

Sensible eating will help you get ready for summer now

By Marlys Underwood
Correspondent

Does this statement cause you joy and elation, or does it strike fear into your very soul? Don't let the thought of donning a bathing suit, shorts, or a tank top cause panic and anxiety. Take a deep breath. It's only March. You have time to gain control and some confidence before the warm weather hits.

First of all, try on some of those warm-weather clothes now and get a real sense of where you are and how much you may have to go. Perhaps there is more hiding under those winter coats than you originally thought. Again, it's OK. Try not to be critical, but just observant and honest. Beating one's self up doesn't work. Trust me, I've tried.

This time, aim for a positive approach. White knuckling your way through a diet only works for a short period of time; until your resolve breaks down. Your best bet is to set up a plan for success, and it's all about details. Instead of vaguely saying "I need to lose weight," add in the specifics. "I need to lose 12 pounds by June 1."

Aim for losing one pound a week. This is a healthful and reasonable goal. Then add in those specifics on how you plan to get there. For example, "I will do 30 minutes of cardio four times per week and weight train three times per week. I will grocery shop every Wednesday and cook a healthy dinner at home three times per week, then take the leftovers for lunch."

“A year from now, you're going to wish you had started today.”

Find what and how much will fit your schedule and what you can realistically commit too. If you over-set your goals, you are more likely to fail. If you don't normally cook, then planning on eating at home seven nights a week just isn't going to happen.

Now, just stick to your plan instead of battling every day over every decision.

Those decisions should already be made.

So when should you start? Why not today? My clients often tell me they have these great plans of starting a strict eating and workout regimen next week. But why put it off? You may be delaying things because of a certain party that's coming up, or vacation, or whatever else, but life happens. You might think you have a clear couple of weeks to really buckle down, but if I've learned anything, something always happens and something always comes up. That's just life.

You have to learn how to work that healthful plan into your life. They need to co-exist. Sure, you might decide to splurge at that party, but you can be on track until then and jump right back on afterwards.

One of my favorite quotes is "A year from now, you're

going to wish you had started today." Heck, I think that about a week. Sometimes a week seems so long, but all of a sudden it's Tuesday again and I think "I could have been on track that whole last week. Why didn't I?" So what's stopping you? What's getting in your way of going forward? Why are you making so many excuses? Why are you delaying being the

best you can be? These are of course, million-dollar questions. Utilizing family, friends, therapists, or a health coach can help you answer these if you can't find the answer yourself. Any support and motivation you can elicit will pay off dividends.

So jump in and start today. Start this minute so you can jump into Suttle Lake this summer and relish the season without obsession.

Marlys Underwood is a certified health coach in Sisters.



Blazin Saddles

Spring is already underway in Sisters Country. The roads are clear, the trails are solid — it's time to get out on the bike.

Blazin Saddles has lots in store for active folks this spring and summer. Riding is always more exciting with friends, so Blazin Saddles is putting together a Youth Cycling Club. The ladies may enjoy an active "girls night out" with a women's mountain bike night scheduled each week. There will be regular group rides in April and riders of all ages are encouraged to join the Blazin Saddles cycling team and travel to rides and races all around Oregon this summer.

And, of course, you will find an excellent selection of bikes and a full range of cycling apparel and accessories at Blazin Saddles. And when you need



service, their knowledgeable and friendly technicians are ready to serve you — to keep you out on the road or on the trail in Sisters Country!

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system so all physician notes are kept in one, confidential place for your TotalCare.