



Point-to-Path Coaching Ezine!

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This week's topic: Summer Swimsuit Issue

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If you were expecting attached photos of shapely men and women in swimsuits...sorry. But, now that I have your attention, I'd like to share this **3R system** for getting in shape and staying that way. Bet ya never heard that before, huh?

You know there are several diet plans out there – Atkins, South Beach, Weight Watchers, low carb this and that. If you have found one that works for you and you can stick with, well then stick with it. Also consider this...eating is physically necessary. ***How and what we eat are driven by habits – good and bad.*** Even those program diets require a change of habit.

So, first set your expectations that you are going to change your habits that will give you a healthy heart rate, healthy levels of cholesterol and blood sugar and yes a healthy self image. These habits will serve you for a lifetime so that you will always be healthy, look good and feel good.

Make a list to put on your refrigerator or pantry door. The list should have three columns, left to right: **Reduce, Replace and Remove.** Each week, list **only 1 or 2 items** you are willing and able to put in one of these categories. After a couple of weeks, you might find that something gets moved from *the reduce* to *the replace* or *remove* column. The idea is that you are creating habits you can live with. **Update the list each week. If you're still working on 1 or 2 things at the end of the week, leave them on the list and stay with it.**

Reduce

Decide this week what you can reduce in your diet and then work on it. Examples: 2 sodas instead of 4, 1 bread roll instead of 2, 1 scoop of ice cream instead of ½ the carton, French fries once a week instead of with every meal. Reduction allows you to still enjoy things you love, but will lead you to a point of moderation or elimination.

Replace

Decide this week what you can replace in your diet or exercise routine and just do it. Examples, 1 diet soda for 1 regular soda, water for diet soda, a brisk 20 minute walk for 30 minutes of TV watching, sugar substitute for sugar, fruit for a side of fries. This is the next level in making lasting changes. Allow yourself time to develop or acquire a taste or desire for healthier foods and activities.

Remove

Decide this week what you can completely remove from your diet and commit to it. Examples, added salt, Twinkies, Krispy Kreme donuts, regular sodas, fatty meats, negative thoughts about how you think you look (just thought I'd throw that one in).

Don't deprive yourself of things you love right out of the gate or forever! Also, don't make a list of more than 6 things in a week. It's all about changing habits and being able to live with them to be healthy, look good and feel good! **Have fun!**