

## Another Brand-New Year in Which to Start Over

By: Betsy Bearden

Somebody stick me with a fork, because I am *done!* Ugggh. Do you remember those egg-shaped chairs that hung from the ceiling back in the '60s and early '70s? Some were also manufactured where they sat atop a steel pedestal. I am thinking my body shape could meld into one of those right about now, but I am literally afraid for the ceiling, as it may crash in around me, or either the chair would tip over if I lean too far to the right for the potato chips and TV remote. Okay, it's seriously not that bad, but that is exactly the way I feel after the holiday eating binge I have been on since Halloween! *It all started with the chocolate!*

Someone tell me, how does one gain 15 pounds from October to January? Maybe it's all water weight? Ha. I doubt it. Why isn't it that easy to *lose* 15 pounds from January to March? I know what to do: eat less; exercise more. Now, that's a novel idea, isn't it? No pun intended, but I do think I will write a book about it. Oh wait—that's been done. I think I will write a book on the importance of exercise and proper nutrition. Oh wait—that's been done; how about counting calories: done; how about...done! Well, now what?

If it were as easy as picking up an exercise book and following it to the letter, there would be no overweight or unhealthy people in the world. There are far more overweight and unhealthy people now, than ever before. The statistics are staggering when you stop to think of the unusual rise in diabetes among young adults, heart disease in women, \*autoimmunity (covers over 80 different illnesses), high cholesterol, even thyroid disease which pretty much knocks out your metabolism, especially if you have hypothyroidism, such as I. Why are so many so unhealthy?

Is it just me, or am I the only one asking why we have never heard of many of the illnesses and diseases we hear about today? I have been around for a long time, and so has my mother (who will be 88 this June) and we have this discussion on a regular basis. Mama is convinced that it simply comes down to the kind of food products being manufactured today, and that we have gotten away from eating healthy, fresh fruits and vegetables like her mother fed her, and she fed me, until the fast food chains started popping up on every street corner, beginning with my generation. But it does go beyond that with the hormones and antibiotics we find in non-organic dairy products and other foods, but that can be something to discuss at a later date.

Anyway, I have to agree. I am convinced that it's from eating too much prepackaged food products with all sorts of unhealthy additives such as high fructose corn syrup, sodium, genetically altered fruits and vegetables, and fast food. These things have escalated since I was a teenager to the point that many people eat three square meals a day at fast food restaurants, or, for convenience sake, stock up on prefab frozen dinners and eating them on a regular basis. Just to be fair, it is possible to eat out, buy frozen dinners, and prepackaged foods as long as we make healthy choices in doing so. Again, if it were really that easy, we would all be doing it, right?

It's not just bad food choices. Of course, we have to also remember to put that TV remote down, put those potato chips away, and to get our bodies moving with the best-suited exercise for us as an individual. For me, I like to walk and I love to dance. Dancing is a great way to work your body, and to lift your mood, as well. Steven and I like to walk

and while we walk, we listen to music. I have my favorites programmed in, and being a child of the '70s, I love anything with ripping guitars and long drum solos. A lot of great musicians have provided us incredible music throughout the years, and I will warn you now: if you are walking next to me when I hear "Play That Funky Music," "Jingo," "Oye Como Va," or "Love Shack," I will break out and dance right along side you on the track! But I digress—losing weight can get easier once you get your mind set on becoming healthier by making wiser food choices and taking the extra time to get that body moving in an effort to make it stronger and healthier. This is especially crucial as we age because it increases our coordination, mental status, and bone density.

Speaking of dancing: you may have noticed I have danced all around what the title of this article insinuates: New Year's Resolutions. I will try (and I know dear Yoda from "Star Wars" said, "There is no try!") and simply do better. The first step is buying locally from Life Grocery where although Life Grocery sells packaged foods, and frozen foods, they are actually healthy foods. Life Grocery sells nothing less than that. There is also an organic fruit and produce section and the dairy products are organic. Some of the dairy is even vegetarian! There is also a raw foods bar, and hot food bar with all sorts of yummy, delicious, nutritious freshly made items every day, that will fill you up without filling you out and they can be found at Café Life in Life Grocery.

All in all, we have to do what works best for us, and we need to find something we can stick with for the long haul. Doing nothing is just not an option. Now, I will get started on what works best for me right away, but only after I can find a crowbar to pry myself out of this egg-shaped chair....

\* [http://en.wikipedia.org/wiki/Autoimmune\\_disease](http://en.wikipedia.org/wiki/Autoimmune_disease)

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