charge of your diet and develop a plan that fits into your lifestyle.

Step Two: The second course of action we need to take is to find a way to incorporate exercise into our life. That is another article, and another goal. Remember it is beneficial to break down new habits into small changes and to introduce them slowly so that you do not become discouraged and instead feel empowered.

Resolutions are negative self-chatter, but affirmations are positive chitchat for the soul. What if this year you declared yourself worthy of good health and all the benefits that automatically are included in that sales package of wellness? It's a bargain you can't afford to pass up. Put yourself in the driver's seat, rev up your engine and enjoy the rush!

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