



When Life Gets in the Way

You have a great exercise and/or eating program going, and then . . . something happens. It could be a vacation, a busy period at work. Something disrupts you and you can't get back on track. Has this happened to you?

What can you do when life gets in the way? This is an important question because life is always getting in the way. That is the nature of life. There is no point in thinking it won't happen: it will.

Most of the time when we get off our usual routine, it is just a matter of getting started again. If we have a cold and miss our walk for a week or two, we just start in again once we can. Depending on how long the break was, we may need to start lightly and build up again.



Vacations are trickier because we are especially busy before and after as we try to make up for the time we are away. When possible, allow an extra day for catch up. Make health a priority. It is just as important to get groceries and have a healthy meal or a trip to the gym as it is to unpack and do the laundry. Resist putting health on hold until everything else is done. Staying healthy allows us to enjoy the rest.

Busy periods are also challenging. Examples are crush at the wineries, tax season for accountants, big holidays – all available time goes to the tasks at hand. In these times, even if you can't do it all, do something. You still have to eat, so plan ahead to ensure you have healthy choices available. If you can't fit in your usual long walk, take a short walk for a brisk break. It will clear your head and revitalize you.

Even when you are doing an abbreviated form, you are keeping the habits alive. It doesn't have to be perfect. It doesn't have to be all or none. Just do what you can, and that will make it easier to get back to regular when you can.

There may be times when you have good habits established, but just drift away from them. It can begin slowly, imperceptibly, and then continue until you gradually lose your routine. Once you notice, take action.

If you are really stuck and can't get back on track, it could be time to reevaluate. Try something new. Sometimes when we can't make ourselves get going again, it is because it doesn't really work for us any more. It may be time for a change. Get support, try something new, renew your focus. Just don't stay stuck!



Body Image

Why is being thin so important? Sure, we've been beaten over the head by advertisers with images of what is "beautiful." It used to be primarily women that were impacted, but now even men are under pressure. But why do we care so much about how we look? What is it about body image that affects us so deeply?

The interesting thing is that size doesn't seem to matter. I've worked with beautiful women who look thin to me, yet who were unhappy with how they look. And I've seen beautiful women with ample, generous curves who are at home in their bodies, turning heads (even at the beach). Most of us define beauty more generously when we look at other people. Then we look at ourselves and wish we had less of this and more of that. Are we blind to our own beauty?

Why does it matter so much? Health is a piece of it – but it is much bigger than that. We've been told that being overweight is bad for our health. And yes, excess weight puts us at higher risk for disease. BUT we can be healthy even without losing weight. Ultimately, health is based on fitness and healthy habits, not weight.

The desire to be thin is so prevalent that it is like the air that we breathe. I see it as a problem for two reasons. One is that it makes us miserable. Many of us just fret about it now and then, but for some it becomes a consuming obsession that takes up incredible mental and emotional energy.

The other problem (as if the first wasn't enough) is that it makes it difficult to develop healthy eating habits. Too often, in our drive to lose weight quickly, we see-saw between restriction and indulgence. It prevents us from developing our own internal sense of what is healthy and sustainable.

I'll write more on the subject in future newsletters. In the meantime, tune in to body image. What do you notice? I'd love to hear from you on this topic. What would help us be more at peace with how we are right now?

March Workshop! Sunday, March 30
Tap into Your Body Wisdom
Learn to listen to and heal your body
9:30—4:30 in Sebastopol, California
[details on my website](#)

Kathy Nichols: Life Coach & Registered Dietitian

Are you ready to stop dieting and looking for a way of eating that is sustainable, enjoyable and healthy.?

Discover Wellness from the Inside Out!

