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## **Resolutions or Results?**

On January 1<sup>st</sup>, millions of people will resolve to lose weight. Don't do it.

You may be thinking, "What?!!! Don't resolve to lose weight? But it's a tradition; I do it every year!"

But losing weight is not a resolution, it is a RESULT. It is the result of making specific changes in the way you eat, move, and live. So this year, instead of setting a goal to lose an arbitrary number of pounds, inches, or clothing sizes, resolve to think differently about eating, physical activity, and living.

Let me give you an example. Leah said she just HAD to lose weight because she didn't like the way she looked or felt. She admitted that she had tried many times in the past to lose weight but she always reverted back to her old habits as soon as her resolve wore thin.

She was a busy mom with two kids and a successful career. She typically skipped breakfast or grabbed a donut at work. She was starving by lunch time so she would pick up fast food to eat at her desk while doing paperwork. Dinner was either fast food again between her kids' soccer practice and dance classes or a quick-to-fix meal like mac 'n cheese before homework. After the kids were in bed and the house was finally picked up, she would snack until she went to bed.

It would have been easy to focus on what she should or shouldn't be eating but we both knew that her weight was really just a result of the choices she made at the many decision points throughout her busy days.

Once she really understood what was really going on, she focused on what was most meaningful to her: spending time with her family and having the energy to be successful at her job. With this focus, we laid out a plan for making one change at a time.

First, she started getting up 10 minutes earlier for a bowl of cereal and some quiet time before anyone else was up. She quickly found that she felt more calm and had more energy throughout the morning. Her next step was to start bringing her lunch at least

several times a week and give herself at least 20 minutes to eat without working. She enjoyed her meals more and felt more recharged by taking a break. With these positive experiences to fuel her along, she took her next step: walking for 10 minutes twice during her work day. She wasn't perfect but it felt great so she did the best she could to be consistent.

Next, she asked her husband to help their family plan ahead for dinner by throwing beans or chicken into the crock pot or having the ingredients on hand for a main dish salad. On the occasions they still went out for fast food, she tried to make healthier choices and stopped up-sizing her meal. Not only were they spending less money, but the kids were eating healthier too.

She then turned to her night time snack habit. She realized that most of the time she wasn't hungry but was rewarding herself for getting through the day. She promised herself that she could eat her favorite foods without feeling guilty but she wanted to try rewarding herself in more nurturing ways. Her favorites became hot baths, reading, and scrap booking. She was feeling so much better that started a dance class while her daughter was in ballet twice a week.

Looking back, Leah realized that if she had just started another diet or joined a gym like every other year, she might have had some quick but temporary results. This time she knew that weight loss was only one of many great results she got the changes she made.

This year when you sit down with pen and paper to write your goals for 2006, focus on the small stuff instead of a monster goal. By making one sustainable change at a time, you can get the results you want too. Please read on for other ways that we can help you reach your goals this year.

Wishing you optimal health and joy!  
Michelle May, M.D.

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### **Am I Hungry? 8-Week Workshop**

Winner of the 2005 Excellence in Patient Education Innovation Award

Monday evenings, January 9 - February 27, 2006  
6:30-8:30 p.m. (in Ahwatukee, Arizona (south of Phoenix))

Yes! You CAN learn to manage your weight without dieting. Join us for 8 interactive small group workshops. You will:

- Discover simple yet powerful tools for knowing when, what, and how much to eat
- Stop obsessing about food, eating, and your weight and free yourself to live the fulfilling life you deserve
- Experience the pleasure of eating the foods you love without guilt
- Learn the truth about nutrition without confusing, arbitrary rules
- Never again exercise to earn food or punish yourself for eating
- Boost your metabolism and increase your energy and fitness painlessly

- Nourish you body, mind, and spirit to build optimal health, energy, and joy

Your complete weight management program includes eight 2-hour live, interactive workshops, a copy of the award winning book, Am I Hungry? What To Do When Diets Don't Work, the companion Am I Hungry? Awareness Journal E-Book, and a motivational reminder delivered to your e-mail weekly. Am I Hungry? Weight Management Workshops fill quickly so register now at <http://www.profcs.com/app/netcart.asp?MerchantID=59012&ProductID=2344436>.

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## **NEW YOU RESOLUTIONS TELESEMINAR**

In this one hour teleseminar, you will:

- Learn to create resolutions that lead to long term results
- Assess where you are and envision where you will end up
- Chart a clear path for getting the results you desire

Please join registered dietitian, Janet Carr, M.S. and me for one hour on January 11<sup>th</sup> at 6pm MST for a “New You Resolution” Teleseminar (a teleseminar is simply a conference call). Register now at <http://www.profcs.com/app/netcart.asp?MerchantID=59012&ProductID=2268922> .

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## **On-line Catalog**

You will receive \$5 off when you buy “Am I Hungry? What to Do When Diets Don't Work” and the companion Awareness Journal (only available on our website!) See this and all of our other great resources at <http://www.amihungry.com/book.shtml>.

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## **RESOURCES FOR HEALTH PROFESSIONALS**

Encourage your patients to get fit with the latest Americans in Motion (AIM) resources from the American Academy of Family Physicians. Order your F-R-E-E “AIM to Change” tool kit featuring practical advice and valuable resources for family physicians. AAFP-AIM pedometers are also available for purchase now. These handy tools help you and your patients get moving toward better health. To view these AIM resources and more, visit: <http://www.aafp.org/aim.xml> .

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Sign up to receive this Am I Hungry? E-newsletter once a month or read all of the practical and content-packed back issues at <http://www.amihungry.com/enews.shtml>.  
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