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NEWSLETTER – March 2010 - Issue No 14

Here is the math
Knowledge – common sense = NON-SENSE; Knowledge + common sense = WISDOM
This month's Gift of Health is
THE GIFT OF COMMON SENSE

THE GIFT OF COMMON SENSE

Common Sense 101

I was chatting to my daughter's boyfriend yesterday about cars. He wants to sell his motorbike and buy his first car. He has always known what make and model he wanted to buy, but it is too expensive for him at this stage. His criteria have changed – it needs to be within a certain price range, practical, easy to get parts for, easy to maintain and economical to run - "less glamorous (than his first choice) but reliable." He has made his decision. Problem solved. Simple, common sense.

Why did I tell you this story and what does it have to do with a healthy lifestyle? It's about the importance of common sense.

So many of us want our cake and we want to eat it (excuse the pun). We want glamorous, we want quick and easy, we want fantasy, we want to be like celebrities, we want to do what celebrities do and we want to believe what celebrities say.

What we don't do is use our common sense. **Common sense isn't glamorous but it is real and it does work. In fact it is the only thing that works.**

So this month's gift of health is the Gift of Common Sense. I have just touched on a few ideas. Take some time out and make a list of some common sense ideas you could apply to make your healthy lifestyle goals more achievable.

Warm regards

Sandy

Apply the wisdom of common sense to your health

When American swimmer Donna de Varona, winner of two gold medals at the 1964 Summer Olympics in Tokyo was interviewed after her win, the reporter pointed out that earlier in her career, she had been a good swimmer, but not a great one. Now the 17-year-old had just placed first in two 400-meter events. What happened? She replied, "I always used to watch the other swimmers, but then I learned to ignore them and swim my own races."

The same wisdom applies to your health: –

- Stop watching what others are doing.
- Focus on what you are doing.
- Set your own health goals – food / nutrition, exercise, achieving balance etc.
- Don't compete against other people.
- Be the healthiest you can be.
- Start by taking small steps.
- Improve your goals incrementally.
- Keep your health regime simple and real so that you stick to it.
- U are Unique as is your Lifestyle, so find a solution that takes your uniqueness and your lifestyle into account.
- Assess your achievements against how you used to be not against how you want to be.
- Put your goals / achievements in perspective - look at the big picture.

THE GIFT OF COMMON SENSE



March being the month of Academy Awards I jotted down some movie titles (made changes where necessary) and then linked common sense weight loss facts to them in the hope that the glamour would make them more memorable.

- **The Rules of the Game**
To lose weight you need to
 - * decrease quantities (calories) of food you consume or
 - * increase the amount of exercise (i.e. burn more calories) you do.

To maintain weight you need to eat the same number of calories as you burn.

To put on weight you need to eat more (calories) than you burn.

- **Gone with the wind**
Achieving long lasting results will involve a change in behaviour, habits and / or thinking.
- **Running on empty**
Starving yourself or following an extremely low calorie diet will slow down your metabolism and leave you feeling lethargic.
- **Jaws**
Learn to differentiate between physical (stomach) hunger and emotional (mouth) hunger.
- **To have and have not**
Eat when you feel hungry.
- **The thin red line**
Stop eating *before* you feel full.

- **An Inconvenient truth**
When you take slimming pills, milk shakes and other diet gimmicks you lose weight because you are cutting calories (replacing a meal with a pill or shake) not because they contain any “magic” ingredients.

- **Breakfast at Tiffany's**
Don't ever skip breakfast.

- **The Excuse Whisperer**
Be aware of all the excuses you use for not achieving your lifestyle goals.

- **Supersize me**
Be(a)ware of large portions, plates and packaging.

The more deprived you feel the more you're going to want to “rebel” and eat what you are depriving yourself of.

- **Clueless**
You will put on weight after stopping an extreme diet because you are increasing your calorie intake.
- **How the war can be won**
As long as you're achieving your healthy lifestyle goals (however small and however slowly), you are winning the war.

SOUL SNACKS – Inspirational Quotations



“Common sense not so common.” *Voltaire*

“I always used to watch the other swimmers, but then I learned to ignore them and swim my own races.” *Donna de Varona*

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