

Diets, and Exercise, and Predictions—Oh My!

By: Betsy Bearden

There was something that I read other day that was so funny, I really wanted to share it with you. It was a list of predictions of what the News Headlines might look like in the year 2020. One of the headlines stated: Breaking News— after 100 years of research, it seems diet and exercise really is the key to successful weight-loss. *Really?* It's a no-brainer. The only way to weigh less is to eat less; exercise more. But if it really is that easy, then why *isn't* it really just that easy? Good question.

I went to a Tupperware Party the other day, where I learned that you can actually bake a chocolate cake in a Tupperware dish by lining it with two cups chocolate chips, add one can of warm Coca Cola to a package of chocolate cake mix and pour this over the chocolate chips. Nuke this in the microwave for nine minutes; invert it onto a serving platter, and Voilà! Yes people, now *you* can have a delicious cake *with* a frosting in just *nine* minutes!

Well, I don't know about you, but the very last thing in this world that I need is a delicious home-made chocolate cake from box to fork in only nine minutes! This is a prime example of where the evil incarnate known as lack of judgment steps in. You know, when you have the chocolate cake sitting in front of you all warm and gooey in a moment of an extreme, late night chocolate craving, and the little angel is sitting on the right shoulder, saying, "uh,uh,uuuh" and the little devil is sitting on the left shoulder saying, "ahhh, go ahead! It's only one little piece of cake." I can already see who is going to win this one. Nine minutes to Tupperware cake. This is wrong, wrong, wrong, on so many levels.

Many people can go through life unaffected by cravings such as the above; many people can go through life affected by the cravings such as this, and never gain a pound; and many people will go through life affected, caving, and disgusted.

Unaffected people, however, might be in a category where they absolutely can't allow themselves to eat things like this, such as certain types of diabetics. And another problem exacerbated by diabetes is that certain neuropathic conditions prevent them from getting the proper exercise they need.

The cavers and disgusted ones may have underlying health conditions such as an under active thyroid where no matter what they eat and unless they exercise like a fiend, they will gain weight due to a suppressed metabolism. Of course, medication will help, but it's still a struggle.

Those of you who can eat and exercise like there is no tomorrow, well—my mama taught me to never say bad things, so I will say no more here, thank you very much.

Overall, unless you do have certain health issues that can and will prevent you from losing weight or getting the proper exercise, then the prediction for the year 2020 is absolutely the best way to get healthy, learn better eating habits, and build a stronger body through exercise. It is a known fact that exercise and eating a proper diet can lower your blood pressure, cholesterol, can cancel out certain types of diabetes, and is a definite mood booster. I can attest that a good long walk is miraculous for cleaning out the cobwebs and makes your mind much sharper and clearer. You just naturally feel better—Naturally!

Maintaining good health is more important now than ever, especially as we age. I don't know if you have noticed this or not, but vitamins and supplements sales are up. We are going to the aisles in many grocery stores and looking for vitamins and herbs to keep us healthy, but this can also be dangerous if you don't know what to take, or what the interactions each vitamin or herb may have with one another, especially if you are taking prescription medications.

Ask your doctor or find yourself someone who can help you with this information such as a naturopathic doctor, a chiropractor, nutritionist or personal trainer who has knowledge of herbs and supplements to be on the safe side. This would be better than going all willy-nilly at the grocery store. Not all supplements are created equal. There are water soluble vitamins and fat-soluble vitamins: water soluble vitamins are generally safer from overdose as they can be excreted through natural body functions. Fat soluble can build up in your body and can potentially cause harm to your organs. It's just best to ask what's safe from someone who genuinely knows.

So now that you know that diet and exercise is, always has been and always will be the key to a healthier life, you can get a jump on 2020 that's just around the corner. I predict that you will be happier and healthier than ever.

Betsy Bearden is a certified and published writer, and the author of a self-published cookbook, *Normal People Eat Tofu, Too*. She has worked as a volunteer chef, and cooking class instructor at Kroger's School of Cooking in Alpharetta, Georgia, and as a reporter for *The Paulding Neighbor Newspaper*. You can reach her at betsybearden@bellsouth.net or visit her website at www.creativewrites.net